



Bridging the Gaps

2007 Health Action Report

“My work [with BTG] ... has taught me to see health not just as individual diseases or conditions but as part of a much larger context, which includes access to health care, literacy, socioeconomic status, etc.”

providing community service

promoting public health in underserved communities

training community-responsive health and social service professionals

PHILADELPHIA CONSORTIUM

GROW: Empowering Philadelphia's Families

Student Intern(s):

Jane Cahill, Drexel University College of Medicine
Kathryn Grimes, Drexel University College of Medicine
Sharon Kim, Drexel University College of Medicine
Ankur Shah, Drexel University College of Medicine

Academic Preceptor(s):

Elissa Goldberg, MSS, LSW, Drexel University College of Medicine

Community Preceptor(s):

Mariana Chilton, PhD, Drexel University, School of Public Health

The Community Site: The GROW Project at St. Christopher's Hospital seeks to help children and their families achieve normal weight, good nutrition and proper development through service, research and advocacy. <http://publichealth.drexel.edu/GROW/>

Healthy People 2010:

Leading Health Indicators: Access to Health Care; Environmental Quality; Mental Health

Focus Areas: Educational and Community-Based Programs; Health Communication; Maternal, Infant, and Child Health; Nutrition; Public Health Infrastructure

The Project: Jane, Kathryn, Sharon and Ankur learned ways to access the city's public health resources and connect families, primarily single mothers and their young children, with the appropriate programs to meet their needs. While providing these services, the interns explored the impact of health, housing, utilities, violence and other daily living conditions on hunger. In addition, Jane and Kathryn provided culturally appropriate nutrition information for the GROW Clinic's Latino population. Jane said, "It is so important to see the faces and hear the stories ... It is only then that we can hope to meet health-care needs." Kathryn noted, "The awareness I have gained ... will help me to remember that part of providing effective patient care is addressing the unique needs of each patient." For Sharon, the experience fostered an understanding of the need to be "more in-tune and sensitive to hearing life stories and moving beyond solely concentrating on making a correct diagnosis." Ankur said he learned the importance of incorporating "the housing situation of a family when assessing their overall health status."

Springing Into a Healthier Life

Student Intern(s):

Holly Law, Temple University, School of Medicine
Dorianne Rabinowitz, Temple University, School of Medicine

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

R. Crystal Collington, MS, Head Start Learning Tree

The Community Site: Head Start Learning Tree's early education and summer camp provides educational, health and social services to preschool-aged children of low-income families in West Philadelphia. <http://famcent.phila.gov/sos/servicelocation.asp?id=2101142547>

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Immunization and Infectious Disease; Injury and Violence Prevention; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Holly and Dorianne provided age-appropriate health education lessons and activities for the children attending the preschool summer camp. The health sessions included the topics of nutrition, the human body, doctor and dentist visits, oral health, physical activity, safety and injury prevention, and disease prevention through hand washing. The interns also scheduled dental screenings through the Penn Smiles Program and organized a Field Events Day highlighting the importance of exercise. Holly said, "My experiences at Head Start have ... increased my awareness of the various issues that many families must face." Dorianne said, "Each day was a unique, exciting adventure. We were able to cover many of the pertinent health issues."

Health Education:

Promoting Healthy Lifestyles in the Community

Student Intern(s):

Dushinka Abayasekara, University of Pennsylvania, School of Social Policy and Practice
Kehinde Ayoola, University of Pennsylvania, School of Dental Medicine
Regan Trappier, University of Pennsylvania, School of Nursing

Academic Preceptor(s):

Jeffrey N. Draine, PhD, University of Pennsylvania, School of Social Policy and Practice
Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine
Ann L. O'Sullivan, PhD, FAAN, CPNP, University of Pennsylvania, School of Nursing

Community Preceptor(s):

Lorraine Thomas, The Health Annex, Family Practice and Counseling Network

The Community Site: The Health Annex and the Myers Recreation Center work independently but are located in adjoining buildings in Southwest Philadelphia. The Health Annex, a component program of the Family Practice and Counseling Network, provides primary and behavioral health care, prenatal care and social services. The Myers Recreation Center provides a summer day camp for community children. <http://www.phila.gov/cgi-bin/recreation/phillarec/center.cgi?theID=802>

Healthy People 2010

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Heart Disease and Stroke; Injury and Violence Prevention; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: At the Health Annex, Dushinka, Kehinde and Regan assisted the staff with planning and implementation of the 11th Annual Southwest Family Day Festival and Health and Safety Fair. This event promotes healthy lifestyles, behaviors and choices within the Southwest Philadelphia community. At the Myers Recreation Center summer day camp, the interns provided health education for children aged 2 to 14. Their sessions addressed topics such as nutrition, exercise, oral health, safety, cardiovascular health, the body and body image. Dushinka noted, "I enjoyed working with my co-interns who were from different educational disciplines, as it was extremely interesting to get different perspectives on certain issues and to see how intricately our different disciplines are interconnected." Kehinde stated, "I have learned that while change is gradual, the greatest and most effective way to facilitate the process is through the transformation of mind-sets; one at a time." Regan described the internship this way: "an amazing experience which has enabled me to reflect on the challenges, barriers, and rewards associated with youth education."

The Healthy People of Tomorrow Begin with the Children of Today

Student Intern(s):

Erin Schreck, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Laurie Waldron, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Laurie DiRosa, MS, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Phyllis Lawhorn, Columbia North YMCA

Kim Worley, MEd, Columbia North YMCA

The Community Site: The Columbia North YMCA, located in North Philadelphia, offers a wide range of services including fitness classes, community activities, summer day camp, and childcare. www.columbianorthymca.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Tobacco Use

Focus Areas: Nutrition & Overweight; Oral Health; Tobacco Use; Physical Activity and Fitness; Food Safety

The Project: Erin and Laurie presented interactive health-related lessons and activities for children aged 6 to 12 enrolled in the YMCA's day camp. They encouraged physical activity through fitness games and exercises emphasizing the themes of the daily health lessons. To promote oral health, the interns gave the

campers toothbrushes, toothpaste and floss. In addition, Erin and Laurie created and compiled a booklet of health education teaching materials for the YMCA's use. Crafts and worksheets were shared with parents and family members to reinforce the lessons on healthy living. Erin said, "The benefits of this experience are invaluable, and the lessons I learned this summer will undoubtedly influence my future decisions, both personally and professionally." Laurie described the internship this way: "an experience of discovery in which I was able to develop an understanding of a community ... [and] connect with community members from ages 3 all the way up to 40 on a professional and, more importantly, personal level."

Be Healthy, Be Happy: Making Healthier Lifestyle Choices

Student Intern(s):

Emily Fellin, Thomas Jefferson University, Jefferson Medical College

Neesha Patel, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

George P. Valko, MD, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Neva White, MSN, CRNP, CDE, Pinn Memorial Baptist Center

The Community Site: The Pinn Memorial Summer Enrichment Day Camp, located in West Philadelphia, provides youth with a variety of experiences to maintain and enhance their scholastic development.

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Tobacco Use

Focus Areas: Health Communication; HIV; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Emily and Neesha worked as health educators and advocates for the summer campers. Their age-appropriate lesson plans helped the youth understand the basic structure and function of the human body, increase their knowledge of the Food Guide Pyramid, decipher food labels, appreciate the importance of physical activity, comprehend the components of a doctor's visit, and learn the basics of common diseases and how to maintain good oral health. In addition to organizing a Health Day for the campers, Emily and Neesha used a variety of teaching methods such as interactive activities, crafts, games, discussions, and food preparation. Emily noted, "It gave me a great introduction to educating and strengthened my desire to incorporate health education and disease prevention into my future career." Neesha said, "The opportunity to work with a large age range of campers and counselors allowed me to better understand the many facets of relationships in a very close-knit community."

Maximizing the Impact of Health and Wellness Information for Children

Student Intern(s):

Stephanie Reese, Philadelphia College of Osteopathic Medicine,
Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Laurie DiRosa, MS, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

George Riley, Summer Enrichment Program, West Poplar Apartments

The Community Site: The West Poplar Apartments, located in North Philadelphia, provides a summer enrichment program for children aged 6 to 12.

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Injury and Violence; Environmental Quality

Focus Areas: Health Communication; Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Immunization and Infectious Diseases

The Project: Stephanie assisted the staff and provided health education information to the children. The lessons addressed many of the health issues in Healthy People 2010, ranging from topics of healthy eating and cooking to violence and anti-bullying. In addition to the health education component, the summer enrichment camp curriculum offered meals, art, tennis lessons, field trips and computer education lessons. Stephanie said, "The biggest lesson I'll take away is hope."

Holistic Health for Children

Student Intern(s):

Kelly Adams, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy

Misti Coronel, Thomas Jefferson University, Jefferson Medical College

Amy Warren, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy

Academic Preceptor(s):

Lara Weinstein, MD, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Donna Smith, Honickman Learning Center and Comcast Technology Lab, Children's Program

The Community Site: Project HOME's Honickman Learning Center and Comcast Technology Labs help residents of the North Philadelphia community increase their educational and employment opportunities through technology and literacy instruction. www.ProjectHOME.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Heart Disease and Stroke; Maternal, Infant and Child Health; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Kelly, Misti and Amy participated in daily camp activities and designed a health curriculum tailored to meet the educational level of each individual class. The curriculum encompassed activities that stressed the importance of exercising, developing positive self-esteem, and making health-conscious decisions. Kelly noted, "I feel that I have gained a wealth of knowledge from the children as well as the staff ... that helped me have a better understanding of their lives as well as their community and problems they may face in their daily lives." Misti said, "Thanks to this experience, I now have my own understanding of some of the challenges ... especially those concerning health." Amy said, "The children have taught me so much about their own culture and have accepted me as their teacher, mentor and friend."

Introducing a Healthy Lifestyle: Teaching Children About Healthy Living, Summer Camp Style

Student Intern(s):

Zachary Peckler, Drexel University College of Medicine

Kimberly St. Jean, Drexel University College of Medicine

Academic Preceptor(s):

Cheryl Hanau, MD, Drexel University College of Medicine

Community Preceptor(s):

Kyle Milbrand, North Light Community Center

Arte Verbughe, North Light Community Center

The Community Site: North Light Community Center is a multiservice center with a mix of offerings from arts and recreation programs to employment services and emergency support. www.northlightcommunitycenter.org/

Healthy People 2010:

Leading Health Indicators: Physical Activity; Mental Health; Injury and Violence Prevention

Focus Areas: Educational and Community-Based Programs; Health Communication; Heart Disease and Stroke; Injury and Violence Prevention; Nutrition and Obesity.

The Project: Zachary and Kimberly had three objectives for their health promotion curriculum: to improve the children's awareness of pertinent health issues needed to live a healthy lifestyle; to introduce children to the tools that would allow them to put these lifestyle choices into effect, including conflict resolution, diet choices and general fitness; and to accomplish the previously stated objectives in a novel activity-based manner appropriate for a summer camp setting. The activities included an injury prevention water relay race; a healthy eating collage; health career awareness Jeopardy; disability awareness through sensory deprivation

activities; and a demonstration of household chemicals that are found in cigarettes. Zachary noted, "I realize that this site allowed me to develop skills which I would not have had the opportunity to do so otherwise." Kimberly stated, "I was surprised by how quickly the North Light children had become *my kids*. I had always known that I cared for the children out of a sense of fulfilling my job responsibility but I did not realize until ... halfway through the summer how much beyond that statement my feelings really went."

Persevere, Overcome, Achieve: The Heart of a Beacon

Student Intern(s):

Kristen Gilgen, La Salle University, School of Nursing and Health Sciences

Lubna Zaidi, University of the Sciences in Philadelphia, Department of Occupational Therapy

Academic Preceptor(s):

Ruth Schemm, EdD, OTR/L, FAOTA, University of the Sciences in Philadelphia

Community Preceptor(s):

Carrie McCumber, Wagner Beacon Center

Aaron Spence, Wagner Beacon Center

The Community Site: The Wagner Beacon Center, located in the Mount Airy section of Philadelphia, provides a summer program for youth. www.idaay.org/program.php?program=Beacon-Center-at-Wagner-Middle-School

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Environmental Quality

Focus Areas: Environmental Health; Heart Disease and Stroke; Nutrition and Overweight; Oral Health; Physical Activity and Fitness.

The Project: Kristen and Lubna worked as camp counselors providing health-related sessions for the youth in grades four through eight. Their interactive workshops and lessons included cardiovascular health (taking vital signs, exploring how exercise affects the pulse, identifying heart disease and the structure of the heart); nutrition (healthy eating, heart disease and obesity); personal/environmental hygiene; teen issues (cleanliness, appropriate attire, feminine issues and concerns); and oral/dental hygiene. Kristen commented, "Learning to connect and communicate well with clients can be very challenging but is probably the most important aspect of our interactions." Lubna said, "The most important aspect of this entire experience was really immersing myself ... [the children] probably taught me much more than I could ever offer them."

Healthy Lifestyles: An Intervention Plan to Promote Healthy Choices in Children at the Lambertton Beacon School

Student Intern(s):

Jennifer Raimondo, University of the Sciences in Philadelphia, Occupational Therapy Program

Anjali Solanki, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Eugene Mochan, PhD, DO, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Pilar Fernandez-Blakey, Lambertton Beacon, To Our Children's Future with Health

The Community Site: To Our Children's Future with Health's Lambertton Beacon program provides a safe haven for children in the Overbrook section of Philadelphia. www.tocfwh.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Heart Disease and Stroke; Nutrition and Overweight; Physical Activity and Fitness; Educational and Community-Based Programs; Injury and Violence Prevention

The Project: Anjali and Jennifer collaborated with the Lambertton Beacon staff in creating activities that enhanced the healthy development of youth aged 8 and 9. The interns implemented health education activities and workshops that addressed nutrition, self-image, cardiovascular health and conflict resolution. Each week was given a health theme and the sessions were designed to build on the concepts discussed in previous activities. In addition to the health promotion program, Anjali and Jennifer also explored community resources that would be of interest to the youth and their families. Anjali noted, "This experience has definitely had an impact on both my personal and professional development in that I have learned to become a better listener." Jennifer commented, "I learned the importance of educating our youth about promoting a healthy lifestyle. This experience has provided me with hands-on experience working with children and issues they could encounter on a daily basis."

Tiny Steps Towards a Healthy Future

Student Intern(s):

Jennifer Fisher, Temple University, School of Medicine

Taryn McRae, Temple University, College of Health Professions, Department of Nursing

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

Crystal McClure, Early Learning Center, Community Women's Education Project

Debra Blakely, Early Learning Center, Community Women's Education Project

The Community Site: The Community Women's Education Project (CWEP), located in Kensington, is a community-based organization founded to help low-income families, women in particular, overcome obstacles that could prevent self-sufficiency. www.cwep.org

Health People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Environmental Quality

Focus Areas: Educational and Community-Based Programs; Environmental Health; Injury and Violence Prevention; Nutrition and Overweight; Physical Activity and Fitness

The Project: Taryn and Jennifer worked in the Pre-K classroom, assisting the teacher with activities that promoted literacy development, cognitive and motor development, social skills, and healthy behaviors. The interns used interactive games to help the children learn healthy habits. The children learned how germs are transmitted and the correct method of hand washing. They also learned about different types of exercises, and Taryn and Jennifer taught how healthy foods like fruits and vegetables are good for cardiovascular health. Taryn stated, "Working at CWEP has helped me become more mindful of what I say and how I say it." Jennifer said, "Being involved in this program taught me about the impact that educating children as early as 3 years old has on their entire lives."

Hope, Healing, and Healthy Hearts

Student Intern(s):

Kateri Warner, Drexel University, School of Public Health
Emma Weaver, Drexel University College of Medicine

Academic Preceptor(s):

Sandra Wolf, MD, Drexel University College of Medicine

Community Preceptor(s):

Erin Schmitt, Children's Services Program, Women Against Abuse

The Community Site: The mission of Women Against Abuse (WAA) is to provide quality, compassionate services in a manner that fosters self-respect and independence in women who have been victimized by domestic violence. www.womenagainstabuse.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Environmental Quality

Focus Areas: Physical Activity and Fitness; Nutrition and Overweight; Oral Health; Heart Disease and Stroke; Environmental Health

The Project: Kateri and Emma worked with the children enrolled in the Young Survivor's Summer Camp at the Women Against Abuse shelter. The interns created and implemented health-related lesson plans based on some of the leading health indicators identified in Healthy People 2010. The children learned about nutrition, physical activity, heart disease, oral health and environmental quality through

a variety of activities ranging from creating a healthy heart collage to learning about the importance of physical activity at the local park. Kateri and Emma also accompanied the children on weekly field trips to local attractions, tutored the youth in reading and math, and participated in a variety of other camp activities. Kateri noted, "I met a lot of very remarkable people who have taught me the value of really gaining an understanding of where others are coming from and the importance of bringing patience to the process." Emma commented, "The kids ... taught me that sometimes the only thing that I could do for them was listen to their stories, but that this was often just what they needed."

Summer Learning Experience: Partial Program 2007

Student Intern(s):

Ray Jaffe, Temple University, School of Pharmacy
Melissa Klinke, Temple University, College of Health Professions, Department of Physical Therapy
Kate Rankin, Temple University, School of Medicine
Natalie Zachwieja, Temple University, College of Health Professions, Department of Occupational Therapy

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

Donna Bolno, MEd, MSS, LSW, Northern Home for Children
Kevin Weber, Northern Home for Children

The Community Site: The Northern Home for Children's Partial Hospitalization Program in Northwest Philadelphia, is an intervention-based nonresidential program for socially or emotionally troubled boys aged 8 to 13. www.northernhome.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Injury and Violence; Mental Health

Focus Areas: Educational and Community-Based Programs; Health Communication; Injury and Violence Prevention; Oral Health; Physical Activity and Fitness

The Project: Ray, Melissa, Kate and Natalie worked with the staff in Northern Home's Partial Hospitalization Program. The summer activities included educational films, swimming, basketball and baseball clinics, individual tutoring to prepare students for the upcoming academic year, and creative community-health/art projects developed by the interns. The interns also concentrated on age-appropriate activities for the boys. Natalie stated, "Working with the boys has opened my eyes to the inequalities in the communities and schools." Kate said, "My experience opened my eyes to the many different circumstances that children have to cope with." Melissa said, "The boys have taught me so much about resilience, compassion, and teamwork that I know I will use in my future endeavors." Ray remarked, "This summer experience opened my eyes to a whole other aspect of the world that I have not been exposed to."

A Heart Healthy Program

Student Intern(s):

Sean Devitt, Thomas Jefferson University, Jefferson Medical College
Amy Sommerville, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy

Academic Preceptor(s):

Carl A. Pitts, PT, DPT, Thomas Jefferson University, College of Health Professions, Department of Physical Therapy

Community Preceptor(s):

Kimberly Daye, Safe Haven, To Our Children's Future with Health

The Community Site: To Our Children's Future with Health's Safe Haven program, located in West Philadelphia, provides a summer program for youth aged 7 to 14. www.tocfwh.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Oral Health; Physical Activity and Fitness; Injury and Violence Prevention; Nutrition and Overweight; Heart Disease and Stroke

The Project: Amy and Sean developed a health education curriculum that included weekly themes focused on personal and oral hygiene, nutrition, exercise, resilience, and violence. Amy and Sean addressed these health issues through games, crafts, posters, discussions, trips and food preparation. Sean noted, "This summer has been a great experience for me ... I have learned the importance of patience and always keeping an open mind when working with children." Amy stated, "I learned how to recognize my own personal strengths, weaknesses, and biases and how to alter them to benefit the children."

Focus Areas: Environmental Health; Injury and Violence Prevention; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Ijeamaka and Mark designed a nutrition-focused health promotion program for the youth attending summer camp. The curriculum highlighted proper nutrition and overall well-being. Ije and Mark supplemented the nutrition aspect of the class by teaching easy recipes that the youth could make by themselves at home. Interactive sessions engaged the youth and made learning about nutrition and health both fun and educational. The interns covered such topics as the food pyramid, food representation in the media, oral health and hygiene, cardiovascular health, environmental health, and conflict management. Ije commented, "It is always a good thing to take oneself out of a familiar element and be placed in the unfamiliar." Mark said, "I really hope that as much as I have learned from these kids ... they too have learned the importance of nutrition and overall physical well-being."

Positive Steps to a Brighter Future

Student Intern(s):

Samah Hassan, Temple University, School of Pharmacy
Sherita Lomax, Temple University, College of Health Professions, Department of Occupational Therapy
Matthew Morretta, Temple University, College of Health Professions, Department of Physical Therapy
Alexandra Oren, Temple University, College of Health Professions, Department of Occupational Therapy
Aarti Patel, Temple University, School of Medicine
Michael Whalen, Temple University, School of Medicine

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine
Nancy Rothman, EdD, RN, Temple University, College of Health Professions, Department of Nursing

Community Preceptor(s):

Diane Gass, Norris Homes Tenant Council
Lisa Gass, Norris Kids Camp, Norris Homes

The Community Site: Temple Health Connection (THC) supports the Norris Kids Summer Camp at the Norris Homes Community Center in North Philadelphia.

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Injury and Violence Prevention; Nutrition and Overweight; Physical Activity and Fitness; Oral Health; Environmental Health

The Project: Samah, Sherita, Matthew, Alexandra, Aarti and Michael provided a day camp program for youth between the ages of 5 and 13. To encourage healthier lifestyles and promote positive intra- and interpersonal relationships, the interns designed a curriculum with multiple health and wellness themes taught through multiple media and instructional strategies. Samah noted, "This experience will help me communicate more efficiently

Health and Nutrition: Making it Relevant for K-8

Student Intern(s):

Ijeamaka Ofodile, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program
Mark Lee, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Laurie DiRosa, MS, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Lillian M. Hood, MSS, Bartram Beacon Community Center

The Community Site: Bartram Beacon, housed within the John Bartram High School, provides a summer camp and a variety of programs for the Southwest Philadelphia community. The Beacon program is under the umbrella of the Presbyterian Children's Village.

Healthy People 2010:

Leading Indicators: Physical Activity; Overweight and Obesity; Environmental Quality

with my patients.” Sherita said, “This has been a life-changing experience for me.” Matthew said, “Although my patients will have varied past experiences, they are all people who deserve to be treated with dignity, respect, and care.” Alexandra said the program has broadened her “understanding of the various factors that influence the health and development of children.” Aarti said, “This will be very useful for my future as a pediatrician ... [I am] a more patient person that can utilize multiple methods when attempting to accomplish a task.” Michael noted, “Working at the camp has allowed me to step away from the academic setting and build relationships with members of a strong community ... I will draw upon my experience to understand and better treat the individuals I will care for.”

A Bridge to a Better Future: Haddington Townhouses, the Center of Hope and Resilience

Student Intern(s):

Nicole Caronia, La Salle University, School of Nursing and Health Sciences

Ashley McBrearty, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Alison McMaster, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Ruth Schemm, EdD, OTR/L, FAOTA, University of the Sciences of Philadelphia

Community Preceptor(s):

Brian Weaver, Haddington Townhouses Youth Program

The Community Site: Haddington Townhouses, located in West Philadelphia, offers a Summer Youth Enrichment Program for children aged 6 to 12.

Healthy People 2010:

Leading Health Indicators: Physical Activity; Substance Abuse; Injury and Violence

Focus Areas: Oral Health; Physical Activity and Fitness; Environmental Health; Nutrition and Obesity; Tobacco Use

The Project: Nicole, Ashley and Alison designed a health educational component that was integrated into the summer camp program. The sessions included discussions and activities that focused on diet and nutrition, oral health (including proper brushing and flossing techniques), conflict resolution, peer pressure, and other factors that affect a healthy lifestyle. Weekly educational field trips and other activities reinforced the material covered in the lesson plans. Nicole said, “As a future nurse, it is imperative that I continue to learn of the medical disparities among various communities so that I may be able to serve all my patients equally, and to the best of my abilities.” Ashley described the experience as “a unique opportunity that I’m not likely to forget.” She continued, “I believe that this experience has made me more aware of diverse situations.” Alison noted, “I feel I can take the knowledge and experience I gained this summer to provide better health care to my

clients ... while realizing the health challenges they face in their everyday lives.”

Teens 4 Good

Student Intern(s):

Elizabeth Crowe, Thomas Jefferson University, Jefferson Medical College

Kara Ishikawa, Temple University, School of Medicine

Adam Lake, Temple University, School of Medicine

Melissa Nappi, Thomas Jefferson University, Jefferson Medical College

Dreamer Patterson, Temple University, College of Health Professions, Department of Occupational Therapy

Academic Preceptor(s):

Angela Allevi, MD, Thomas Jefferson University, School of Medicine

Kathleen Reeves, MD, Temple University, School of Medicine

Community Preceptor(s):

Henry Nwalipenja, Journey Home Community Enrichment Center

The Community Site: Journey Home Community Enrichment Center, located in North Philadelphia, utilizes innovative educational programs to inspire social progress.

www.journeyhomecommunitycenter.org

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Responsible Sexual Behavior; Environmental Quality

Focus Areas: Heart Disease and Stroke; Physical Activity and Fitness; Nutrition and Overweight; Sexually Transmitted Disease; Oral Health

The Project: Elizabeth, Kara, Adam, Melissa and Dreamer participated in the Teens 4 Good program that provides adolescents an opportunity to be responsible for a community garden and the selling of organic produce (and other self-created products) at local markets and restaurants. In addition to working with the youth in the garden and selling the produce, the interns assessed the youth’s interest, knowledge and general perceptions of various aspects of health and health care. They then designed a community health curriculum based on the findings of this assessment, providing interactive workshops on relevant topics. Dreamer commented, “The teens have proven to me that something non-customary or nontraditional can be interesting and rewarding if only it is explored.” Melissa stated, “It has shown me that today’s youth can make a very large impact on a community.” Adam said, “The teens have inspired me with how well they have developed a community that can overcome adversity in only two years together.” Kara said, “It was an inspiration to witness the vision and work ethics of teens dedicated to taking a part in a greater good.” Elizabeth observed, “Philadelphia’s communities are full of unrealized leaders that just need to be given the chance to reach their potential.”

**Oasis in West Philadelphia:
Bringing Health and Nutrition to Camp 2000**

Student Intern(s):

Lee J. Guo, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Qian Li, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Ruth Schemm, EdD, OTR/L, FAOTA, University of the Sciences in Philadelphia

Community Preceptors(s):

Connie Summerow, Lee Cultural Center

Patricia Thompson, Lee Cultural Center

The Community Site: The Lee Cultural Center hosts an after school program and a summer camp to benefit the children in and around West Philadelphia. <http://www.phila.gov/cgi-bin/recreation/phillarec/center.cgi?theID=778>

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Injury and Violence; Access to Health Care

Focus Areas: Access to Quality Health Services; Heart Disease and Stroke; Injury and Violence Prevention; Nutrition and Overweight; Oral Health

The Project: Lee and Qian assisted the camp counselors and also functioned as the camp's youth health educators. Their sessions started with a module on cardiovascular health that engaged the youth in a more in-depth understanding of the cardiovascular system and its function. Other sessions included dental hygiene with instructional demonstrations on proper brushing and flossing techniques. As a way to increase families' health awareness, the interns distributed health information sheets for the children to share with their guardians. Lee said, "The most surprising part about working at the center were the children ... it is this resilient spark in their eyes that reminded me that there is so much hope." Qian observed, "These children have so much resilience, optimism, strength and passion for learning."

**SHAPE Youth: Fostering an Environment
for Developing Young Minds**

Student Intern(s):

Meghan Sweeney, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Shavon Yannuzzi, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Eugene Mochan, PhD, DO, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Cheneta Yates, MSA, Church of the Advocate

The Community Site: The Church of the Advocate provides a soup kitchen, child day care, drug rehabilitation and home rebuilding programs for the surrounding North Philadelphia neighborhood. www.churchoftheadvocate.org/

Healthy People 2010:

Leading Health Indicators: Physical Activity; Tobacco Abuse; Substance Abuse

Focus Areas: Physical Activity and Fitness; Nutrition and Overweight; Oral Health; Substance Abuse; Tobacco Abuse

The Project: Meghan and Shavon developed the SHAPE (Self-confident, Healthy, Active, Positive, Encouraging) program for the children participating in the summer camp. The interns provided group discussions and class activities that focused on oral health care, good nutrition, healthy heart, physical activities, substance abuse, and self-esteem through the art of self-expression. In addition to the lessons and camp activities, the interns arranged physicals for the children in the camp. Meghan said, "The children, along with the five teachers ... have taught me many lessons about community health and community strength, including the importance of loyalty to family, friends and neighbors." Shavon said, "I loved teaching and interacting with the children every day."

Public Health and Adolescent Violence Reduction

Student Intern(s):

Diane Nelson, Thomas Jefferson University, Jefferson Medical College

Kathleen Tappen, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

Christine Jerpbak, MD, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Robin Foster-Drain, MD, The Den, To Our Children's Future with Health

The Community Site: The Den, located in North Philadelphia, is a component of To Our Children's Future With Health (TOCFWH) program. As a site for the Adolescent Violence Reduction Partnership (AVRP), The Den works with adolescents aged 10 to 17 who are referred through the court system, schools or other sources. www.tocfwh.org/Home.asp

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Educational and Community-Based Programs; Health Communication; Injury and Violence Prevention; Nutrition and Overweight; Physical Activity and Fitness

The Project: Working with the To Our Children's Future with Health staff, Diane and Kathleen designed public health materials highlighting local issues and encouraging community involvement. At The Den, the interns assisted the staff in teaching the Adolescent

Violence Reduction Partnership (AVRP) curriculum. In addition to designing and teaching a health-related curriculum, Diane and Kathleen facilitated readings and discussions on current events and the escalating violence in Philadelphia. Diane noted, "The Den exposed me to a mind-set that was uniquely adolescent in perspective." Kathleen said, "Working with the adolescents helped make me feel personally involved in Philadelphia's public health issues ... future physicians need to incorporate individual health care with a sense of civic-mindedness."

Engaging Youth in Health Education

Student Intern(s):

Jason Sims, University of Pennsylvania, School of Medicine
Kim Wiegand, University of Pennsylvania, School of Social Policy and Practice

Academic Preceptor(s):

Jeffrey N. Draine, PhD, University of Pennsylvania, School of Social Policy and Practice
Anthony L. Rostain, MD, MS, MA, University of Pennsylvania, School of Medicine

Community Preceptor(s):

Larry Patrick, MPA, Brother Rousseau Academy

The Community Site: Brother Rousseau Academy, a division of the St. Gabriel's System, is an intensive day-treatment program serving 10- to 14-year-old adjudicated youth.
www.saintgabrielssystem.org/rousseau.html

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Responsible Sexual Behavior
Focus Areas: Food Safety; Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Sexually Transmitted Diseases

The Project: Kim and Jason designed a health promotion program for the youth at Brother Rousseau Academy. The interns' program addressed oral health, nutrition, cardiovascular health, physical fitness, and sexual health topics. To convey the material and generate thought and curiosity, the interns presented the health topics using a short survey and an activity or game, such as Jeopardy or Family Feud. They also organized a one-day workshop at the University of Pennsylvania that gave the youth the opportunity to explore higher education and focus on their career goals. Kim and Jason assisted the teachers by providing one-to-one tutoring and accompanying the students on field trips. Jason reflected, "What I have received are my own stories about interacting with these adolescents; my own truth seen through my own two eyes. I gained an experience that will last a lifetime." Kim said, "I believe a career working in this field would be rewarding and inspiring."

Resilience and Rebound: Summer in North Philadelphia

Student Intern(s):

Matthew Lander, Drexel University College of Medicine

Michael Messina, Drexel University College of Medicine
William Moreschi, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Academic Preceptor(s):

Nadia M. Ali, MD, Drexel University College of Medicine

Community Preceptor(s):

Bronal Harris, Althea Gibson Community Education and Tennis Center

The Community Site: The Althea Gibson Community Education and Tennis Center, located in North Philadelphia, is a community education center for children aged 8 to 17. The educational component serves as the program's cornerstone.
www.altheagibsoncenter.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Tobacco Use; Environmental Quality
Focus Areas: Environmental Health; Heart Disease and Stroke; Oral Health; Physical Activity and Fitness; Tobacco Use

The Project: Matt, Mike and Will collaborated with the Althea Gibson staff to plan the center's Summer Camp program. The daily tennis lessons formed the core of the physical education and fitness program. In addition to tennis, the interns organized and assisted the campers in the creation of a flower/vegetable garden, a cookbook and a coloring book, and provided lessons on cardiovascular health, nutrition, obesity, smoking and conflict resolution. The interns' goal was to provide campers with a safe and positive summer experience. Matt noted, "I learned the value of patience and improvisation in an environment where the answers are not always obvious." Michael said the internship allowed him "to learn a great deal about how to make real and meaningful connections with kids" and gave him an "understanding of the resilience of children." Will said, "This experience challenged me to find new ways of reaching out ... and it certainly aided in my personal and professional growth."

Advocacy and Empowerment: Challenges for Teens in Transition

Student Intern(s):

David Schaevitz, Thomas Jefferson University, Jefferson Medical College
Kimberly Tefft, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

R. Patrick McManus Jr., MD, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Jeanette Johnson, BS, Youth Emergency Service

The Community Site: Youth Emergency Service (YES) provides temporary shelter and supportive services for adolescents between the ages of 12 and 18 in the Fairmount section of Philadelphia.
www.ysiphila.org/yes.html

Health People 2010:

Leading Health Indicators: Physical Activity; Access to Health Care; Responsible Sexual Behavior

Focus Areas: Access to Quality Health Services; Injury and Violence Prevention; Mental Health and Mental Disorders; Nutrition and Overweight; Sexually Transmitted Diseases

The Project: Dave and Kim participated in the Youth Emergency Service (YES) summer education program. To reinforce healthy lifestyles, Dave and Kim worked in collaboration with the Resident Advisory Board to create an age-appropriate interactive curriculum. In addition to skill-building activities, the curriculum's topics included the food pyramid's recommended serving sizes and food groups, safe sex measures and where to access STD testing, and identification of behaviors that maximize benefits from a professional encounter. Dave and Kim also participated in advocacy activities and accompanied youth to appointments for health-related issues. Kim mentioned, "Working at YES has reinforced the importance of listening to a patient's entire history and background before identifying goals together." Dave commented, "Working at YES has shown me the struggles of young people in transitional housing and the obstacles they overcome to regain stability in their lives. Accessing the health-care system, struggling with abusive family members and finding safe housing for the future are just several examples of issues facing YES teens."

Passing the Buck: Fostering Leadership for the Next Generation at Chamounix Stables

Student Intern(s):

Rachel Braun, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Amanda Rhodes, Drexel University College of Medicine

Academic Preceptor(s):

Elizabeth Hartzell, PhD, ATR-BC, LPC, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Community Preceptor(s):

Lezlie Hiner, Work-to-Ride Program, Chamounix Stables

The Community Site: Work-to-Ride (WTR), located at the Chamounix Stables in Fairmount Park, is a unique prevention program which engages youth aged 7 to 19 in horsemanship and equine sports. worktoride.net/gen-info.php

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Health Communication; Heart Disease and Stroke; Mental Health and Mental Disorders; Nutrition and Overweight; Physical Activity and Fitness

The Project: Rachel and Amanda provided guidance and leadership training for the junior Work-to-Ride camp counselors, aged 13 to 17. The campers (aged 5 to 15), who are being trained in equestrian proficiency, look to the junior counselors for support and guidance.

As the junior counselors learned to establish clear communication with both the campers and the head counselors, they started to question: How can I gain more self-confidence? How can I garner respect? What are my own values and beliefs? How can I learn to be more assertive? As these topics were discussed in small groups, and witnessed by way of example, the junior counselors made progress toward becoming future leaders. Amanda said, "The experience ... provided a good foundation for my future career as a doctor ... [and] will remain with me as I gain better communication skills and assertiveness." Rachel said, "What I'll take with me is a greater sense of how to establish connections with groups as well as individuals, and the importance of communication at every level."

Youth Radio Project

Student Intern(s):

Adam Brock, University of Pennsylvania, School of Dental Medicine

Kevin Hauck, Temple University, School of Medicine

Patricia Padulchick, Temple University, College of Health Professions, Department of Physical Therapy

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Community Preceptor(s):

Manuel Portillo, Open Borders Project/Proyecto Sin Fronteras

The Community Site: Open Borders Project/Proyecto Sin Fronteras Youth Radio Project integrates youth voices into the community and offers an engaging program where young people can meet, share ideas and develop a voice of their own.

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Educational and Community-Based Programs; Health Communication; Injury and Violence Prevention; Nutrition and Overweight; Physical Activity and Fitness

The Project: Adam, Kevin and Trish guided the youth in producing digital stories and formatting radio segments. The youth wrote, edited and produced a three- to five-minute digital story that incorporated voice recordings, music and photography. Through these activities, the youth acquired technological skills and developed their leadership abilities. Adam, Kevin and Trish worked closely with the high school students in all phases of the creation of their projects. In addition, the interns facilitated writing and computer workshops and health education and promotion activities. Kevin explained that the experience taught him "a lot about the interaction between community and individual." He continued, "I hope to use this information in the future to develop some form of community-oriented primary care in North Philadelphia." Patricia said, "I loved interacting with the kids at Open Borders ... I also gained an appreciation and better understanding of the community of North Philadelphia." Adam reflected, "The highlight of the program was working with the teenagers ... Additionally, I got to know a different

area of the city, work with great BTG interns from disciplines different from my own, and evaluate what I ultimately want from my career.”

Planning for the Future — College and Beyond

Student Intern(s):

Ted Schuck, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Scott Wise, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Eugene Mochan, PhD, DO, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Keisha Garner, Allegheny West Community Center

The Community Site: The mission of the Allegheny West Community Center, located in North Philadelphia, is to restore housing and hope within the community. www.awest.org

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Mental Health; Substance Abuse

Focus Areas: Diabetes; Nutrition and Overweight; Substance Abuse; Heart Disease; Sexually Transmitted Diseases

The Project: Ted and Scott invited the adolescents of the Allegheny West Summer Program to participate in workshops that highlighted the cardiovascular system, nutrition and exercise, STDs, and substance abuse. The interns accompanied the youth on weekly tours to colleges and universities in the Pennsylvania, Maryland and New York regions. Ted and Scott also worked with the youth on community cleanup projects and participated in a Community Day Health Fair, where they provided health education and information about local health clinic resources and how to access them. Ted said, “I entered Bridging the Gaps with an open mind and open heart, eager to obtain information about our community and every individual that it entails ... I feel that I learned and benefited from the community.” Scott said, “My hope for Bridging the Gaps was to become more familiar with the surrounding communities as well as the people who I may be serving as a future doctor.”

Healthy Teens

Student Intern(s):

Kristen Clark, Thomas Jefferson University, Jefferson Medical College

Alicia Ringel, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

Lara Weinstein, MD, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

April Alcaraz, BA, Teen Program, Honickman Learning Center and Comcast Technology Labs, Project HOME

The Community Site: Project HOME's Honickman Learning Center and Comcast Technology Labs, located in North Philadelphia, helps residents of the community increase their educational and employment opportunities through technology and literacy instruction. www.projecthome.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Responsible Sexual Behavior

Focus Areas: Diabetes; Heart Disease and Stroke; Nutrition and Overweight; Physical Activity and Fitness; Sexually Transmitted Diseases

The Project: Kristen and Alicia designed a health promotion and disease education program that was integrated into the teen's summer camp curriculum. The program focused on interactive education and Internet research allowing the teens to enhance their knowledge of the topics presented. Class topics included cardiovascular health, physical activity and nutrition, diabetes, sickle cell education, and other subjects that were of interest to the adolescents. Alicia noted, “This summer taught me how important it is to first understand a population before being able to connect with them in a meaningful way.” Kristen said, “I find the curiosity of the students to be endless, and I am continuously amazed by what they know and what they can do. It has been interesting to see how the different students coped with their own respective stressors, and many of them have been an inspiration to me.”

Empathy Without Lowered Expectations

Student Intern(s):

Preston Chadwick, Drexel University College of Medicine

Academic Preceptor(s):

Janet Moore, PsyD, Drexel University College of Medicine

Community Preceptor(s):

Taylor Pollei, Independence Youth Group

The Community Site: The Independence Youth Group (IYG) is a mentoring program for males aged 12 to 18 residing in North Philadelphia.

Healthy People 2010:

Leading Health Indicators: Injury and Violence; Physical Activity; Responsible Sexual Behavior

Focus Areas: Injury and Violence Prevention; Nutrition and Overweight; Family Planning; Physical Activity and Fitness; Substance Abuse

The Project: Preston, in his role as leader of the Independence Youth Group, led group team-building activities and worked with individual members to improve their life skills. He planned and coordinated weekly group meetings and activities that ranged

from discussions on stereotypes to charades and basketball. Preston also made home visits, provided transportation for group members, and conducted individual literacy lessons. Preston stated, "Perspective is what this experience has taught me ... It has cemented the fact that stereotypes are extremely damaging to personal and societal relationships."

Engaging Youth in Healthy Decision Making

Student Intern(s):

Robin Levine, University of Pennsylvania, School of Social Policy and Practice

Pete Summerfelt, University of Pennsylvania, School of Dental Medicine

Academic Preceptor(s):

Jeffrey N. Draine, PhD, University of Pennsylvania, School of Social Policy and Practice

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Community Preceptor(s):

Mel Monk, Youth Enrichment Program, Kirkbride Center, Travelers Aid

The Community Site: The Youth Enrichment Center at the Kirkbride Center, located in West Philadelphia, is a component of the Travelers Aid Family Shelter Program. www.taphilly.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Sexual Health

Focus Areas: Heart Disease and Stroke; Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Sexual Health

The Project: Robin and Pete assisted the staff in providing a summer curriculum for the adolescent population attending the Youth Enrichment Program at Kirkbride Center. The interns developed an education program stressing the skills needed to make healthy decisions regarding nutrition, exercise, cardiovascular health, oral hygiene and sexual health. The afternoons focused on recreational activities such as football, board games, basketball, arts and crafts, and volleyball. Robin noted, "The positive energy that the students brought each day was both encouraging and inspiring. Presenting my own sexual health curriculum was an extremely rewarding experience." Pete stated, "Having only recently decided to pursue a career in health care, Bridging the Gaps was a unique opportunity for me. I was able to link my past experience working with adolescents with my current career goals."

Being at PEACE with Our Health

Student Intern(s):

Stephanie Staples, Temple University, School of Medicine and School of Public Health

Meera Ragoopath, Temple University, College of Health Professions, Department of Nursing

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

Elizabeth Walker, BA, Friends Neighborhood Guild

Amy Yeboah, BA, Friends Neighborhood Guild

The Community Site: Friends Neighborhood Guild, located in North Philadelphia, provides social services, seeks to improve the quality of life of its neighbors, and assists in the development of leadership and organization through which community residents may more effectively pursue their common objectives. www.friendsguild.net

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Physical Activity; Environmental Quality; Tobacco Use; Access to Health Care

Focus Areas: Environmental Health; Heart Disease and Stroke; Nutrition and Overweight; Physical Activity and Fitness; Diabetes; Child Health; Health Communication; Tobacco Use

The Project: Meera and Stephanie had dual roles while interning at Friends Neighborhood Guild's Philadelphia Freedom School. As ambassadors of health, they taught an informative health class and facilitated an interactive discussion on the importance of health. In addition to addressing issues of nutrition and exercise in the scholars' lives, they stressed the importance of healthy communities and global health. As active members of the Freedom School Family, the interns assisted in the recruitment and enrollment of scholars, and further developed systems for management of data and funds. Stephanie and Meera also participated in the daily educational and empowerment activities of the program and promoted the concept of PEACE (Positive Energy Activates Constant Elevation). What's your PEACE? Stephanie reflected, "Our work to encourage scholars to make healthier decisions and be aware of general health issues has shown me how to engage youth in their own health care, a skill that will greatly benefit my work as a physician." Meera noted, "Participating in this program really peaked [*sic*] my interest in community health and wellness, education and prevention. This learning experience will only help me in the future as a future health professional."

Combining Two Worlds: Opening the Eyes of Health Professionals and Adolescent Youth

Student Intern(s):

Kathryn Herrero, Temple University, School of Health Professions, Department of Physical Therapy

Amy Hosmer, Temple University, School of Medicine

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

Raul Monfort, MA, REACH Adolescent Violence Reduction Partnership Program, Congreso de Latinos

The Community Site: The REACH Adolescent Violence Reduction Partnership Program (AVRP) of Congreso de Latinos, located in

North Philadelphia, aims to reduce the number of unexcused school absences and arrests while increasing the individual assets of youth with high-risk behaviors. www.congreso.net

Healthy People 2010:

Leading Health Indicators: Injury and Violence; Overweight and Obesity; Physical Activity

Focus Areas: Educational and Community-Based Programs; Heart Disease and Stroke; Injury and Violence Prevention; Nutrition and Overweight; Physical Activity and Fitness

The Project: Katie and Amy assisted Congreso's AVRP leaders in implementing the violence prevention curriculum and life-skills activities. In addition, Katie and Amy introduced a new health curriculum. This wellness curriculum included discussions on nutrition, exercise and cardiovascular health. Katie and Amy organized a trip to the Mütter Museum which allowed the youth to enjoy some medical oddities and learn more about the history of medicine. Katie noted, "In the future I hope to remain open and not judgmental when working with any of my patients." Amy stated, "My experience has definitely opened my eyes to the struggles and challenges faced by many youth today."

Drama, Drama, Drama!

Promoting Health Among Lesbian, Gay, Bisexual, Transgender and Questioning Youth

Student Intern(s):

Brian Lai, Drexel University College of Medicine

Jennifer Nonas, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Academic Preceptor(s):

Elizabeth Hartzell, PhD, ATR-BC, LPC, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Community Preceptor(s):

Guina Hammond, MEd, The Attic Youth Center

The Community Site: The Attic Youth Center, located in Center City, is Philadelphia's only agency exclusively serving lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. www.atticyouthcenter.org

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Tobacco Use; Responsible Sexual Behavior

Focus Areas: Educational and Community-Based Programs; HIV; Nutrition and Overweight; Sexually Transmitted Diseases; Tobacco Use

The Project: Brian and Jennifer helped implement the Life Skills curriculum, which serves to prepare for and support the Attic youth in the challenges they face on a daily basis. Brian and Jennifer also co-facilitated formal and structured groups focusing on job readiness, fashion, transgender issues and other relevant topics. Through these groups, they discussed safety within relationships, safer sex behaviors, appropriate problem solving, diversity, abuse

and self-esteem. Brian and Jennifer also engaged the youth in fun activities designed to provide information about healthy behaviors. They created a Jeopardy-style trivia game about fast food nutrition facts and a trivia activity regarding facts about smoking. Brian codeveloped and co-facilitated a workshop for the staff and youth retreat and organized a university campus visit so the youth could learn about the many opportunities available at a local university. Jennifer encouraged art activities as a means of self-expression and problem solving. With the help of The Attic staff, she organized a culminating arts/visual arts recognition event for the final day as part of an art show. Brian said he gained a new outlook that will help him be "more welcoming and sensitive to transgender individuals" in his future career as a physician. Jennifer said, "This experience has shown me the complexities of developing a safe space for a marginalized group of people."

Adolescence to Adulthood: Rising Above Adversity

Student Intern(s):

Joie Cheng, University of Pennsylvania, School of Dental Medicine

James Dodington, University of Pennsylvania, School of Medicine

Nick O'Coynne, Drexel University College of Medicine

Darren Wong, Drexel University College of Medicine

Academic Preceptor(s):

Kenneth Ginsburg, MD, MEd, University of Pennsylvania, School of Medicine

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Janet Moore, PsyD, Drexel University College of Medicine

Community Preceptor(s):

Nicholas Quintus, Vocation Department, Covenant House Pennsylvania

The Community Site: The Covenant House Crisis Center, located in Germantown, provides shelter to youth aged 18 to 21. Services include medical care through a partnership with the Children's Hospital of Philadelphia, education and vocational support, legal assistance, case management, and substance abuse counseling. www.covenanthousepa.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Access to Health Care

Focus Areas: Access to Quality Health Services; Educational and Community-Based Programs; Heart Disease and Stroke; Nutrition and Overweight; Oral Health

The Project: Joie, Jim, Nick and Darren worked with the Vocational Program staff to help youth pursue job placement. They assisted the vocational specialists in providing resume-building and career enhancement skills. In addition, they facilitated interactive health education through seminars advocating a healthier lifestyle and addressing cardiovascular health, oral health, nutrition, physical fitness and smoking cessation. Participating in clinical interviews and other activities in the health clinic helped the interns gain a greater

appreciation of the difficulties and rewards of practicing adolescent medicine. The staff and youth relationships the interns cultivated were invaluable in providing consistency to Covenant House, while also emphasizing the importance of empathy and good rapport in the health-care field. Darren said, "I feel this experience illustrated the importance of listening. Ultimately, I found that listening can be an invaluable and effective way to facilitate understanding, trust, and change." Nick stated, "The entire Covenant House Community has helped me to begin to understand the unique challenges that many young adults face and how these challenges affect their emotions, thought processes and actions." James said, "My approach to patient interaction will be augmented by the teaching non-medical staff and residents of the House gave me over the course of the summer. I was a witness to residents teaching other residents about health, jobs, and life plans, in the most pure form of peer-education, unprompted and genuine." Joie reflected, "I not only gave back to the community, but also learned from it by improving and practicing my interpersonal and teaching skills."

Bringing a Healthy Lifestyle Home

Student Intern(s):

Brittany Hitz, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy
Michael Quartuccio, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

Caryn R. Johnson, MS, OTR/L, FAOTA, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy

Community Preceptor(s):

Becky Ledva, MSW, Philadelphia Senior Center
Ann Greenberg, MSW, Scottish Rite Tower
Sandra Guaglione, Reed Street Presbyterian Apartments
Nichol McClarin, Scottish Rite House

The Community Site: Independence Promotion Project's Services on Site (SOS) provides health-related activities for the residents of the Scottish Rite House, the Scottish Rite Tower and the Reed Street Presbyterian Apartments, which are housing complexes for low-income senior citizens in South Philadelphia. www.philaseniorcenter.org/services.html

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Diabetes; Heart Disease and Stroke; Mental Health and Mental Disorders; Physical Activity and Fitness; Respiratory Diseases

The Project: Brittany and Michael created a curriculum that included a morning exercise routine, a health education session, an arts and game activity, and a relaxation group. The curriculum contained weekly health themes focusing on diabetes, eye health, respiratory health, cardiovascular health and mental health. In addition to providing educational opportunities, the curriculum

activities served as a springboard for socialization and reminiscing among the residents living in the various complexes. Brittany and Mike also visited the residents in their apartments to discuss how the interns' activities could more effectively meet the needs of elderly residents. Michael said the interns learned "much from the seniors." He continued, "For me, it has confirmed a desire to work with the elderly as a future physician." Brittany said she learned, "the importance of communication and an interdisciplinary approach when working with clients' health-care needs."

Interdisciplinary Care for Seniors at LIFE Through the Eyes of Dental and Nursing Students

Student Intern(s):

Caitlin Hildebrand, University of Pennsylvania, School of Nursing
Vicki Martin, University of Pennsylvania, School of Dental Medicine

Academic Preceptor(s):

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Ann L. O'Sullivan, PhD, FAAN, CPNP, University of Pennsylvania, School of Nursing

Community Preceptor(s):

April Martin, RN, BSN, Penn Nursing's LIFE (Living Independently for Elders)

The Community Site: Penn Nursing's LIFE (Living Independently for Elders), which is part of PACE (Program for All-Inclusive Care for the Elderly), provides all-inclusive care for frail elderly adults in the community. www.lifeupenn.org/news.asp

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Tobacco Use

Focus Areas: Diabetes, Heart Disease and Stroke, Oral Health, Physical Activity and Fitness, Tobacco Use

The Project: Caitlin and Vicki participated in numerous aspects of interdisciplinary work at the LIFE Center. Caitlin reviewed all patient charts to determine the prevalence of peripheral vascular disease (PVD) and analyzed LIFE's charting and assessment procedure. Vicki's seminars focused on dental decay, periodontal disease, the relationship between oral and systemic health and managing the complications of medications that can cause dry mouth. The interns attended daily care meetings, provided workshops for nursing staff and LIFE members, and worked with the community outreach program. They also planned and implemented reminiscence groups for the LIFE members, which utilized beading and poetry, as well as other recreational and art therapy activities. Caitlin said, "I have found this experience to be a true example of how a nursing model can facilitate interdisciplinary care." Vicki said the "unique experience of working with an elderly population while being part of an interdisciplinary team" has helped her recognize "how combining different fields of expertise truly enhances one's quality of care."

The Products of LIFE

Student Intern(s):

Emily Mertz, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Christina Alexander, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Academic Preceptor(s):

Ellen Schelly-Hill, MMT, ADTR, LPC, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Community Preceptor(s):

Beth Cwiklinski, MSW, NewCourtland LIFE Program

The Community Site: The NewCourtland LIFE (Living Independently for Elders) program, which is part of the National PACE (Program for All-Inclusive Care for the Elderly) Association, provides all-inclusive care for frail elderly adults in the Germantown community. www.newcourtland.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Mental Health; Access to Health Care

Focus Areas: Mental Health and Mental Disorders; Heart Disease and Stroke; Oral Health; Physical Activity and Fitness; Educational and Community-Based Programs

The Project: Emily and Christina provided NewCourtland LIFE program participants with age-specific health education sessions focusing on physical activity, cardiovascular health and oral health issues. They assisted the recreation therapist in curriculum development by planning and organizing various crafts, activities and games, and they also helped facilitate and record oral histories of participants. "Hearing the participants' stories really helped me see just how resilient they are," Christina said. "Many of the participants offered wisdom and insight, choosing to live with hope in the here and now." Emily said, "I was humbled by this population ... I found them to be brave, strong and still very capable in spite of some of their physical and cognitive limitations."

It's Your Health:

Empowering Older Adults to Take a Proactive Approach

Student Intern(s):

Lynn Dailey, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy

Richard T. Kiok, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

Caryn R. Johnson, MS, OTR/L, FAOTA, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy

Community Preceptor(s):

Charles Brown, MSW, LSW, Social Services, Philadelphia Senior Center

Becky Ledva, MSW, Social Services, Philadelphia Senior Center

The Community Site: The Philadelphia Senior Center (PSC) – Main Branch on South Broad Street provides a place for adults 55 and older to enrich and support an active lifestyle while helping to prevent isolation and dependence. www.philaseniorcenter.org

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Injury and Violence; Environmental Quality

Focus Areas: Environmental Health; Health Communication; Nutrition and Overweight; Occupational Safety and Health; Injury and Violence Prevention

The Project: Lynn and Rick created a series of programs to empower seniors to learn more about their own health and nutritional habits through group activities and games. The interns worked with staff in the fan distribution program and the Senior Farmer's Market nutrition vouchers program. Lynn and Rick also participated in other PSC activities, such as Steps (a low-impact exercise class for seniors); the Talking, Listening, Caring Group; the art studio; and dance classes. Lynn commented, "I've learned that working with older adults is more than just providing services and information. It's listening and learning from them in order to understand what is important and how best to address their needs." Rick said, "I have had my senses, notions, and soul opened to the vibrant, energetic, and charismatic people that comprise the community here at the PSC."

Preventative Medicine Is the Proactive Solution: Educating Seniors about Health, Risks Factors and Positive Lifestyle Choices

Student Intern(s):

Anthony Eubanks, Temple University, School of Medicine

Elizabeth Jackson, Temple University, School of Pharmacy

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

Julie Nelson, Tioga Branch, Philadelphia Senior Center

The Community Site: The Philadelphia Senior Center Tioga Branch is located in the Tioga Presbyterian Senior Apartments in North Philadelphia. The center provides recreational, leisure and counseling services to its members. www.philaseniorcenter.org/misc.html

Healthy People 2010:

Leading Health Indicators: Physical Activity; Mental Health; Overweight and Obesity

Focus Areas: Heart Disease and Stroke; Medical Product Safety; Mental Health and Mental Disorders; Nutrition and Overweight; Oral Health

The Project: Elizabeth and Anthony assisted with a variety of activities essential to the daily operations of the center. The interns' main projects consisted of daily presentations and activities on health topics relevant to the seniors, and a weekly in-depth

presentation titled “Lunch and Learn.” Discussion topics included prostate cancer, cardiovascular disease, nutrition and physical activity, mental health and depression, oral health, medication safety, and how to decrease the duration of a cold. The interactive presentations allowed the seniors to voice their opinions on the facts or myths about aging. Anthony said, “I have always felt that much of health care begins outside the hospital ... it is as important ... to provide guidance and direction, and to fight toward making changes in people’s lives to prevent disease from occurring.” Elizabeth stated, “I have felt that not only am I providing valuable information to the seniors, but that I, along with the other Bridging the Gaps students, are at the forefront of a health-care movement that will change the involvement of patients in their own health care.”

Assessing the Nutritional Risk Scores of the Nationalities Senior Center Participants

Student Intern(s):

Jooryung Park, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy
Yuan Jiun Nicole Chao, Drexel University College of Medicine

Academic Preceptor(s):

Ellen Schelly-Hill, MMT, ADTR, LPC, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Community Preceptor(s):

Tara Swartzendruber-Landis, BA, Nationalities Senior Center, Nationalities Service Center

The Community Site: The Nationalities Senior Center, a program of Nationalities Service Center, is located in the Logan section of Philadelphia and serves a large population of Cantonese-, Mandarin-, Vietnamese- and Korean-speaking people.
www.nationalitiesservice.org/senior.htm

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Tobacco Use
Focus Areas: Heart Disease and Stroke; Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Tobacco Use

The Project: Joory and Nicole took part in the day-to-day activities of the center. In addition to planning and executing health education sessions and art projects, they also accompanied seniors on field trips and participated in gathering information for the Philadelphia Corporation for Aging (PCA) Nutritional Assessment. Joory and Nicole interviewed over 75 participants in various languages, including Mandarin, Cantonese, Vietnamese and Korean, for perceived nutritional deficits, and identified participants requiring additional consultation or education. In addition, the interns helped seniors prepare statements for legal applications, translated various letters, served as advocates with insurance companies and county assistance offices, and assisted with the distribution of Senior Farmer’s Market vouchers. Jooryung commented, “This was a great opportunity to understand and learn about geriatrics and immigrants. I highly value the knowledge I have obtained through this internship.” Yuan Jiun said, “I have come to appreciate tremendously the

challenges as well as the joys of becoming an older adult, especially from the perspective of an immigrant.”

Moving Through the Ages

Student Intern(s):

Odengeril Pount, Temple University, School of Pharmacy
Erin Simon, Drexel University College of Medicine

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine
Ellen Schelly-Hill, MMT, ADTR, LPC, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Community Preceptor(s):

Mary J. Fallon, MA, NHA, Outreach Program, Unitarian Universalist House
Roberta Balsam, MSW, Outreach Program, Unitarian Universalist House
Lynn Trimborn, RN, Outreach Program, Unitarian Universalist House

The Community Site: Unitarian Universalist House Outreach Program helps older people who live in Northwest Philadelphia remain in their own homes as long as possible.
www.nursing-home.org/outreach.htm

Healthy People 2010:

Leading Health Indicators: Physical Activity; Environmental Quality; Access to Health Care
Focus Areas: Access to Quality Health Services; Disability and Secondary Conditions; Educational and Community-Based Programs; Physical Activity and Fitness; Vision and Hearing

The Project: Oden and Erin conducted telephone interviews and home visits with clients who had not been in recent contact with the Outreach Program to access needed resources. The interns participated in several blood pressure screenings at senior centers and in “Healthy Steps,” a falls prevention program. Oden and Erin also contacted seniors enrolled in the “Outreach Miracle Moves” home-based fitness program to assess how the program affected the clients’ lives. In addition, the interns researched the Consumer Reports “Best Buy Drugs” program, sponsored by CARIE (Center for Advocacy for the Rights and Interests of the Elderly), and shared ideas on how to lower the costs of prescription medications. Erin commented, “I have learned that listening and letting go of any preconceived notions of aging are the greatest tools I can possess for working with the elderly.” Odengeril stated, “As a health professional candidate, taking a look at our geriatric population’s different ways of life gave me greater understanding about how they are facing everyday tasks.”

Living Life to the Fullest: Promoting Physical, Mental and Community Health at INTERAC Center for Older Adults

Student Intern(s):

Laura Morton, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Chrissy Raguckas, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Laurie DiRosa, MS, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Rebecca Kochman, MSW, LSW, Center for Older Adults, Intercommunity Action, Inc.

The Community Site: Intercommunity Action Inc. (InterAc), located in Roxborough, facilitates programs for adults 55 and older and provides adult day services to older adults with physical and cognitive impairments. www.intercommunityaction.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Heart Disease and Stroke; Health Communication; Mental Health and Mental Disorders; Physical Activity and Fitness; Oral Health

The Project: Laura and Chrissy worked with the InterAc staff and conducted several activities aimed at improving the physical, mental and community health of the center's members. In the senior center, the interns implemented a biweekly fitness program titled "Walking for Wellness" that enabled members to exercise and meet others interested in improving health. Laura and Chrissy led discussions about cardiovascular health, oral health, and computer health literacy. These activities were a fun way to foster a greater sense of community and involvement. In the adult day services center, the interns designed and led programs to stimulate cognitive and physical activity. Chrissy said, "I did not anticipate the range of activities that people participated in at InterAc ... The older adults really taught me how vibrant and lively life is." Laura said, "The interactions we engaged in ... were based more on friendship and mutual respect. These collaborative relationships are the type I hope to foster with patients when I practice medicine."

Finding the Spice of Life in Retirement and Beyond

Student Intern(s):

Jeannette Browning, Temple University, School of Pharmacy

Theresa D'Ottavi, Temple University, College of Health Professions, Department of Physical Therapy

Rachelle Dietrich, Temple University, College of Health Professions, Department of Physical Therapy

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

Michelle Lutz, Lutheran Settlement House Senior Center

Peggy Eagle, BS, MHT, Lutheran Settlement House Senior Center

The Community Site: The Lutheran Settlement House Senior Center (LSH) aims to improve the quality of life of community members aged 55 and over living in the Fishtown area of Philadelphia. www.lutheransettlement.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Arthritis, Osteoporosis, and Chronic Back Conditions; Heart Disease and Stroke; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Jeannette, Theresa and Rachelle worked with the Lutheran Settlement House staff to implement the center's existing nutrition, physical activity, and education programs. To engage a greater number of seniors in physical activity, the interns created a seated exercise routine. In addition to health-related education seminars, they held a weekly healthy recipe sharing program, and introduced relaxation seminars and sharing of life stories to promote mental health. At the end of the internship, Jeannette, Theresa and Rachelle threw a luau party that included Hawaiian dancing, decorations, costumes, games, and healthy tropical foods. Jeannette stated, "I've learned that age is about attitude, not just a number." Theresa commented, "The seniors showed me that although a person may have existing medical problems there are still many activities that they can enjoy." Rachelle reflected, "There's more to aging than medications and limitations. The people here live the phrase 'staying young at heart.'"

Artology: Connecting Artistic Creativity, Biological Discovery and Hope

Student Intern(s):

Carrie Davoli, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Janet Horton, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Erin Schmoeyer, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Sudhi Trye, Drexel University, Forensic Science

Chloe Turner, Drexel University College of Medicine

Academic Preceptor(s):

Flossie Ierardi, MM, MT-BC, LPC, Drexel University, College of Nursing and Health Professions, Creative Arts in Therapy

Community Preceptor(s):

Charlene Melhorn, BS, Build-a-Bridge, International

The Community Site: Build-a-Bridge, International, located in Germantown, is an arts education and intervention organization that engages the transformative power of the arts to bring hope and healing to children, families and communities. www.BuildaBridge.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Environmental Quality; Injury and Violence

Focus Areas: Educational and Community-Based Programs; Environmental Health; Health Communication; Injury and Violence Prevention; Physical Activity and Fitness

The Project: Carrie, Janet, Erin, Sudhi and Chloe participated in projects at homeless shelters, including a mural project, a series of drum circles for adolescent boys and girls, and a healthy heart

lesson. Their main project involved designing, organizing and leading a two-week arts and biology camp, Artology, for children aged 8 to 12 living in homeless shelters. The interns worked to become positive role models, building trusting relationships with the children and working with them on self-awareness and conflict resolution skills, while helping them to have safe, fun, positive experiences with one another. Erin reflected, "Working and spending time with 18 exciting, diverse and lovable children has changed my views and stigma on homelessness." Sudhi said, "This program has taught me so much about the resilience of our youth." Janet said, "The young children often have hearts of gold and challenge us to find their gifts, talents and motivations in order to bring out their full potential in a less than adequate environment." Carrie mentioned, "I have learned an enormous amount from interacting with Philadelphia's youth." Chloe said, "While the crisis of homelessness and poverty has been brought closer to home for me, I also am filled with incredible hope for the future through experiencing what beautiful, inspiring, life-changing work is being done."

American Red Cross House Summer Camp: Transforming Disaster into Healthy Futures

Student Intern(s):

Erica Khan, Thomas Jefferson University, Jefferson Medical College
Yvonne Lee, University of Pennsylvania, School of Dental Medicine

Academic Preceptor(s):

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine
Maria Hervada-Page, MSS, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Yohan Weerasingha, American Red Cross House
Jawan Newman, MEd, American Red Cross House

The Community Site: The American Red Cross House, located in West Philadelphia, is a short-term housing facility where people who have suffered a disaster receive a full range of support services and an individualized long-term recovery plan.
www.redcross-philly.org/ProgramsServices/RedCrossHouse/

Healthy People 2010:

Leading Health Indicators: Physical Activity; Tobacco Use; Environmental Quality
Focus Areas: Environmental Health; Heart Disease and Stroke; Nutrition and Overweight; Oral Health; Tobacco Use

The Project: Yvonne and Erica planned and facilitated a summer camp for the children currently living in the Red Cross House as well as the children who have moved on from the House to permanent homes. The interns created a weekly theme that encouraged healthy lifestyles and addressed topics such as nutrition, physical health, oral health and environmental health. Yvonne and Erica engaged the children in various activities, including arts and group discussions. They took the children on frequent trips to the library and the swimming pool, and on weekly field trips throughout Philadelphia. Erica noted, "Working

with BTG really puts the work of medical school into perspective; there is a much larger goal that we are working towards." Yvonne commented, "While it was a challenge to explain health systems and oral health to our kids ... it was a true privilege to develop these skills."

My Brother's House: An Unexpected Education

Student Intern(s):

Kristin Doyle, Thomas Jefferson University, Jefferson Medical College
Michael Mulock, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

Carl A. Pitts, PT, DPT, Thomas Jefferson University, College of Health Professions, Department of Physical Therapy

Community Preceptor(s):

Kate Colameco, My Brother's House, Bethesda Project

The Community Site: My Brother's House, a component program of the Bethesda Project, acts as a safe haven for 20 formerly homeless men who battle chronic mental illness and substance abuse. www.bethesdaproject.org

Healthy People 2010:

Leading Health Indicators: Tobacco Use; Substance Abuse; Mental Health
Focus Areas: Diabetes; Health Communication; Mental Health and Mental Disorders; Substance Abuse; Tobacco Use

The Project: Mike and Kristin assisted the staff with house activities and collaborated with the social worker in providing services for the residents. Through informal interactions, the interns came to know the men very well, which helped them address the men's individual needs. Mike and Kristin's activities included facilitating discussions on health topics, accompanying men to health appointments, and planning and participating in enjoyable and relaxing activities and field trips. Kristin commented, "The individual stories I've heard have broken down any preconceived notions of homelessness, mental illness and substance abuse. If everyone could have an opportunity like this, I think the number of resources available for this population would multiply exponentially." Mike stated, "I will be forever grateful to the men who have let me into their lives and taught me things that could only be learned by listening to a firsthand account."

Building a Healthier HOME

Student Intern(s):

Joy Ainsworth, Temple University, School of Medicine
Megan Angerson, Temple University, College of Health Professions, Department of Occupational Therapy
Dan Mueller, Temple University, School of Medicine
Quan Tram, Temple University, School of Pharmacy
Renee Woodburn, Temple University, School of Medicine

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

Emily Lattimore, MSW, Women of Change, Project HOME

Vera S. D. Owens, MSW, Rowan-Judson, Project HOME

The Community Site: Project HOME's mission is to address and provide supportive housing, employment, education and health care to chronically homeless and low-income populations in Philadelphia. www.projecthome.com

Healthy People 2010:

Leading Health Indicators: Mental Health; Overweight and Obesity; Substance Abuse

Focus Areas: Nutrition and Overweight; Mental Health and Mental Disorders; Physical Activity and Fitness; Sexually Transmitted Diseases; Substance Abuse

The Project: Megan and Quan provided healthy lifestyle educational groups, group walks, and healthy cooking activities for individuals with a history of mental illness or substance abuse who had experienced homelessness and are currently in a Project HOME safe haven, transitional housing, or independent community. Megan said, "The bonds that I have made through this experience will help me foster the communication skills and the understanding ... needed as a future health-care professional." Quan mentioned, "I got to see numerous challenges and problems regarding homelessness in greater Philadelphia. My greatest reward was having a chance to talk and discuss medication issues with the residents." Renee, Dan and Joy designed and implemented a six-week health program for the adolescents of Rowan-Judson and Rowan-Diamond, which are permanent housing residences operated by Project HOME. In addition to the education program, Renee, Dan and Joy devoted the afternoons to team-building activities, games, field trips and community service. At the program's conclusion, the teens created posters highlighting topics covered in the health sessions and held an evening poster presentation for residents of the Rowan-Judson and Rowan-Diamond communities. Joy noted, "At the onset of this experience, I was completely overwhelmed at the prospect of filling seven hours a day with educational activities. However, at the end ... it seemed like the time was much too short to do all of the things that we and the teens wanted to do." Dan stated, "I didn't know what I was getting myself into when I first walked into my Bridging the Gaps site ... nor could I have imagined how much the teens would teach me about their lives, their community, and myself." Renee said, "I feel so blessed to have worked with tomorrow's great thinkers, movers, and shakers. I can only hope that I've helped them to see these same things in themselves."

Promoting Health in the Home of the Homeless**Student Intern(s):**

Megan Magovern, Drexel University College of Medicine

Patricia Van Wert, Drexel University, School of Public Health

Academic Preceptor(s):

Sandra Wolf, MD, Drexel University College of Medicine

Community Preceptor(s):

Liz Thul, LSW, Jane Addams Place, Lutheran Settlement House

Michele Forte, LSW, Jane Addams Place, Lutheran Settlement House

Anna Murphey, Jane Addams Place, Lutheran Settlement House

The Community Site: Lutheran Settlement House's Jane Addams Place, located in West Philadelphia, is a homeless shelter for women and children. www.lutheransettlement.org/lutherhouse.html

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Responsible Sexual Behavior; Environmental Quality

Focus Areas: Educational and Community-Based Programs; Nutrition and Overweight; Oral Health; Respiratory Diseases; Sexually Transmitted Diseases

The Project: Megan and Patricia were instrumental in starting several health education programs for the women and children at Jane Addams Place. The health sessions included a nutrition module, cardiovascular activity and a sexual health discussion for the women, an oral health program, and a two-day asthma camp for both parents and children. The interns were successful in obtaining funding through the Philadelphia Allies Against Asthma Coalition for the Jane Addams Place staff to be trained in the American Lung Association's Open Airways Program. Megan commented, "My work ... has taught me to see health not just as individual diseases or conditions but as part of a much larger context, which includes access to health care, literacy, socioeconomic status, etc." Patricia described her experience as "a wonderful opportunity to apply the public health concepts and theories learned in the classroom to the community setting."

Mind, Body and Spirit: How Osteopathic Principles Apply to the Lives of Homeless Veterans**Student Intern(s):**

Abraham Chacko, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Ifeanyi Olele, MS, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Laurie DiRosa, MS, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Nancy Kincaid, RN, MA, The Philadelphia Veterans Multi-Service & Education Center

James Murphy, The Philadelphia Veterans Multi-Service & Education Center

The Community Site: The Philadelphia Veterans Multi-Service & Education Center (PVMSEC), located in Old City, provides counseling, job training and placement, and housing placement for homeless veterans. www.pvmsec.info

Healthy People 2010:

Leading Health Indicators: Substance Abuse; Mental Health; Physical Activity

Focus Areas: Diabetes; Heart Disease and Stroke; Mental Health and Mental Disorders; Substance Abuse; Physical Activity and Fitness.

The Project: At the PVMSEC Abraham and Ifeanyi participated in case management activities and developed relevant health promotion workshops for the veterans. These workshops encouraged discussion among the veterans and highlighted the osteopathic principles of mind, body and spirit. The interns observed the intake process for new clients and learned about the services available to the veterans, such as job training and placement, transitional housing, and substance abuse counseling. Ifeanyi said, "Veterans have reminded me that every patient has a story, it's up to me to be nonjudgmental and treat all in an uncritical manner." Abraham noted, "I became enriched immensely through the experiences of the veterans."

The Red Shield Family Residence: Helping Empower Families in Transition

Student Intern(s):

Geneva Miller, Temple University, School of Health Professionals, Department of Occupational Therapy

Hannah Ravreby, Temple University, School of Medicine

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Community Preceptor(s):

Susan Brotherton, MSW, The Red Shield Residence, Salvation Army
Sandy Sheller, MA, ATR-BC, LPC, The Red Shield Residence, Salvation Army

The Community Site: The Red Shield Residence, located in North Philadelphia, provides families with case management, shelter and access to health care. www.salvationarmyphiladelphia.org

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Access to Health Care; Environmental Quality

Focus Areas: Oral Health; Nutrition and Overweight; Heart Disease and Stroke; Environmental Health; Tobacco Use

The Project: Hannah and Geneva created educational programs that targeted the specific needs of the children, teens and parents residing at the Red Shield Family Residence. They engaged the children in hands-on health activities relating to nutrition, fire safety, oral hygiene and healthy hearts, and promoted creativity and literacy through craft projects and reading circles. The teen activities emphasized self-esteem, team building, planning and goal setting, and physical health. The parent discussions addressed numerous health issues. Geneva and Hannah also assembled a resource file that gave the staff information on all the topics covered in the summer groups. For Hannah, the internship reinforced "that poverty and homelessness are complex issues without simple solutions." On the positive side, she added, "The residents at Red Shield taught me an equally powerful lesson in the ability of one person to make an impact on another's life." Geneva said, "This

experience has encouraged me to continue to be proactive for the people of Philadelphia."

Empowering Today's Youth

Student Intern(s):

Shyunti Das, Drexel University College of Medicine

Sujung Park, Drexel University College of Medicine

Elissa Stecker, Drexel University College of Medicine

Academic Preceptor(s):

Cheryl Hanau, MD, Drexel University College of Medicine

Community Preceptor(s):

Jamilah Rashed, People's Emergency Center

The Community Site:

People's Emergency Center (PEC) provides safe housing, social services and case management for abused and homeless women and children. www.pec-cares.org

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Mental Health; Injury and Violence

Focus Areas: Heart Disease and Stroke; Injury and Violence Prevention; Mental Health and Mental Disorders; Nutrition and Overweight; Oral Health

The Project: Elissa, Shyunti and Sujung created a healthy living curriculum for the children in the PEC day camp. The health sessions included art projects, games, physical activities, and field trips to various museums and parks. The interns worked to provide a safe and caring environment for the campers, interlaced with friendship and compassion. Elissa, Shyunti and Sujung also interacted with the women in the PEC Parent Child Education Program (PCEP). Elissa commented that the internship has given her "the opportunity to witness firsthand a world ... of children ... dealing with issues of homelessness, inadequate health care, and poverty." Shyunti said, "This experience will serve as a reminder ... of the various contexts and environments in which people live." Sujung said, "My experience ... reminded me of the fact that first impressions are never what they seem, and people can always surprise you."

Adding Up All the Small Things for a Big Result

Student Intern(s):

Nicole Nurse, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Anita Yang, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Eugene Mochan, PhD, DO, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Izola David, DO, Lancaster Health Care Center

Mary Jane Miller, Workplace Readiness, People's Emergency Center/JOBS Program, People's Emergency Center

Rachel Washington, People's Emergency Center/JOBS Program, People's Emergency Center

The Community Site: The Lancaster Health Care Center provides health-related services to community members and agencies. www.pcom.edu/General_Information/Community_Healthcare_Centers_/Lancaster_Avenue_Center_/

The People's Emergency Center/JOBS Program is a Job Opportunities and Business Skills program. www.pec-cares.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Responsible Sexual Behavior; Environmental Quality

Focus Areas: Educational and Community-Based Programs; Heart Disease and Stroke; Tobacco Use; Nutrition and Overweight; Physical Activity and Fitness

The Project: As part of the Lancaster Health Care Center's outreach to community agencies, Anita and Nicole assisted the People's Emergency Center's JOBS program staff in the provision of services. Anita and Nicole worked with young adults aged 18 to 21. The interns collaborated with the JOBS staff by providing GED preparation and refresher courses in mathematics and reading, and by developing creative techniques and activities to enhance learning. Additionally, they facilitated health promotion discussions on topics ranging from nutrition and exercise to education and goal setting. Nicole reflected, "Providing exposure and relevant education ... fosters more proactive individuals who are interested in their wellness." Anita said, "Understanding the individual as a whole person while practicing health care is essential — everything in a person's life is interrelated."

Infant Safety Advocacy: A Summer with Cribs for Kids

Student Intern(s):

Emma Sodbinow, University of Pennsylvania, School of Nursing
Allison Clark, University of Pennsylvania, School of Dental Medicine

Academic Preceptor(s):

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine
Ann L. O'Sullivan, PhD, FAAN, CPNP, University of Pennsylvania, School of Nursing

Community Preceptor(s):

Rebecca Pfender, BS, Cribs for Kids Program, Maternity Care Coalition

Community Site: Cribs for Kids, a component program of Maternity Care Coalition, provides needy families in Philadelphia with cribs to help reduce deaths due to sudden infant death syndrome (SIDS) and improper sleep environment. www.momobile.org/programs/cribs.html

Healthy People 2010:

Leading Health Indicators: Tobacco Use; Responsible Sexual Behavior; Environmental Quality

Focus Areas: Educational and Community-Based Programs; Environmental Health; Health Communication; Maternal, Infant, and Child Health; Tobacco Use

The Project: Emma and Allison worked with the Cribs for Kids advocates to serve pregnant and postpartum mothers and their families. The interns interviewed mothers and discussed prenatal care and sleeping environments for their infants. Emma and Allison traveled throughout Philadelphia to deliver cribs and crib supplies to qualified clients and to educate the mothers on safe sleeping habits and SIDS risk reduction. In addition, they also provided education on smoking, breast-feeding, and crib safety, and completed a resource guide that provided clients with contact information for other service organizations. Emma said, "I have learned so much about myself as a communicator and health advocate." Allison said, "My experience as a public health advocate was challenging, enriching, and rewarding."

Promoting Safe Environments in Early Childhood

Student Intern(s):

Aseye Allah, University of Pennsylvania, School of Social Policy and Practice

Genevieve Borders, University of Pennsylvania, School of Dental Medicine

Courtney Habbersett, University of Pennsylvania, School of Medicine

Academic Preceptor(s):

Jeffrey N. Draine, PhD, University of Pennsylvania, School of Social Policy and Practice

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Courtney Schreiber, MD, MPH, University of Pennsylvania, School of Medicine

Community Preceptor(s):

Theresa McKelvy, RN, MS, Early Head Start Program, Health Federation of Philadelphia

The Community Site: Health Federation's Early Head Start program provides home-based services to low-income children (from birth to age 3) and their parents in North Philadelphia. www.healthfederation.org/head_start.asp

Healthy People 2010:

Leading Health Indicators: Environmental Quality; Overweight and Obesity; Responsible Sexual Behavior

Focus Areas: Educational and Community-Based Programs; Maternal, Infant and Child Care; Health Communication; Environmental Quality; Oral Health

The Project: Aseye, Genevieve and Courtney assisted the Early Head Start staff in providing families with education and resources on safe environments. Aseye organized a baby safety shower so new mothers had the opportunity to celebrate their babies and participate in baby

safety activities. Aseye created a resource scrapbook that enabled parents to easily access the multitude of written educational materials available at the Early Head Start office. Genevieve developed “Baby on the Go,” a car seat loan program and updated the child oral health program. Courtney assisted with the implementation of the Infant Safe Sleep project that included an assessment of the infant safe sleep environment, safe sleep and sudden infant death syndrome (SIDS) education, and the distribution of materials to improve sleep safety. For the latter project, Courtney wrote and directed a short educational video about SIDS and sleep safety. Aseye reflected, “The staff at EHS has been an excellent example of good social work. I will remember this experience for the rest of my life.” Genevieve said, “By working with a medical student and social work student, I have been given insight into a multifaceted approach to health care that has great potential for improving the quality of care to the community.” Courtney noted, “I have learned a lot about preventive health care, early childhood education and the social aspects of health care ... [which] will prove invaluable to my medical education.”

There’s Just Something About Early Head Start!

Student Intern(s):

Blair Lamb, University of Pennsylvania, School of Nursing
Christine Louie, University of Pennsylvania, School of Medicine

Academic Preceptor(s):

Hillary Bogner, MD, University of Pennsylvania, Department of Family Medicine
Ann L. O’Sullivan, PhD, FAAN, CPNP, University of Pennsylvania, School of Nursing

Community Preceptor(s):

Laurie Grant, RN, Early Head Start, Children’s Hospital of Philadelphia

The Community Site: The Children’s Hospital of Philadelphia’s Early Head Start (EHS) Program, located in West Philadelphia, promotes healthy prenatal outcomes, supports positive family interactions and offers activities that enhance children’s overall growth and development. <http://earlyheadstart.chop.edu>

Healthy People 2010:

Leading Health Indicators: Environmental Quality; Overweight and Obesity; Access to Health Care

Focus Areas: Educational and Community-Based Programs; Environmental Health; Health Communication; Maternal, Infant and Child Health; Nutrition and Overweight

The Project: Blair and Christine assisted the Early Head Start (EHS) program staff in providing services to pregnant women and families with children up to age 3. The interns participated in weekly family review meetings, accompanied staff on home visits, designed and conducted prenatal/newborn support seminars, completed an environmental assessment on child safety, and surveyed families to assess EHS’s efficacy in presenting health topics to its clients. Blair and Christine also shared information on oral health at the EHS annual Family Fun and Safety Day. Lastly, the interns surveyed staff members’ experiences with their adult clients’ literacy proficiency,

followed by a general discussion and problem solving group on the topic of adult literacy. Blair described the experience as providing “a reason to remain committed to the field of health care.” Christine said, “The dedication that the staff ... has shown to the families they serve inspires me to continue putting my best efforts into causes that I am committed to.”

Leading the Way with the MOMobile: Strengthening Families, One Baby at a Time

Student Intern(s):

Kelly Halk, Thomas Jefferson University, Jefferson College of Health Professions, Department of Nursing
Kenika Robinson, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

Molly A. Rose, RN, PhD, Thomas Jefferson University, Jefferson College of Health Professions

Community Preceptor(s):

Julia Cannon, South Philadelphia MOMobile, Maternity Care Coalition

The Community Site: The South Philadelphia MOMobile is a partnership between the Maternity Care Coalition (MCC) and the Early Head Start Program. The goals of this partnership are to reduce infant mortality, improve maternal and child health, and support children’s optimal development. www.momobile.org/programs/momobile.html

Healthy People 2010:

Leading Health Indicators: Responsible Sexual Behavior; Access to Health Care

Focus Areas: Access to Quality Health Services; Family Planning; Maternal, Infant, and Child Health

The Project: Kelly and Kenika assisted the MOMobile family advocates in providing health education and support to pregnant women, postpartum mothers, and new families. While on home visits with the advocates, the interns shared information on safe sleeping practices, the benefits of breast-feeding, and healthy child development. They also supported MOMobile clients by organizing a baby shower for prenatal clients, facilitating social activities for new mothers and their children, and participating in a community health fair. Additionally, Kelly and Kenika participated in the recruitment and enrollment of new clients, and assisted with accessing health care, social services, and community resources. Kelly stated, “I see ... how important it truly is to dive into yourself to search within yourself and resolve all issues you may hold before they create problems between you and your patients/clients.” Kenika said, “I have been inspired by the strength of the MOMobile advocates who work tirelessly to ensure that their clients are properly educated and equipped to raise their children in the safest and healthiest environment possible.”

West Philadelphia Healthy Start/ Maternity Care Coalition

Student Intern(s):

Yiska Danziger, University of Pennsylvania, School of Dental Medicine

Tiffany Southerland, University of Pennsylvania, School of Social Policy and Practice

Academic Preceptor(s):

Jeffrey N. Draine, PhD, University of Pennsylvania, School of Social Policy and Practice

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Community Preceptor(s):

Dawn Williams, MHS, West Philadelphia Healthy Start, Maternity Care Coalition

The Community Site: Maternity Care Coalition's West Philadelphia Healthy Start, with two locations in West Philadelphia, is a community organization that serves pregnant women and women with children up to 2 years of age.

www.momobile.org/programs/momobile.html

Healthy People 2010:

Leading Health Indicators: Physical Activity; Tobacco Use; Access to Health Care

Focus Areas: Family Planning; Maternal, Infant and Child Health; Educational and Community-Based Programs; Oral Health

The Project: Yiska and Tiffany participated in a variety of Healthy Start activities to provide resources to community members, clients and potential clients. Through weekly prenatal classes Yiska and Tiffany shared information on pre- and postnatal oral health, stress management, and prenatal nutrition and exercise. The interns also accompanied case managers on home visits to expecting and new mothers to offer resources relating to car seats, cribs, childcare, and breast-feeding. Tiffany provided intake and eligibility assessments for Healthy Start services. Yiska created a pamphlet on prenatal oral health care for the expecting mothers. Tiffany noted, "I ... learned about the needs of the West Philadelphia community as it relates to pregnancy, prenatal care and resources." Yiska said, "This knowledge will help me professionally as I will be able to better relate to my patients."

On the Yellow Brick Road to Recovery: Healthy Lifestyles and Initiatives

Student Intern(s):

Trisha Juliano, Thomas Jefferson University, Jefferson Medical College

Kyle Meehan, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

Maria Hervada-Page, MSS, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Denise Botcheos, MSW, LSW, Mercy Hospice

The Community Site: Mercy Hospice, located in Center City Philadelphia, is a temporary shelter for women who are in recovery and their children. The hospice provides comprehensive case management, parenting and job skills programs, and assists the women in obtaining transitional or permanent housing, economic stability, and physical and mental health services.

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Heart Disease and Stroke; Mental Health and Mental Disorders; Nutrition and Overweight; Physical Activity and Fitness; Substance Abuse

The Project: Kyle and Trisha used the theme of "The Wizard of Oz" to guide weekly discussions and activities related to healthy lifestyle changes pertinent to women in recovery. Fitting with Dorothy's quest for a home, residents discussed the importance of finding a home and made collages of their dream homes. Under the theme of the Tin Man, the interns addressed the importance of cardiovascular health, including diet and exercise, and established a yoga and aerobics exercise series. In the Scarecrow-themed week, the group focused on the mind. They discussed mental health; completed brain-stimulating activities such as games, puzzles, and brain teasers; and reinforced the health benefits of lifelong learning with field trips to the Atwater Kent Museum and the Mutter Museum. During the Cowardly Lion's quest for courage session, the group discussed safety and support networks, and created fleece safety blankets. Throughout the summer program, the interns awarded yellow bricks to the women of Mercy for positive steps they took in their recovery. With these bricks, the women collectively built a "Yellow Brick Road to Recovery" in the main foyer of the house. Trisha said, "This experience has challenged me to think about my skills and my ability to work with different populations; it has made me think about which population I will be able to serve best as a physician." Kyle noted, "As a future physician, understanding the innate healing power and resilience of people will help me approach patients with hope for their futures."

Health Is Wealth: Enriching the Lives of HIV+ Patients through Fitness and Nutrition

Student Intern(s):

Robert Brunner, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Molly Dando, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Ruth Schemm, EdD, OTR/L, FAOTA, University of the Sciences in Philadelphia

Community Preceptor(s):

Margie T. Craddock, MHS, People with Hope, Gaudenzia

Michelle Woltz, MHS, CRNP, CARN, People with Hope, Gaudenzia

The Community Site: Gaudenzia's People with Hope is a therapeutic residential community specifically designed to provide alcohol and other drug abuse treatment for individuals who are HIV positive. www.gaudenzia.org/facilities/hope.shtml

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Substance Abuse

Focus Areas: Heart Disease and Stroke; HIV; Nutrition and Overweight; Physical Activity and Fitness; Substance Abuse

The Project: Robert and Molly collaborated with the residents of People with Hope to create exercise routines utilizing walks and fitness videos to highlight the importance of fitness and good nutrition for overall health and stress reduction. The interns also facilitated seminars and group discussions on the reported increased risk of cardiovascular disease and diabetes due to HIV medications. Robert and Molly and the residents also conversed about the relationships between HIV-positive patients and their physicians. Molly said, "Through conversations, the clients also taught me a lot about what it takes to be a caring, compassionate physician." Robert commented, "Working at Gaudenzia allowed me to put faces to the problems of health-care disparity, substance abuse, and mental illness."

Bridging Connections to Dental Care at New Keys

Student Intern(s):

Latania Williams, University of Pennsylvania, School of Dental Medicine

Academic Preceptor(s):

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Community Preceptor(s):

Jennifer Walker, MSW, New Keys, Horizon House

The Community Site: Horizon House's New Keys program finds housing for the chronically homeless in West, South and Southwest Philadelphia. www.hhinc.org/AdminHome.asp?ArticleID=301

Healthy People 2010:

Leading Health Indicators: Mental Health; Access to Health Care; Environmental Quality

Focus Areas: Access to Quality Health Services; Mental Health and Mental Disorders; Environmental Health; Health Communication; Oral Health

The Project: Throughout the summer, Latania concentrated on raising the New Keys clients' awareness of oral health. Utilizing a survey, Latania assessed the immediate needs of the clients, their oral hygiene practices, and their treatment histories. She researched the dental clinics in Philadelphia to identify those that would treat the New Keys clients and created a reference guide to available clinics. Latania also held interactive educational sessions focusing on oral hygiene. In these sessions, clients' questions and concerns were addressed and supplies, such as toothbrushes and floss, were

distributed. Latania noted, "When I saw how truly interested the [clients] were about good dental care, it motivated me even more to get them the treatment they needed and in turn do the best job I could do as a future health-care provider."

Consortium:

Promoting Healthy Minds and Healthy Bodies

Student Intern(s):

Irene Bekhit, University of Pennsylvania, School of Dental Medicine

Yu Jiang, University of Pennsylvania, School of Dental Medicine

Esther Lee, Thomas Jefferson University, Jefferson Medical College

Nina Mirarchi, Bryn Mawr College, Graduate School of Social Work and Social Research

Academic Preceptor(s):

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Maria Hervada-Page, MSS, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Marvin Elias, PhD, Chestnut Place Clubhouse, Consortium

Karen DiTrollo, MPA, PRIDE Program, Consortium

The Community Site: The Consortium's PRIDE Program and Chestnut Place Clubhouse provide mental health services to the West Philadelphia community. The PRIDE program is a structured group program for adults designed to meet the needs of adults in the process of stabilization after psychiatric hospitalization, or those who are experiencing an increase of severe psychiatric symptoms or behaviors. The Chestnut Place Clubhouse is a psychiatric rehabilitation center for adult consumers of mental health services. www.consortium-inc.org/

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Tobacco Use

Focus Areas: Heart Disease and Stroke; Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Tobacco Use

The Project: Esther, Irene, Nina and Yu promoted health awareness through group presentations and individual conversations at the Chestnut Place Clubhouse and the PRIDE program. After surveying the community, the students chose four topics of major concern to Consortium members: oral health and hygiene, nutrition and exercise, cardiovascular health, and smoking cessation. Esther, Irene, Nina and Yu gave their presentations in small groups to elicit more responses, questions and discussion. The interns employed several different techniques, including a talk-show format, worksheets, pamphlets and a PowerPoint presentation to engage the members' interest in caring for their well-being. The students rotated their presentations through the different units at the Clubhouse and the PRIDE program to ensure that the maximum number of mental health consumers gained access to the health knowledge. Irene commented, "My first week at Clubhouse culminated in a transition in my perception of mentally ill individuals from seeming as a burden to empowered members ... I've witnessed individuals eager for work,

zealous for politics and concerned for others.” Yu said, “I learned about the unique difficulties that patients with mental illness might face in terms of getting access to medical care and communicating with health-care providers.” Esther said, “Through interactions with both staff and patients, I gained many insights about mental illness.” Nina said, “I will use my experience this summer as a guide for improving clinical care, therapeutic programs, and social policies for those suffering from a mental illness in the future.”

Hall Mercer and Bridging the Gaps: Working Towards a Healthier Tomorrow

Student Intern(s):

Rachel Anolik, University of Pennsylvania, School of Medicine

Honey Jaffe, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy

Lauren Wagner, University of Pennsylvania, School of Social Policy and Practice

Academic Preceptor(s):

Jeffrey N. Draine, PhD, University of Pennsylvania, School of Social Policy and Practice

Joel Fein, MD, MPH, University of Pennsylvania, School of Medicine

Caryn R. Johnson, MS, OTR/L, FAOTA, Thomas Jefferson University, College of Health Professions, Department of Occupational Therapy

Community Preceptor(s):

Paul Giannette, MA, Child and Family Unit, Hall Mercer

The Community Site: Hall Mercer Child and Family Unit, located at Pennsylvania Hospital, provides outpatient services for children under age 18. www.pennhealth.com/behav_health/services/pahosp/community.html

Healthy People 2010:

Leading Health Indicators: Physical Activity; Mental Health; Overweight and Obesity

Focus Areas: Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Food Safety; Mental Health and Mental Disorders

The Project: Rachel, Honey and Lauren assisted the staff of the Child and Family Unit’s therapeutic summer camp in implementing their educational program. For their health education sessions, the interns focused on nutrition, exercise, oral hygiene, stranger danger, safety and injury prevention. The goal of these activities was to assist children in gaining behaviors and information that would enable them to stay healthy and safe in their communities and daily environments. Rachel commented, “As a team, we were better able to assist the children with each of us lending our own personal knowledge base to their health and safety education.” Honey said, “In addition to learning through experience, the weekly lecture series and readings greatly helped to reinforce what we were encountering in the community.” Lauren noted, “The knowledge I have gained about other disciplines will help me throughout my professional career as I continue to work within multidisciplinary teams.”

Early Intervention: The Key to Bright Smiles, Healthy Bodies and Positive Futures

Student Intern(s):

Sarita Fu, University of Pennsylvania, School of Dental Medicine

Jamie Timmons, University of Pennsylvania, School of Medicine

Academic Preceptor(s):

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Noel Rosales, MD, University of Pennsylvania, School of Medicine

Community Preceptor(s):

Nicholas Bisaccia, MSEd, Therapeutic Nursery, Children’s Crisis Treatment Center

The Community Site: The Children’s Crisis Treatment Center (CCTC) Therapeutic Nursery, located in Center City Philadelphia, is a structured full-day preschool program for children aged 2.5 to 5 years. www.cctckids.com

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Access to Health Care

Focus Areas: Access to Quality Health Services; Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Respiratory Diseases

The Project: Jamie and Sarita identified oral health, cardiovascular health, and asthma care as the main components of their health promotion activities for the youth at the CCTC. They emphasized the impact of good oral health on early childhood development and provided resources for the youth to access oral health services. The interns promoted heart health by encouraging exercise and healthy nutrition. In addition, they provided resources to educate staff and parents about treating and controlling asthma. Jamie commented, “I have grown to appreciate the importance of tackling problems early ... The staff and children ... are perfect examples of resilience in action.” For Sarita, the internship was “challenging, rewarding and eye-opening.” She said, “I have come to realize the reality of the hardships that children face today.”

Helping Women Find New Directions

Student Intern(s):

Mary Alarcon, University of the Sciences in Philadelphia, Occupational Therapy Program

Elise Attardo, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Jillian Trizna, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Eugene Mochan, PhD, DO, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Stacie Skiffer, New Directions for Women

The Community Site: New Directions for Women, located on Germantown Avenue in Philadelphia, is a residential facility that serves as an alternative to incarceration for women with a history of nonviolent crimes. www.ndfwinc.org/

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Tobacco Use; Substance Abuse

Focus Areas: Injury and Violence Prevention; Mental Health and Mental Disorders; Nutrition and Overweight; Physical Activity and Fitness; Sexually Transmitted Diseases

The Project: Mary, Elise and Jill designed women’s health and life-skills workshops for the women residents of New Directions. These workshops included information sessions, group discussions, self-reflection activities, and demonstrations. The following topics were addressed: general health and disease prevention, women’s reproductive health, nutrition and fitness, mental health, domestic violence, and substance abuse. The interns created a community resource guide for the workshop topics that they shared with the women. The goal of the project was to raise the women’s awareness regarding their own personal health and overall well-being. Mary said, “I have learned so much from the women as they helped me to build on some of my own strengths.” Elise noted, “Each woman touched my life in a unique way and I am left with an experience that I will take with me forever.” Jillian commented, “I had an interest in practicing medicine in an underserved community, and this experience has solidified that desire.”

**Health Care for African Immigrants:
A Journey to Health Care for Our Global Neighbors**

Student Intern(s):

Sue Andrews, University of Pennsylvania, School of Medicine
Antoinette Ghartey, University of Pennsylvania, School of Nursing

Academic Preceptor(s):

Katrina Armstrong, MD, MSCE, University of Pennsylvania, School of Medicine
Ann L. O’Sullivan, PhD, FAAN, CPNP, University of Pennsylvania, School of Nursing

Community Preceptor(s):

Voffee S. Jabateh, MSW, African Cultural Alliance of North America (ACANA)
Aderline Johnson, MBA, African Cultural Alliance of North America (ACANA)
Tiguida Kaba, African Family Health Organization (AFAHO)
Philip Udo-Inyang, PhD, The Coalition of African Communities (AFRICOM)

The Community Site: The African Cultural Alliance of North America (ACANA) was incorporated in response to requests for help by African refugee, asylee and immigrant community members in dealing with the stressors associated with adjusting to their new community. The African Family Health Organization (AFAHO) responds to the health and social service needs of the growing number of hard to reach and often underserved immigrant families

in Philadelphia and surrounding counties. The Coalition of African Communities—Philadelphia (AFRICOM)—brings together various African, American and Caribbean community organizations. www.acanaus.org

Healthy People 2010:

Leading Health Indicators: Access to Health Care

Focus Areas: Access to Quality Health Services; Education and Community-Based Programs; Health Communication; Public Health Infrastructure

The Project: The first goal of Sue and Antoinette’s summer internship was to assess the main health concerns of the African immigrants in West and Southwest Philadelphia and surrounding areas. They met with community leaders, immigrant service organizations, clinics, business owners, association members, and other individuals to discuss the concerns and barriers to health care faced by African immigrant communities. Out of these discussions, a few main issues were identified: access, communication, and collaboration, as well as assumptions and ignorance among health-care providers and patients. To address these issues, the interns updated a directory of health-care services in West and Southwest Philadelphia. They also created and distributed a health record booklet to aid with communication and the continuity of care that the African immigrant population receives. Antoinette and Sue also worked with AFRICOM to plan the 7th Annual African Caribbean Health Fair on August 19. Antoinette commented, “This has been an inspiring experience. It has shown me that the global population is closer to me in the United States than I thought ...” Sue said, “I feel like this project is still in its infancy. We have only just begun to form relationships and to really get to know the landscape ... As in all things, so much of what needs to be done to improve health-care access and utilization in this community comes down to communication and relationships.”

**Assessing Obstacles in Immigrant Population
Health-Care Access**

Student Intern(s):

Shannon Bailey, Thomas Jefferson University, Jefferson Medical College
Linda Pang, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

James Plumb, MD, MPH, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Nan Feyler, JD, MPH, Nationalities Service Center

The Community Site: Nationalities Service Center (NSC), located in Center City, provides services to improve the welfare and self-sufficiency of immigrants and refugees in the Philadelphia area. www.nationalitiesservice.org

Healthy People 2010:

Leading Health Indicators: Access to Health Care

Focus Areas: Access to Quality Health Services; Health Communication; Public Health Infrastructure

The Project: Shannon and Linda met with health-care providers and community leaders throughout the Philadelphia area to assess immigrant health care. Through their conversations with staff from clinics and community agencies, they identified barriers to health access and the specific clinical needs of various immigrant populations. Shannon and Linda worked to create linkages between refugees, immigrants, providers and community leaders. Shannon noted, “This experience has opened my eyes to many of the barriers that exist in health care. I have also seen the positive impact that individuals and communities can make through advocacy.” Linda commented, “I am excited to continue forming links between the communities I have observed this summer with organizations that desire to help.”

in the Philadelphia area. Rachel said, “Working at LCFS has been an interesting and challenging experience ... [it] has provided me with a window into the challenges faced by immigrants ...” Kate commented, “I enjoyed working at LCFS because it gave me insight into our legal system from an entirely different perspective ... I realized how daunting the court system can be if you have limited funds and are not a native speaker ...” Andrew noted, “Several times over this summer, the clients and staff of the center reminded me why I went to law school in the first place ... [they] taught me that sometimes the most important thing you can do is just try to understand ...”

Puentes de Salud: Health Promotion in South Philadelphia’s Mexican Immigrant Community

Helping Refugee Families: Health Education, Immigration Assistance, and Navigating the Custody Process

Student Intern(s):

Andrew Hodlofski, Drexel University College of Law
Rachel N’Diaye, Drexel University, School of Public Health
Kate Robinson, Drexel University College of Law

Academic Preceptor(s):

Abbas Husain, MD, Drexel University College of Medicine
Amy Montemarano, JD, Drexel University College of Law

Community Preceptor(s):

Lyn Back, MA, Refugee Resettlement Program, Lutheran Children and Family Service
Kadrie Haxhiu, Refugee Resettlement Program, Lutheran Children and Family Service
Victoria Harris, Refugee Resettlement Program, Lutheran Children and Family Service

The Community Site: The Refugee Resettlement Program of Lutheran Children and Family Service provides assistance with family reunification, housing, employment, health-care access and education to newly arrived refugees in the Philadelphia area. www.lcfsinpa.org/refugee_resettlement

Healthy People 2010:

Leading Health Indicators: Access to Health Care; Overweight and Obesity; Responsible Sexual Behavior
Focus Areas: Access to Quality Health Services; Diabetes; HIV; Nutrition and Overweight; Oral Health

The Project: Andrew, Kate, and Rachel worked on three distinct projects. Andrew assisted in the immigration office helping clients file for asylum and file to change their status from refugee to legal permanent resident. Kate worked to help clients in the Affidavit of Relationship (AOR) process by contacting relatives in the U.S. to alert them that their family members abroad had received an interview date. She also helped families navigate the court system when applying for legal guardianship of minors living with extended family. Rachel conducted health education and computer classes for recently arrived refugees in the match grant program. She also scheduled health screening appointments for newly arrived individuals and compiled information regarding health resources

Student Intern(s):

Cate Bakey, University of Pennsylvania, School of Medicine
Nicolas Bamat, University of Pennsylvania, School of Medicine
Aura Obando, University of Pennsylvania, School of Medicine

Academic Preceptor(s):

Steve Larson, MD, University of Pennsylvania, School of Medicine

Community Preceptor(s):

Sr. Maria Lauren Donohue, MSBT, Office of Hispanic Ministries, Catholic Social Services

The Community Site: Puentes de Salud (Bridges to Health) is dedicated to facilitating health access and promoting wellness for the Mexican immigrant community of South Philadelphia. The Puentes student team collaborated with the Hispanic Outreach Initiative and their community projects.

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Access to Health Care
Focus Areas: Access to Quality Health Services; Diabetes; Maternal, Infant and Child Health; Nutrition and Overweight; Physical Activity and Fitness

The Project: Aura, Cate and Nick organized and facilitated a twice weekly “Mommy and Me” camp where women in the South Philadelphia Mexican immigrant community participated in activities and educational sessions while childcare was provided. Lawyers, nurses, and other experts from the community were called on to provide diabetes education, information on legal rights, and yoga and aerobics classes. In addition, the interns taught ESL classes, which were organized by the community preceptor, three mornings per week. On Thursday evenings the interns participated in the Puentes Clinic, providing direct patient care and education. Throughout the summer, the interns also advocated for individuals with emergency health-related needs. Cate commented, “Participating in this project opened for me a whole other side of medicine that can be hard to get a sense of as you sit through a very academic first year of medical school. This project has also made very apparent all the facets of life that need to be addressed in order to ensure health in individuals and in the community ... ” Nicolas said, “Bridging the Gaps gave me the opportunity to explore

the challenges and obstacles to healthy living from a perspective infrequently taken by the training physician.” Aura reflected, “Fortunately, I also gained a great deal of knowledge regarding the many agencies and programs that strive to provide services to this particular community. As a physician in training, it is imperative that I become familiar with the many organizations with which we can partner to better treat our neediest patients.”

Stop! Collaborate and Listen: An Interdisciplinary Approach to Evaluating Health-Care Needs

Student Intern(s):

Máire Abraham, Drexel University College of Medicine

Tilak Baba, Drexel University, School of Public Health

Dianna Bisek, Drexel University College of Medicine

Jendy Dunlop, Drexel University, School of Public Health

Victoria Tasie, Temple University, School of Pharmacy

Melinda Tsai, University of Pennsylvania, School of Dental Medicine

Ed Yang, Drexel University College of Medicine

Academic Preceptor(s):

Stephen Gambescia, PhD, MEd, MBA, CHES, Drexel University, College of Nursing and Health Professions

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Ina Lee Calligaro, PharmD, Temple University, School of Pharmacy

Community Preceptor(s):

Jennifer Andia, MS, MPH, Community Health and Outreach, 11th Street Family Health Services of Drexel University

Vincent J. Zarro, MD, PhD, Chinatown Clinic of Drexel University College of Medicine

The Community Site: The 11th Street Family Health Services of Drexel University, located in North Philadelphia, offers a variety of health services. The Newcomers' Health Project is a volunteer clinic at Holy Redeemer Church in Chinatown that offers health-care for uninsured, underserved people who often face a multitude of language and cultural barriers.

www.drexel.edu/cnhp/11thstreet/home.asp

<http://webcampus.drexelmed.edu/communityservice/volunteer/ChinatownClinic.htm>

Healthy People 2010:

Leading Health Indicators: Access to Health Care; Overweight and Obesity; Physical Activity

Focus Areas: Access to Quality Health Services; Health Communication; Diabetes; Heart Disease and Stroke; Nutrition and Overweight

The Project: At the 11th Street Family Health Center, the interns performed a quality assessment, interviewing patients about their beliefs, attitudes and behaviors toward diagnosed diabetes and hypertension. The interns presented their major findings to the staff. To enhance quality of care, they created a database that creates timely reminders about eye appointments, immunizations and other screenings. Gathering relevant educational materials for the health center was another service the interns provided. On Wednesday

evenings, the interns worked at the Chinatown Clinic of the Newcomers' Health Project. Their responsibilities included attending to the weekly administrative tasks of the clinic, implementing a satellite diabetes pharmacy, and creating culturally relevant and appropriate education materials focusing on diabetes, nutrition, prescription drugs, and dental care. Máire noted, “Working on this project with students from other disciplines as well as other local schools made me more aware of what a necessity interdisciplinary care in medicine is ...” Tilak commented, “... [BTG] exposed me to the various challenges and barriers that underrepresented and underserved minorities face in getting access to health care ...” Dianna stated, “This summer showed me the strength of the community our team worked in and expanded my desire to work in underrepresented areas.” Jendy said, “My experience ... has supplied me with valuable tools and increased enthusiasm to address these challenges in future practice.” Victoria commented, “... [this] has made me realize the point of views of so many different patients of different ethnicities, how they perceive their health and what actions they employ to take care of these needs.” Melinda noted, “This made me realize how people’s values, beliefs and understanding of health care can really change the way they view disease.” Ed said the experience, “is tailor-made for those who wish to understand that health care is more than just the sum of its parts. A physician cannot separate the patient from his/her environment.”

Passing on the Smile: Oral Health from Mother to Child

Student Intern(s):

Maya Ling, University of Pennsylvania, School of Medicine

Jessica Marinoff, University of Pennsylvania, School of Dental Medicine

Academic Preceptor(s):

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Cynthia Mollen, MD, University of Pennsylvania, School of Medicine

Community Preceptor(s):

Frank Torrisi, DDS, MBA, Dental Clinic, 11th Street Family Health Services, Family Practice and Counseling Network

The Community Site: The Dental Clinic at the 11th Street Family Health Services of Drexel University is affiliated with the Family Practice and Counseling Network. The Dental Clinic provides comprehensive dental services on a sliding scale for families from all socioeconomic backgrounds.

www.drexel.edu/cnhp/11thstreet/home.asp

Healthy People 2010:

Leading Health Indicators: Access to Health Care

Focus Areas: Access to Quality Health Services; Educational and Community-Based Programs; Health Communication; Maternal, Infant, and Child Health; Oral Health

The Project: Jess and Maya developed presentations and teaching materials pertaining to oral health care during both pregnancy and

early childhood. Their presentations emphasized the association between periodontal disease and preterm birth. The interns worked in collaboration with the Nurse Family Partnership (NFP) nurses and the Philadelphia Collaborative Preterm Prevention Project's outreach workers. Jess and Maya accompanied the NFP nurses on home visits and used their presentation materials to educate the expectant and new mothers about oral health. They also developed strategies to encourage the women who screen positive for periodontal disease to keep dental appointments. The interns focused on *educating the educators* at these two agencies so they could convey the messages throughout the year. Jess and Maya also gave oral health presentations at several community sites including the Family School and the Travelers Aid Summer Camp program. Maya said "I learned that collaborative work between different health-care disciplines, though challenging, can result in a more successful product than that achieved by one profession alone." Jess said, "Our outreach activities facilitated the opportunity to engage with people about oral health and provided insight on the barriers patients face in seeking care, which I found may be complex and extend far beyond economic strain."

Cambria I.M.P.A.C.T. Influencing Motivated People

Student Intern(s):

Yewah Jung, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Mihee Suh, University of the Sciences in Philadelphia, College of Health Sciences, Department of Physical Therapy

Marie Tabuteau, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Eugene Mochan, PhD, DO, Philadelphia College of Osteopathic Medicine

Community Preceptor(s):

Suzanne Walker-Garland, Cambria Healthcare Center

The Community Site: Cambria Healthcare Center, located in North Philadelphia, provides health care to community members and health education and promotion activities for organizations within the community. www.pcom.edu/General_Information/Community_Healthcare_Centers_/Cambria_Division/Cambria_Division.html

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Physical Activity; Access to Health Care

Focus Areas: Access to Quality Health Services; Educational and Community-Based Programs; Oral Health; Nutrition and Overweight; Physical Activities and Fitness

The Project: To address health concerns in the Cambria Healthcare Center's community, Yewah, Mihee and Marie connected with day care centers, religious institutions, summer day camps and other community partners. At Woodstock Mutual Homes, the interns helped the staff with the program's daily activities and engaged the children in oral health and healthy living activities. Another initiative

included providing health education on hygiene and basic infectious disease information for the staff at Wee Care Day Care Center. The interns also organized a health fair with free health screenings, basic physical exams, and information on various health topics and areas of community concern for adults of all ages. At the Deliverance Evangelistic Church, interns provided health education sessions and implemented a weekly Healthy Lifestyle Program focusing on health and fitness. The activity at Cambria Healthcare Center promoted patient advocacy by providing relevant and useful resource material in the waiting room and through street outreach. Yewah said, "My most encouraging moments have been spent speaking with community members during our outreach programs and summer camps and admiring how undefeated the adults, and even youth, are by the challenges and barriers that exist." Mihee stated, "The experience ... has been very rewarding. I was able to experience a new environment ... [and] grow as an individual." Marie noted, "I have learned so much and I feel I have seen what resiliency truly means."

Cobbs Creek Health Weeks!

Student Intern(s):

Zainab Bahia, University of Pennsylvania, School of Dental Medicine

Katelyn Oranges, University of Pennsylvania, School of Nursing

Academic Preceptor(s):

Joan I. Gluch, PhD, RDH, University of Pennsylvania, School of Dental Medicine

Ann L. O'Sullivan, PhD, FAAN, CPNP, University of Pennsylvania, School of Nursing

Community Preceptor(s):

Geraldine O'Hare, MSN, CRNP, Primary Care Center at Cobbs Creek, Children's Hospital of Philadelphia

The Community Site: The Primary Care Center at Cobbs Creek, a satellite of the Children's Hospital of Philadelphia, emphasizes preventing disease, treating illness and providing information and education, as well as social support to patients and their families. www.chop.edu/consumer/jsp/division/location.jsp?id=27556

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Responsible Sexual Behavior; Access to Health Care

Focus Areas: Health Communication; Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Sexually Transmitted Diseases

The Project: Katelyn and Zainab developed a health promotion and education program in response to the health concerns identified by the center's patients and their caregivers. Weekly topics included summer safety, physical fitness, oral health and nutrition. The waiting room lesson plans were designed for youth of all ages and abilities. In order to provide comprehensive and updated resources for the caregivers, the interns developed information sheets and reference guides for dental clinics and other community health agencies. The interns also assisted the families in obtaining access to community resources such as the local library. To expand dialogue between families and health-care providers, Katelyn and Zainab designed and facilitated an evening workshop focusing on improving health communication

and literacy. They designed a second workshop devoted to promoting responsible sexual behavior among teens. Both workshops were planned in collaboration with the primary care team, including social workers, nurse practitioners and educators. Zainab said the experience has given her the opportunity to learn about herself as a health professional. "I will continue to be involved in efforts to eliminate health disparities," she said. Katelyn said, "... [this] has provided me with invaluable lessons about community assets, cultural diversity, and the importance of being an advocate for patients."

Promoting a Clean Environment

Student Intern(s):

Simpledeep Banipal, Temple University, School of Medicine
Nonye Uddoh, Temple University, School of Pharmacy

Academic Preceptor(s):

Nancy Rothman, EdD, RN, Temple University, College of Health Professions, Department of Nursing

Community Preceptor(s):

Rita Lourie, MSN, MPH, RN, Temple University, College of Health Professions, Department of Nursing

The Community Site: Temple Health Connection (THC) is a nurse-managed health-care facility providing full-service care to children, teens and adults in Philadelphia. www.temple.edu/chp/departments/nursing/nursing_community_health.htm

Healthy People 2010:

Leading Health Indicators: Physical Activity; Tobacco Use; Environmental Quality

Focus Areas: Educational and Community-Based Programs; Environmental Health; Maternal, Infant and Child Health; Physical Activity and Fitness; Respiratory Diseases

The Project: Nonye and Simpledeep participated in several components of the Temple Health Connection's Environmental Health Outreach Program. For the lead poisoning prevention project, the interns engaged expectant mothers and mothers with infants in educational discussions and emphasized the importance of testing children at an early age. They also tested homes and family residential programs for lead. For another outreach component, Nonye and Simpledeep taught the American Lung Association's Open Airways curriculum to the Norris Home summer camp participants and provided home visits to do asthma prevention assessments. Working with the Center for Asthma Prevention Program, Nonye and Simpledeep participated in an asthma management class for parents and completed a street survey of prevailing attitudes regarding asthma, smoking, etc. For yet another project in the program, the Nurse Family Partnership Collaborative, the interns completed oral health interviews with young mothers and observed a Healthy Environments Collaborative meeting about global warming and climate change. Nonye noted, "As a future pharmacist, I am more competent in discussing certain health problems such as asthma and the medications that are necessary to manage asthma." Simpledeep

stated, "By visiting families in their homes, I experienced the challenges of transportation ... As a future doctor, I will be more aware of obstacles that patients might be experiencing in accessing health care."

PCCY: A Voice for Children

Student Intern(s):

Joanna Bisgaier, University of Pennsylvania, School of Social Policy and Practice
Anujeetha Kirupanathan, University of Pennsylvania, School of Nursing
Christina Palmer, University of Pennsylvania, School of Medicine

Academic Preceptor(s):

Jeffrey N. Draine, PhD, University of Pennsylvania, School of Social Policy and Practice
Ann L. O'Sullivan, PhD, FAAN, CPNP, University of Pennsylvania, School of Nursing
Bret J. Rudy, MD, University of Pennsylvania, School of Medicine

Community Preceptor(s):

Colleen McCauley-Brown, RN, BSN, MPH, Philadelphia Citizens for Children and Youth

The Community Site: Philadelphia Citizens for Children and Youth (PCCY) works to improve the lives and life chances of the Philadelphia region's children through thoughtful and informed advocacy designed to ensure that children are safe, stimulated, well cared for and healthy. www.pccy.org

Healthy People 2010:

Leading Health Indicators: Mental Health; Environmental Quality; Access to Health Care

Focus Areas: Access to Quality Health Services; Educational and Community-Based Programs; Environmental Health; Health Communication; Public Health Infrastructure

The Project: Anu, Christina and Joanna collaborated with the Philadelphia Citizens for Children and Youth (PCCY) staff on two main projects. For the Picasso Project (PP), which assists in building the capacity of schools to access arts opportunities for their students, Joanna assisted staff in their fund-raising efforts. Anu and Christina focused on the handbook "Getting Healthcare for Children and Teens," which provides information needed to effectively serve uninsured or underinsured children. The handbook supports the vital work of school nurses and counselors in Bucks, Chester, Delaware, Montgomery and Philadelphia counties. Anu, Christina and Joanna also accompanied various PCCY staff members to advocacy meetings. Joanna noted, "Working at PCCY also offered me incredibly meaningful experiences of gaining exposure to macro-level social policy work pertaining to children and families." Anu said, "I've learned how difficult but rewarding it is to be an agent of change. There are a lot of issues out there that these children are facing ... Next time I tell a parent to give their child a medication, I will know that there are 10 other questions I should ask first." Christina said, "This kind of work is incredibly important work and I hope to be able to incorporate it into my future career in some capacity."

Calcutta House: Healing, Empowering and Comforting those Homeless and Living with AIDS

Student Intern(s):

Christina Palmer, University of Pennsylvania, School of Medicine

Academic Preceptor(s):

Bret J. Rudy, MD, University of Pennsylvania, School of Medicine

Community Preceptor(s):

Anita Chandler-May, RN, BSN, Calcutta House

The Community Site: Calcutta House supports the self-empowerment of the most fragile people living with AIDS: the homeless. www.calcuttahouse.org

Healthy People 2010:

Leading Health Indicators: Substance Abuse; Responsible Sexual Behavior; Access to Health Care

Focus Areas: Disability and Secondary Conditions; Educational and Community-Based Programs; HIV; Nutrition and Overweight; Physical Activity and Fitness

The Project: Christina assisted the nurses of Calcutta House in their daily activities and helped organize community activities. She worked closely with the residents, assisting with their exercise goals and accompanying them to doctor appointments. She also compiled outcomes data on the residents to chart how their body weight, CD4 and viral loads changed since arriving at Calcutta House. Christina reflected, "Calcutta House provides a unique model for providing a place of empowerment for the disempowered, sick and needy — a model that I hope to apply in my future career."

Harnessing the AIDS Epidemic through Prevention and Education

Student Intern(s):

Colleen Guest, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Isaac Vargas, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Ruth Schemm, EdD, OTR/L, FAOTA, University of the Sciences of Philadelphia

Community Preceptor(s):

Lorett Matus, MEd, Esfuerzo Program, Congreso de los Latinos Unidos

The Community Site: Congreso de los Latinos Unidos' Esfuerzo program, located in North Philadelphia, strives to provide a comprehensive range of services through linkage with health care and other critical care to individuals infected with HIV. www.congreso.net

Healthy People 2010:

Leading Health Indicators: Responsible Sexual Behavior; Access to Health Care; Mental Health

Focus Areas: HIV; Sexually Transmitted Diseases; Health Communication; Access to Quality Health Services; Mental Health and Mental Disorders

The Project: Working closely with their community preceptor, Colleen and Isaac updated Esfuerzo's established HIV/STD prevention curriculum utilizing Healthy People 2010 as the foundation. The curriculum focused on responsible sexual behavior, HIV/AIDS and sexually transmitted diseases (STDs). The interns also explored barriers to access and effective health communication. Colleen and Isaac created a formal technical training program that engaged the outreach health educators and gave them the opportunity to practice techniques for presenting information in an effective manner. The program also strengthened counseling, communication and group facilitation skills. In addition to the work on the curriculum, the interns accompanied case managers on visits to hospitals and clients' homes, observed the educators and counselors performing HIV street outreach, participated in the Esfuerzo nutrition and food bank services, and participated in Esfuerzo's National HIV Testing Day. Colleen stated, "I have realized the importance of collaborating across all areas of health care in order to fully treat a patient's needs." Isaac commented, "Through Esfuerzo, I was able to understand the complexities of life for those touched by the HIV epidemic ... I have a better appreciation for nonprofit organizations and the challenges they face each day to help further the quality of life for their clients."

Staying in Touch with the Community: Establishing a Community Advisory Board

Student Intern(s):

Brian Barbas, Thomas Jefferson University, Jefferson Medical College

Christine Ennis, Thomas Jefferson University, Jefferson Medical College

Academic Preceptor(s):

Robert Winn, MD, Thomas Jefferson University, Jefferson Medical College

Community Preceptor(s):

Andrew Slifko, Mazzoni Center

The Community Site: The Mazzoni Family and Community Medicine Center, located in Center City, provides primary health care and a full range of medical services to Philadelphia's Lesbian, Gay, Bisexual and Transgender (LGBT) community. www.mazzonicenter.org

Healthy People 2010:

Leading Health Indicators: Responsible Sexual Behavior; Immunization; Access to Health Care

Focus Areas: Access to Quality Health Services; Health Communication; Immunization and Infectious Diseases; Public Health Infrastructure

The Project: Brian and Christine assisted the Mazzoni Center in creating a Community Advisory Board (CAB). The interns contacted LGBT health clinics throughout the country to gather information on various CAB models and their bylaws. Utilizing this information, the interns and staff created a CAB with bylaws appropriate for the Mazzoni Center. Additionally, Brian and Christine surveyed patients about the services received at the Mazzoni Center. This patient opinion data will be reviewed at the CAB's first meeting. Brian noted, "My experience at the Mazzoni Center helped further my belief that despite our differences, all people have the same needs." Christine said, "... [this] was an invaluable opportunity to learn about a unique community that spans all ethnicities and class ... [and] the importance of understanding and truly listening to your patients."

Encouraging Healthy Habits and Fostering Intellectual Growth for Preschool-Aged Children

Student Intern(s):

Dawn Marie H. Gurican, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Crystal M. Hartman, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine Program

Academic Preceptor(s):

Ruth Schemm, EdD, OTR/L, FAOTA, University of the Sciences in Philadelphia

Community Preceptor(s):

Theresa Meggett, St. Mary's Family Respite Center

The Community Site: St. Mary's Family Respite Center, located in West Philadelphia, is a day care center for infants and children who are affected by HIV/AIDS. www.stmarysrespice.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Nutrition and Overweight; Oral Health; Physical Activity and Fitness; Food Safety; Injury and Violence Prevention

The Project: Dawn and Crystal assisted the St. Mary's staff in the care of children from 5 weeks to 5 years of age. The interns created a health education curriculum that addressed anatomy, oral health, exercise, nutrition, fire and traffic safety. To make the sessions age-appropriate and interesting, the curriculum included coloring activities, stories, videos and games. Additionally, a major part of the interns' program included sharing information packets with the parents that explained the week's lessons. Crystal said, "I am more aware of the serious issues facing families and communities in Philadelphia. I gained a new appreciation for educators." Dawn noted, "This opportunity has given me the chance to be ... a part of an underserved community and to learn what these children's lives are like."

Philadelphia FIGHTing HIV

Student Intern(s):

LaKeisha Berry, Bryn Mawr College, Graduate School of Social Work and Social Research

Varsha Somasekharan, Temple University, School of Medicine

Academic Preceptor(s):

Dianne Butera, MSW, Temple University, School of Medicine

Maria Hervada-Page, MSS, Thomas Jefferson University, School of Medicine

Community Preceptor(s):

Terry Trudeau, Philadelphia FIGHT

The Community Site: Philadelphia FIGHT is a comprehensive AIDS service organization that offers primary care, mental health, education, prison outreach, support groups, research, an AIDS library, and the prevention program YHEP (Youth Health Empowerment Program). www.fight.org

Healthy People 2010:

Leading Health Indicators: Responsible Sexual Behavior; Substance Abuse; Mental Health

Focus Areas: HIV; Educational and Community-Based Programs; Immunization and Infectious Diseases; Mental Health and Mental Disorders; Injury and Violence Prevention

The Project: Working in collaboration with the Philadelphia FIGHT staff LaKeisha and Varsha administered the annual Lax Health Survey, a voluntary, anonymous survey, to 200 clients visiting the Jonathan Lax Clinic. The survey addressed satisfaction with patient care, knowledge of and compliance with HIV medications, and awareness of and satisfaction with social services. It also included a depression scale, requested demographic information, and attempted to elicit suggestions for additional services or improvements. The survey provided information to the organization and its funders about marketing, delivery, and approval of services offered. LaKeisha reflected, "It has been an awesome privilege and adventure to develop relationships with the clients and staff who exemplify resiliency daily as they wage war against the intersection of marginalization, vulnerability, discrimination, poverty, isolation and HIV/AIDS." Varsha said, "I feel this experience will help me develop strong and trusting physician-patient relationships in the future, and I also am certain it will help me in my personal relationships with family and friends."

LAKE ERIE COLLEGE OF OSTEOPATHIC MEDICINE

Growing Up Healthy

Student Intern(s):

Megan N. Wasson, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Christopher C. Keller, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Cherie Kinem, MSW, Kids Club at John E. Horan Garden Apartments, YMCA of Greater Erie

The Community Site: The Kids Club is a program run jointly by the Erie Housing Authority and the Greater Erie YMCA. www.ymcaerie.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Educational and Community-Based Programs; Food Safety; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Megan implemented a children's health program that helped the Kids Club youth learn about the importance of vaccines, exercise, hand washing, toothbrushing, and adequate nutrition. The program was implemented with the overarching goal of raising self-esteem and helping youth reach their full potential by providing skill-building sessions and the tools needed to become responsible for their own health. Megan reflected, "The time I spent at the Kids Club has enabled me to truly see how cultural and socioeconomic differences can adversely or positively affect health."

Erie Heights YMCA Kids Club Fitness Challenge

Student Intern(s):

Justine B. Sever, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Christopher C. Keller, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Cherie Kinem, MSW, Kids Club at Erie Heights, YMCA of Greater Erie

The Community Site: Erie Heights Club, a component program of the YMCA of Greater Erie, is a recreational and learning center for children. www.ymcaerie.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Educational and Community-Based Programs; Health Communication; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Justine implemented a physical fitness program at the YMCA Kids Club at Erie Heights. The program was developed to promote the importance of physical activity as a pathway to good health. The program used focused fitness sessions that involved the young children in healthy physical activity. The long-term objective was for the children to continue these routines throughout the years and, ultimately, become healthy adults. Justine explained, "The children were taught simple physical activities that they can perform indoors during the winter months and can easily be continued throughout life."

Nurturing Hope in the Hearts of Children

Student Intern(s):

Megan A. Jerrell, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Beth Forshee, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Ann Dwyer Vinca, MEd, Kids Café, Emmaus Ministries

The Community Site: Kids Café provides meals and a safe, caring environment for vulnerable children. www.eriebenedictines.org

Healthy People 2010:

Leading Health Indicators: Mental Health; Injury and Violence; Physical Activity

Focus Areas: Educational and Community-Based Programs; Injury and Violence Prevention; Oral Health; Mental Health and Mental Disorders; Physical Activity and Fitness

The Project: Megan facilitated small-group activities for the youth at Kids Café. The groups focused on literacy, self-esteem, violence prevention, oral health, manners, what it means to be a friend, and career goals. The central focus of the program was to inspire children to graduate from high school and realize their dreams. Megan commented, "Working at Kids Café has been an enlightening experience ... I have learned a great deal about the family dynamics and various social issues of an often overlooked population."

Healthy Kids, Healthy Futures

Student Intern(s):

Haipeng Zhang, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Mark Andrews, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Karen Narusewicz, MS, Trinity Center, Bethesda Children's Home

The Community Site: The Trinity Center is a program of Bethesda Children's Home that provides alcohol and other drug prevention services with an emphasis on education. www.bethesda-home.org/programs/trinity.htm

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Tobacco Use

Focus Areas: Educational and Community-Based Programs; Nutrition and Overweight; Physical Activity and Fitness; Oral Health; Tobacco Use

The Project: Throughout the summer, Haipeng participated in a number of programs at the Trinity Center. He initiated a daily walk program and created a stretching program designed specifically for basketball players. For the after school program, Haipeng introduced the game of handball to the older children, along with educating them on the dangers of tobacco use. Haipeng said, "Throughout my experience ... I learned a lot about how to interact and communicate effectively with children and adolescents."

expERIEnce Health and Wellness

Student Intern(s):

Ryan Melchior, Lake Erie College of Osteopathic Medicine
B.J. Leech, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Kim Moscatello, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

June Pinte, expERIEnce Children's Museum

The Community Site: The expERIEnce Children's Museum is a hands-on "please touch" museum for children under the age of 12. The museum exhibits explore art, science, and humanities topics, which encourage visitors to experience learning as fun. www.eriechildrenmuseum.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Immunization

Focus Areas: Educational and Community-Based Programs; Immunization and Infectious Diseases; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Ryan and B. J. worked in collaboration with the director of the expERIEnce Children's Museum to develop a health and wellness camp. The camp programs were designed to educate children aged 5 to 10 on the topics of nutrition, fitness, bones and muscles, and oral hygiene. Incorporating educational activities as well as crafts into the sessions allowed the children to become actively engaged in the learning experience. B. J. said, "There is no better way to teach than through example ..." Ryan noted, "The children trusted me ... they felt like I cared about what they had to say and about them as people."

Infinite Patience to Serve Infinite Patients

Student Intern(s):

Phillip Adams, Lake Erie College of Osteopathic Medicine
Tyler Christman, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Thomas Corso, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Karen Hahn Berry, RN, MEd, Dr. Gertrude A. Barber National Institute
Amy Will, RN, CDDN, Dr. Gertrude A. Barber National Institute
Jane Hilbert, RN, Dr. Gertrude A. Barber National Institute

The Community Site: The Dr. Gertrude A. Barber National Institute provides evaluation, personalized education, individualized training, rehabilitation, family support services, residential facilities and health-care services for people with disabilities. www.barberinstitute.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Mental Health; Injury and Violence

Focus Areas: Health Communication; Disability and Secondary Conditions; Mental Health and Mental Disorders; Oral Health; Educational and Community-Based Programs

The Project: Tyler and Phillip worked with the staff at the Dr. Gertrude A. Barber National Institute to reduce the patients' fears and anxieties related to medical treatment. To accomplish this, the interns worked to build a comfort level by allowing individuals to experiment with the various medical instruments, staging simulated procedures, participating in medical transports, and accompanying patients to their appointments. Phillip stated, "Although I thought I would be the one teaching ... I quickly discovered that I was the one learning." Tyler stated, "I am thankful to have had the opportunity to work with such talented and special individuals. Their kindness and willingness to explore and overcome their medical anxieties was truly inspiring."

Comprehensive HIV Care: The Role of Proper Nutrition & Food Safety

Student Intern(s):

Karyn Hughes, Lake Erie College of Osteopathic Medicine
Luke Jesser, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Steven Levy, MD, FACP, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Mary Viglione, MSSA, Community Health Net

The Community Site: Community Health Net is a federally qualified health-care network that provides comprehensive primary health care and human services to families and individuals in Northwest Pennsylvania. www.community-healthnet.com

Healthy People 2010:

Leading Health Indicators: Access to Health Care; Physical Activity; Tobacco Use

Focus Areas: HIV; Nutrition and Overweight; Food Safety; Diabetes; Oral Health

The Project: Karyn and Luke developed and implemented a nutritional assessment program for the Ryan White Title III HIV Program at Community Health Net. The program involved development of an initial assessment form, interviews with patients, and recommendations based on each patient's dietary needs. As part of the interviews, patients were educated on the importance of food safety and proper sanitation. Karyn reflected, "I leave this experience with greater understanding and respect, not just for the patients but for the doctors and nurses that work in this challenging field of medicine." Luke said, "This internship ... gave me an insight into the importance of building a strong and successful patient-physician relationship ... they have given me a head start in developing the skills necessary for providing quality health care to patients and their families."

**An Ounce of Prevention = A Pound of Cure
Educating Recent Immigrants about the
Prevention of Prevalent Chronic Diseases****Student Intern(s):**

Matthew C. Werpy, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Donald Linville, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Agnes Priscaro, RN, BSN, DMin, Multi-Cultural Health Evaluation Delivery System

The Community Site: Multi-Cultural Health Evaluation Delivery System (MHEDS) is a community-based outpatient clinic that provides medical care and social services to individuals and their families who have recently immigrated to Erie.

Healthy People 2010:

Leading Health Indicators: Access to Health Care; Mental Health; Overweight and Obesity

Focus Areas: Health Communication; Educational and Community-Based Programs; Mental Health and Mental Disorders; Nutrition and Overweight; Oral Health

The Project: Matt created educational materials to address the more common medical problems that affect the MHEDS patient population. These include gastroesophageal reflux disease (GERD), depression, and coronary artery disease (CAD). The goal of the educational program was to prevent disease and to educate patients on disease management. Matthew stated, "The mixture and variety of different cultures served by MHEDS allowed me to learn a great deal about how different cultures approach medical care."

**Choosing Health:
Women and Their Children****Student Intern(s):**

Candace Fraser, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Beth Forshee, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Stephanie Schmidt, OSB, House of Healing

The Community Site: House of Healing is a residential program that gives women involved in the criminal justice system the opportunity to build a better future for themselves and their children in a structured, caring, learning environment. www.houseofhealing-erie.org

Healthy People 2010:

Leading Health Indicators: Immunization; Access to Health Care; Physical Activity

Focus Areas: Food Safety; Maternal, Infant, and Child Health; Oral Health; Heart Disease and Stroke; Immunization and Infectious Diseases

The Project: Candace's program for the residents of the House of Healing focused on creating personal health record books for the women. In addition to giving presentations on women's health issues, Candace engaged the women in conversations on their medical histories and constructed medical history cards and immunization records to be used by the women at their medical appointments. Presentations to the children in the aftercare program provided an opportunity to discuss health, specifically oral health, nutrition and fitness. Candace said, "This experience has taught me so much about communicating with people as well as being more empathetic to certain situations people experience ... [it has] given me many valuable learning tools to remember as I work with diverse populations."

Healthy Babies, Successful Lives**Student Intern(s):**

Katie Ketcham, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Margaret Latimer, MBA, CPA, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Jeanne Bender, Student Parenting Program, The School District of the City of Erie

The Community Site: The Student Parenting Program, School District of the City of Erie, assists pregnant and parenting (female and male) students with their dual roles as students and parents by providing education, counseling, advocacy, support services, and community resources to help ensure that babies are born healthy and that student parents can realize their potential. www.eriesd.org

Healthy People 2010:

Leading Health Indicators: Responsible Sexual Behavior;

Immunization; Access to Health Care

Focus Areas: Access to Quality Health Services; Educational and Community-Based Programs; Family Planning; Maternal, Infant, and Child Health; Oral Health

The Project: Katie worked with the Parenting Program staff to complete proposals for two mini grants. One grant would provide funding for a “Back to Sleep, Tummy to Play” campaign — a sudden infant death syndrome (SIDS) prevention program that provides educational materials for staff and student use. The other grant promotes healthier pregnancies and babies through educational materials, incentives and recognition. Katie also was involved in the “Mother/Baby Follow Through” program and accompanied case managers on home visits. Katie noted, “It is essential that we, as future physicians, learn to treat people, not diseases, without judgment, and with understanding and appreciation for the differences among all patients.”

Positive Personal Image = Positive Choices**Student Intern(s):**

Katharine Morrison, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Richard McCabe, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Kelly Kingston, SafeNet, Domestic Violence Safety Network

The Community Site: SafeNet, Domestic Violence Safety Network provides emergency and non-emergency services to women who are victims of domestic abuse and their children. www.safeneterie.org

Health People 2010:

Leading Health Indicators: Physical Activity; Injury and Violence

Focus Areas: Injury and Violence Prevention; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Kathy worked with teen mothers in the Transitional Living Center (TLC) facility of SafeNet. She facilitated discussions about nutrition, cooked nutritious meals with the teens, and integrated a fitness program into the sessions using dance videos. She also provided an oral health promotion program that included brushing and flossing techniques and a discussion of oral health issues relating to infants and young children. In addition, Kathy organized a positive image day and the teens received gifts of makeup and supplies and spent an afternoon getting makeovers. The goal of all of these activities was to nurture a positive personal image in the teens. Kathy noted, “This experience has opened my eyes to the hardships that many face and gave me an understanding of what makes some people act out the way they do.”

A Holistic Approach to Healing a Neighborhood**Student Intern(s):**

Erin Wagner, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Beth Ann Ricci, DO, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Mary Herrmann, Sisters of St. Joseph Neighborhood Network

The Community Site: The Sisters of St. Joseph Neighborhood Network provides a variety of programs and services for residents in the Little Italy neighborhood. www.ssjerie.org/ssjnn.htm

Healthy People 2010:

Leading Health Indicators: Mental Health; Injury and Violence; Environmental Quality

Focus Areas: Educational and Community-Based Programs; Environmental Health; Injury and Violence Prevention; Oral Health; Nutrition and Overweight

The Project: Erin assisted the Sisters of St. Joseph Neighborhood Network and the Erie Redevelopment Authority in conducting a neighborhood survey. The results of the survey will be tabulated by a design team and used for streetscaping, development of parking, and attracting other businesses to the area. The results, long term, will hopefully strengthen the neighborhood infrastructure and invite home buyers and consumers into the area. Erin remarked, “The beauty of a program like Bridging the Gaps is that the real gaps that are bridged are in the lives of the interns, between where classroom learning stops and the real-world, relational needs of our patients begin. The skills I have gained from working at my site and with my preceptor are priceless.”

Elder Education: The Guide to Prevention is Knowledge**Student Intern(s):**

Daniel P. Anderson, Lake Erie College of Osteopathic Medicine

Faculty Preceptor(s):

Ann Stephanie Stano, SSJ, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Allen L. Bonace, MSN, MBA, RN, Saint Mary’s at Asbury Ridge

The Community Site: Saint Mary’s at Asbury Ridge offers a continuum of services for seniors who are seeking a supportive, caring, and spiritually fulfilling community that fosters a sense of independence within a home-like environment. www.stmaryshome.org/asbury-ridge

Healthy People 2010:

Leading Health Indicators: Immunization; Access to Health Care

Focus Areas: Health Communication; Immunization and Infectious Diseases; Oral Health; Access to Quality Health Services

The Project: Daniel arranged multiple educational seminars focusing on oral health and the prevalence of shingles within the elderly population. These educational seminars were held at the Saint Mary's properties and were open to residents, nursing staff, and the surrounding community. The oral health seminar focused primarily on adult oral care, denture care, and recognizing signs and symptoms of oral diseases. The shingles symposium was developed using a "Spotlight on Shingles" disease education kit. The session for the staff explained the clinical relevance of shingles. The sessions for the residents and community focused primarily on recognizing the risk factors, signs and symptoms, and appropriate response for a shingles infection. Daniel said, "I tried to provide a source of comfort and community among the residents here at Saint Mary's, and I believe that these interpersonal skills will be just as important as the physical medicine I use to treat my future patients."

Brain Health: Educating the Community on Aging and Memory Loss; Healthy Steps: Falls Prevention Program

Student Intern(s):

Christine Anderson, Lake Erie College of Osteopathic Medicine
Merrine Klakeel, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Michael Bradbury, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Eileen Zinchiak, Erie Center on Health and Aging (ECHA)

The Community Site: The Erie Center on Health and Aging (ECHA) is a multi-specialty organization that integrates comprehensive primary medical care, community preventive health care and senior center services. www.healthyagingerie.org

Healthy People 2010:

Leading Health Indicators: Mental Health; Physical Activity; Injury and Violence; Environmental Quality

Focus Areas: Educational and Community-Based Programs; Oral Health; Mental Health and Mental Disorders; Nutrition and Overweight; Physical Activity and Fitness; Environmental Health, Injury and Violence Prevention

The Project: Christine's project at Erie Center on Health and Aging (ECHA) focused on educating older adults about memory loss, providing them with a personal risk assessment, and encouraging them to discuss these issues with their doctors. To accomplish her goal, Christine developed a presentation on dementia, Alzheimer's disease, and tips on maintaining a healthy brain. Her presentation was given to residents of several senior apartment buildings throughout Erie County. Merrine assisted with the Healthy Steps Program, which is a four-hour educational workshop on falls prevention for adults over 50. As part of the program, Merrine and the ECHA staff conducted one-day workshops at senior centers and senior apartments/housing on how to prevent falls. In addition, Christine and Merrine administered physical assessments to determine the participants' falls risks. Christine said, "Through my experiences, I now recognize that few people have ever had the opportunity to discuss the differences between age-related

memory loss and dementia with their physicians." Merrine noted, "My experiences have taught me not to assume that the health of the individual is based on their age, but more so by the lifestyle they have led in the past and continue to lead."

Living Healthy in the Golden Years

Student Intern(s):

Donald von Borstel, Lake Erie College of Osteopathic Medicine
Erica Peart, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Mathew Bateman, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Kim Whelan, MS, Housing and Neighborhood Development Services (HANDS)

The Community Site: HANDS (Housing and Neighborhood Development Services) helps people with disabilities, homeless people and senior citizens find quality affordable housing in the Erie county region. www.hands-erie.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Diabetes; Educational and Community-Based Programs; Heart Disease and Stroke; Nutrition and Overweight; Physical Activity and Fitness

The Project: Donald and Erica coordinated events for the geriatric community associated with the HANDS (Housing and Neighborhood Development Services) program. The interns planned the Community Health Fair at St. Joseph's Apartments, providing information on topics that ranged from diabetes to community service opportunities, free hearing and blood pressure screenings, and consultation with medical professionals. They also created a diabetic and heart healthy food sampler, which provided residents with recipes and information on positive changes they can make in their diets. The interns addressed physical activity by hosting weekly outdoor events such as croquet, shuffleboard and chair aerobics. Erica said, "The people here have taught me a lot about myself ... I have become more patient, a better listener, and understand the importance of a simple touch of the arm." Donald explained, "I now feel obligated to be informed, in order to assist the geriatric population in finding the programs that may improve their quality of life."

Learning to Live Healthy: Education at Millcreek Manor

Student Intern(s):

Sam Frost, Lake Erie College of Osteopathic Medicine
Anna Kopeliovich, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Jonathan Kalmey, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Martin Kelly, Millcreek Community Hospital

The Community Site: Millcreek Community Hospital (MCH) is a full-service, acute-care teaching facility. MCH is committed to broadening the scope of its community involvements and its own commitment to regional health-care needs.

<http://my.lecom.edu/millcreek-community-hospital>

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Mental Health; Access to Health Care

Focus Areas: Access to Quality Health Services; Health Communication; Mental Health and Mental Disorders; Oral Health; Public Health Infrastructure

The Project: Anna and Sam worked closely with Millcreek Hospital staff to develop educational projects for patients and their families, staff, and visitors in the hospital setting. These projects included eldercare issues, topics for local high school students, in-service training seminars for certified nursing assistants, and the creation of a falls prevention brochure for use in the home, hospital and nursing care facility. Sam said, "I have been able to further my own understanding of health care and wellness in both the hospital and home ... and receive vast exposure to patient interaction, and hands-on learning." Anna commented, "I had an incredible opportunity to learn and experience many aspects of geriatric medicine."

**Women in Transition:
Empowerment Through Wellness Education**

Student Intern(s):

Richard L. Lukose, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Robert Evans, DO, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Kimberly Lytle, Erie DAWN

The Community Site: Erie DAWN in partnership with area landlords and realtors provides safe, affordable, independent transitional housing for low-income women and children. www.riedawn.org

Healthy People 2010:

Leading Health Indicators: Access to Health Care; Environmental Quality; Tobacco Use

Focus Areas: Health Communication; Maternal, Infant and Child Health; Educational and Community-Based Programs

The Project: Richard created a health promotion program for the families in the Erie DAWN program. One component of the program was Your Health: Who's In Charge Here? This provided an opportunity to discuss and engage participants in activities related to preventive medicine, stress management, breast health, maintaining personal medical records, and patient-doctor relationships. The one-to-one sessions allowed for focused

discussions about an individual's health concerns and the creation of treatment plans, which were reassessed in follow-up meetings. Richard said, "I saw how fragile the balance is between the states of wellness and illness, and that in extreme cases, tipping that balance can lead to homelessness."

Mission of Hope

Student Intern(s):

Jessica O'Connor, Lake Erie College of Osteopathic Medicine

Academic Preceptor(s):

Richard Raymond, PhD, Lake Erie College of Osteopathic Medicine

Community Preceptor(s):

Darryl Smith, Erie City Mission

The Community Site: The Erie City Mission provides shelter and services for men in need of rehabilitation for alcohol and drug abuse. www.eriecitymission.org/

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Injury and Violence

Focus Areas: Educational and Community-Based Programs; Oral Health; Nutrition and Overweight; Physical Activity and Fitness; Injury and Violence

The Project: Jessica worked with the staff in the New Life Program, the Food Services Lunch Meal Program, and the Family Care Ministry Program. She provided nutritional counseling, oral health education and physical activity recommendations. Jessica noted, "I learned to communicate, listen and maintain patience ... These are all essential qualities that I'll use throughout my career as a physician."

**Prevention and Management
of Chronic Illness in Camden, N.J.**

Student Intern(s):

Swapna Mehta, University of Medicine and Dentistry of New Jersey, School of Public Health

Heather Skiff, University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine

Academic Preceptor(s):

Bernadette West, PhD, University of Medicine and Dentistry of New Jersey, School of Public Health

Paul Krueger, DO, University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine

Community Preceptor(s):

Bernice Williams, MS, Camden Area Health Education Center

Linda Bocclair, Junior Chef's Program, Camden Area Health Education Center

The Community Site: Camden Area Health Education Center (CAHEC) in Camden, N.J., works to improve quality of life for the medically underserved through collaborative efforts, educates both users and providers of health services, and advocates for responsible delivery and use of health care. www.camden-ahec.org

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Physical Activity

Focus Areas: Nutrition and Overweight; Physical Activity and Fitness

The Project: Swapna and Heather worked with children at Respond Day Care Center on a program designed to provide tools and knowledge to support a healthy lifestyle — particularly with regard to nutrition and physical activity. In addition, through the development of a survey and through focus groups, Swapna and Heather also participated in an effort to engage older community residents in planning a program to address chronic health conditions of Camden's elderly. The program emphasized self-management and the life habits of the individuals, again stressing the importance of proper nutrition and physical activity. Swapna and Heather took away a key lesson from the experience. "It's never too early or late to empower others to care for themselves," the interns said. "Regardless of limitations in resources, CAHEC is making a difference in the lives of city residents, through education, empowerment and advocacy. We need more advocates that will push for better health care, education, and resources and make Camden a healthy community."

**Each One Teach One:
Educating Yourself, So You Can Educate Others**

Student Intern(s):

Angelica J. Starkey, MPH, CHES, University of Pittsburgh, School of Public Health

Sharon M. McCarthy, University of Pittsburgh, School of Social Work & School of Public Health

Academic Preceptor(s):

Tracy Michael Soska, MSW, University of Pittsburgh, Graduate School of Social Work

Community Preceptor(s):

Reverend Timothy Smith, Center of Life

The Community Site: KRUNK (Kreating, Realistic, Urban, New-School Knowledge) Movement, a program of the Center of Life Community, provides a unique and entertaining way for teen and preteens to become more aware of health issues. www.centeroflife.net/index.htm

Healthy People 2010:

Leading Health Indicators: Substance Abuse; Responsible Sexual Behavior; Mental Health

Focus Areas: Educational and Community-Based Programs; HIV; Mental Health and Mental Disorders; Sexually Transmitted Diseases; Substance Abuse

The Project: Angelica and Sharon, in collaboration with the KRUNK team, developed a health curriculum based on the topics highlighted in the KRUNK Movement's program. The interns accompanied the KRUNK Movement Team to multiple performances throughout the Pittsburgh Public School District. In addition to providing health information during the performance workshop sessions, Angelica and Sharon created informational cards for teachers to use during their sessions with the preteen and teen audiences. The interns also compiled a resource binder to enhance the curriculum. Angelica said, "I have come to the realization that no matter how much I think I know about a particular subject or situation, there is always something new to be discovered and/or learned." Sharon commented, "I realize the importance of meeting people where they are in their own personal understanding and knowledge."

Health and Fitness Curriculum

Student Intern(s):

Katelyn Lubinski, University of Pittsburgh, School of Nursing
Rachel Sadowski, University of Pittsburgh, School of Social Work

Academic Preceptor(s):

James Butler, MEd, DrPH, University of Pittsburgh, Graduate School of Public Health

Community Preceptor(s):

Gregory Marshall, Hosanna House, Inc.

The Community Site: Hosanna House, Inc. is a multipurpose community center providing services and programs that include early childhood education, youth recreation, tutoring and mentoring, youth and adult technology, men's services, workforce development, health and dental care, and permanent supportive housing. www.hosannahouse.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Mental Health

Focus Areas: Educational and Community-Based Programs; Mental Health and Mental Disorders; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Katelyn and Rachel created a health and fitness program for the children, aged 5 to 12, who attended the Hosanna House summer camp. Curriculum topics included the food pyramid, five tips to be a healthy kid, understanding nutrition labels, healthy choices at fast food restaurants, exercise, oral health, and mental health. Katelyn said, "I was able to see how an organization such as the Hosanna House can create a healthy community in the face of adversity." Rachel remarked, "I was able to see the impact that positive forces have in a child's life and ... how important it is to have a strong community center so that a child has a place to grow, learn, and be somebody."

Health and Safety Curriculum

Student Intern(s):

Justin Chou, University of Pittsburgh, School of Medicine
Sarah Deibel, University of Pittsburgh, School of Pharmacy

Academic Preceptor(s):

Mary Patricia Nowalk, PhD, University of Pittsburgh, School of Medicine

Community Preceptor(s):

Lila de Klaver, Oakland Collegiate YMCA, YMCA of Pittsburgh

The Community Site: The Oakland Collegiate YMCA seeks to attract and unite in active service individuals of all backgrounds to form a community of young people committed to promoting personal growth and leadership. www.ymcaofpittsburgh.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity; Immunization

Focus Areas: Educational and Community-Based Programs; Health Communication; Nutrition and Overweight; Oral Health; Physical Activity and Fitness

The Project: Justin and Sarah taught health and safety to the children, aged 4 to 13, who were attending the YMCA summer camp. The interns highlighted the health themes of physical fitness, nutrition, oral health, fireworks safety, first aid, and immunizations. Justin and Sarah created an intensive health and safety curriculum to be used by future summer camps. Justin said, "I became more knowledgeable about how to teach kids of different ages and how to structure lesson plans. After this summer, I feel like pediatrics is a possible career path for me." Sarah noted, "This internship will definitely influence the way I practice as a pharmacist ... I have learned better communication skills with younger ages."

Health and Wellness at Womansplace

Student Intern(s):

Adelaide Eichman, University of Pittsburgh, School of Medicine
Emily Masnica, University of Pittsburgh, School of Nursing

Academic Preceptor(s):

Jessica Burke, PhD, MHS, University of Pittsburgh, School of Public Health

Community Preceptor(s):

Nick Hartman, Womansplace
Ellen Witkowski, Womansplace

The Community Site: Womansplace, a shelter for families in domestic violence crisis, strives to end domestic violence through crisis intervention, disease and violence prevention activities, and direct services. www.womansplace.org

Healthy People 2010:

Leading Health Indicators: Overweight and Obesity; Tobacco Use; Substance Abuse; Responsible Sexual Behavior; Mental Health; Injury and Violence

Focus Areas: Injury and Violence Prevention; Substance Abuse; Mental Health and Mental Disorders

The Project: Adelaide and Emily created a women's health and wellness booklet based on Womansplace's philosophy of empowerment. The booklet addressed mental and physical health and wellness, including sections on nutrition, fitness, relaxation techniques, common mental illnesses, and oral health. It reinforced empowerment by providing the women with easy-to-follow information and tips on how to better their lives. Adelaide reflected, "Bridging the Gaps has exposed me to disparities and has also given me the tools and resources to critically think and to take action to amend these disparities." Emily noted, "Womansplace helped me to understand domestic violence and to better appreciate the victims' difficult situation. I will be a more empathetic and understanding nurse."

Healthy Kids

Student Intern(s):

Carla Mscisz, University of Pittsburgh, School of Nursing
William Rust, Temple University, School of Medicine

Academic Preceptor(s):

Joanne Malenock, PhD, RD, University of Pittsburgh, School of Nursing

Community Preceptor(s):

Ericka Wingfield, Hazelwood YMCA, YMCA of Pittsburgh
Carole Jordan, Hazelwood YMCA, YMCA of Pittsburgh
Rick Butler, Hazelwood YMCA, YMCA of Pittsburgh

The Community Site: The Hazelwood YMCA provides a summer camp program and a variety of services to Hazelwood and the surrounding communities. www.ymcaofpittsburgh.org

Healthy People 2010:

Leading Health Indicators: Physical Activity; Overweight and Obesity
Focus Areas: Nutrition and Overweight; Physical Activity and Fitness; Oral Health; Diabetes; Heart Disease and Stroke

The Project: Carla and Bill worked with the YMCA staff to provide a summer program for youth aged 9 and 10. The interns designed a curriculum to promote healthy eating and exercise habits and created workbooks, interactive games and exercises to stimulate learning. The final product included a teachers' guide with instructions for implementing the workbooks and activities. Carla said, "I feel that I can now be a better advocate for my patients from many different populations." William said, "I am now more aware of the everyday struggles that those in poverty face, not only in Pittsburgh, but throughout the country."

Mother to Mother: Empowering Women in Residential Treatment

Student Intern(s):

Serwaa Omowale, University of Pittsburgh, School of Social Work
Alison Pilsner, University of Pittsburgh, Graduate School of Public Health

Academic Preceptor(s):

Christine Ley, PhD, MPH, MSW, University of Pittsburgh, Graduate School of Public Health

Community Preceptor(s):

Sharon Jones, BS, CAC, CCDP, Sojourner House
Karen Garland, FEES, Sojourner House

The Community Site: Sojourner House (SOHO) is a community and faith-based organization providing residential treatment and life skills to women and their children. www.sojournerhousepa.org

Healthy People 2010:

Leading Health Indicators: Substance Abuse; Mental Health; Injury and Violence

Focus Areas: Educational and Community-Based Programs; Maternal, Infant, and Child Health; Mental Health and Mental Disorders; Oral Health; Substance Abuse

The Project: Alison and Serwaa, in collaboration with the Sojourner women residents and staff, created a brochure that focused on stress and coping skills. The residents were involved in the entire process of developing the brochure. Focus groups provided the women with an opportunity to discuss stress and coping skills and to identify the positive and negative aspects of treatment and parenting. In addition to the brochure, the interns facilitated oral health programs, initiated the development of a "memory wall" recognizing Sojourner House graduates, and provided a guidebook for the staff to ensure project sustainability. Serwaa commented, "It was good to see that ... women with children do recover and create a second chance for themselves and their children." Alison noted, "The past eight weeks have given me the unbelievable opportunity to learn more than I ever could in a classroom. You cannot teach something as unpredictable, complex, and ever-changing as firsthand experience with human beings."

Parents Guide to Early Childhood Development and Mental Health

Student Intern(s):

Ashley Boylan, University of Pittsburgh, Graduate School of Public Health
Phoebe Stewart, University of Pittsburgh, School of Nursing

Academic Preceptor(s):

Janine Janosky, PhD, School of Medicine

Community Preceptor(s):

Debra Gallagher, Early Head Start Program, Council of Three Rivers American Indian Center
Celeste Stephenson, Early Head Start Program, Council of Three Rivers American Indian Center

Community Site: The Council of Three Rivers American Indian Center (COTRAIC) Early Head Start is dedicated to promoting healthy prenatal outcomes for pregnant women, enhancing the development of children from birth to 3 years, and promoting healthy family functioning. www.cotraic.org/mainopen.html

Healthy People 2010:

Leading Health Indicators: Mental Health; Access to Health Care
Focus Areas: Maternal, Infant and Child Health; Mental Health and Mental Disorders; Access to Quality Health Care; Education and Community-Based Programs; Health Communication; Physical Activity

The Project: Ashley and Phoebe worked with the Early Head Start staff in providing consultations and home visits to help families engage their children in age-appropriate developmental activities. After becoming familiar with the families, the interns created "The Parent's Guide to Early Childhood Development and Mental Health." The guide included sections on developmental milestones, early childhood mental and behavioral disorders, a parent's guide for how to seek help, questions to ask at a health-care practitioners visit, and

a glossary of support staff and resources available in the Pittsburgh area. Ashley said, “ ... [I] discovered things about myself that I never realized before ... and how important my degree in Public Health will be, and how I wish to continue in working in underserved areas.” Phoebe commented, “I was impressed again that listening is more important as a communication tool than talking and that I need to focus my own growth on improving that skill.”

Sleepless in Step-Up: A Sleep Improvement Program

Student Intern(s):

Abigail Brown, University of Pittsburgh, School of Social Work

Erin Schultz, University of Pittsburgh, School of Pharmacy

Academic Preceptor(s):

Sharon Connor, PharmD, University of Pittsburgh, School of Pharmacy

Community Preceptor(s):

Theresa Chalich, RN, MPH, Bethlehem Haven

The Community Site: Bethlehem Haven provides emergency shelter, transitional housing and permanent supportive housing for women. www.bethlehemhaven.org

Healthy People 2010:

Leading Health Indicators: Substance Abuse; Mental Health; Physical Activity

Focus Areas: Educational and Community-Based Programs; Health Communication; Substance Abuse; Mental Health and Mental Disorders

The Project: Abigail and Erin created a sleep improvement program for the women in “A Step-Up,” Bethlehem Haven’s transitional housing program. The interns presented their program to the women and staff. They also created a sleep improvement workbook that included resources. Abigail and Erin assisted the staff in other activities and arranged for staff training on relaxation and coping with stress. Abigail said, “It further acquainted me with the variety of barriers and challenges that people who are homeless may face on a day-to-day basis.” Erin noted, “I have gained insight into many of the challenges faced by those who are homeless, suffering from mental illness, and struggling with addiction as they try to survive in the community.”

Summer Health Series

Student Intern(s):

Amanda Simpson, University of Pittsburgh, School of Pharmacy

Laura Van Metre, University of Pittsburgh, School of Medicine

Academic Preceptor(s):

Anne Mitchell, PhD, RN, University of Pittsburgh, School of Nursing

Community Preceptor(s):

Ruth Fox, Supported Housing, Community Human Services Corporation

Don McMillan, Supported Housing, Community Human Services Corporation

The Community Site: Community Human Services Corporation (CHS) seeks to enhance people’s lives and strengthen communities by providing opportunities to develop individual potential and by delivering comprehensive services that maximize health and well-being. www.chscorp.org/

Healthy People 2010:

Leading Health Indicators: Mental Health; Overweight and Obesity; Responsible Sexual Behavior

Focus Areas: Mental Health and Mental Disorders; Disability and Secondary Conditions; Health Communication; Sexually Transmitted Diseases; Diabetes

The Project: Amanda and Laura created a health education/promotion program based on the expressed needs of the consumers at Community Human Services Corporation. The topics included sexual health, medication side effects, aging, financial health, healthy relationships, and dental care. The interns also produced the “Medication Guide for the Mental Health Consumer,” a booklet with topics ranging from how to address medication side effects to how to communicate with your doctor. In addition, Laura and Amanda led the consumers in painting an Ocean City mural on the walls at Community Human Services. Amanda said, “I have learned many different techniques in dealing with patients ... [and] many opportunities to examine how and where I can work to implement policy change in my profession.” Laura commented, “BTG has given me a public health background to approach the racial and socioeconomic backdrop of health disparities ... These skills will guide my work for change in our health-care system.”

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