



Urban Health Project Annual Report 2007-2008



Urban Health Project
University of Cincinnati College of Medicine

Annual Report
2007-2008

Thank you to those whose generous contributions to this organization make it all possible:

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INTRODUCTION & OVERVIEW

Our Mission

Urban Health Project educates, inspires, and challenges medical students through their service to marginalized populations in Greater Cincinnati to produce more socially responsible physicians who have a greater understanding of factors that impact health.

Our Vision

Urban Health Project strives to improve healthcare by molding future physicians who will have a personal understanding of the factors that impact health and use this knowledge to provide better care to all populations, especially the underserved.

Goals/Objectives

Urban Health Project's primary goal is to improve healthcare in the Greater Cincinnati community. Other important goals include:

- Provide health related community service to the area's marginalized population
- Impart an understanding for cultural, socioeconomic and environmental health factors to a future generation of physicians
- Encourage the development of more socially responsible physicians
- Increase the number of primary care physicians in Greater Cincinnati

History

Urban Health Project was started in 1986 by medical students who were committed to forming an organization that connects future physicians with people in the community. We have since grown as an organization increasing the number of interns we can accommodate as well as the number and variety of sites that we serve. This past year we were able to work with 18 different sites in the area. The Urban Health Project is currently one of the few medical student run non-profit organizations in the country. Our dedicated Advisory Board has worked with us since our conception to ensure that Urban Health Project advances the ideal of quality healthcare for all.

Program Description

Medical students who have completed their first year of medical school at the University of Cincinnati apply to spend an 8-week summer internship with the Urban Health Project. These selected physicians-in-training are each matched with an existent community organization in the Greater Cincinnati and Northern Kentucky areas. Their responsibilities range from direct patient care to the social aspects of health care delivery and health education. Specific duties of a UHP intern may include organizing community health fairs, youth crisis mentoring, and giving health promotion presentations. Student interns earn a modest stipend for their work.

In addition to the interns working at local sites, two medical students direct the program throughout the summer and during the following academic year. Their primary roles are to assure that UHP continues to fulfill its mission and has the monetary resources to do so. These students are solely responsible for the organization and maintenance of the program. In the summer, the co-directors promote positive community relations with the partner agencies through site visits and letter correspondence. Their academic year duties include intense fundraising to compensate student personnel and a membership drive for the upcoming summer. Furthermore, the co-directors continually strive to improve the organization by increasing community awareness of UHP through web development, news media, and several informational seminars. With increased funding, new relationships with local non-profit groups can develop into potential summer internships.

Awards/Commendations

The Urban Health Project has been honored for its dedication to serving the underserved and promoting understanding. UHP was awarded the University of Cincinnati Just Community Award, its highest commendation for social service. In addition, The AIDS Volunteers of Cincinnati presented UHP with the 2002 Pedro Zamora Award in recognition for its efforts in the fight against AIDS. UHP was nominated for the Health Care Heroes Award by the Business Courier. This May 2006, UHP will be awarded the University of Cincinnati "Spirit of Service" Award for the College of Medicine.

Acknowledgments

Urban Health Project would like to thank all of the community organizations, site supervisors and board members we had the pleasure of working with this year. We are especially grateful to our funders, whose generous contributions are vital to the continued existence of this program.

DIRECTORS' REFLECTION

They say that a picture is worth a thousand words; if this is true, then the eight week long internship the medical students of University of Cincinnati College of Medicine participate in is worth a lifetime. Integrating their medical school education with first hand knowledge of the social issues surrounding access to health care, the experience Urban Health Project provides is one our interns will be able to call upon in their future practice. Having gained insight into the plight of the underserved, it is our belief that this program reaffirms that as physicians, we must look at our patients, not as constellations of symptoms, but as humans who struggle everyday with the socioeconomic inequalities and barriers to healthcare that exist in the community.

As the Co-Directors this year, we strove to improve Urban Health Project from an organizational standpoint, trying to strengthen the foundation upon which it stands and lay down the infrastructure necessary for growth in the future. To this end, we worked to improve the year to year operations of the organization, creating documents like a searchable comprehensive grant database and an instructional Director's manual, as well as overhaul the website. Additionally, we created and began collecting the results of an Alumni survey, to assess how the UHP experience has impacted our twenty plus years of alumni. Lastly and one of the most exciting things we worked on this year was to start a collaboration with the Xavier University Master in Health Care Administration Program. It is our hope that both of our programs will benefit from this partnership, as they gain experience from helping us examine our organizational goals and help us to implement new strategies to meet them.

Lastly, we worked with different organizations within the school to organize two firsts in the school: a Covering the Uninsured week and University of Cincinnati's very first Poverty Simulation. We were excited to have the opportunity to work on both of these projects, as they encompassed the ideals that Urban Health Project possesses. A collaboration between four student groups, Covering the Uninsured Week brought in a number of speakers from around the community to increase student awareness of the state of our current health care system, and what community organizations are doing to try to help those in need. The Poverty Simulation, which we worked on with the Department of Family Medicine, was an experience which allowed students to live out a "month" in the shoes of a low-income family and to help the fully appreciate day to day dilemmas and predicaments that disadvantaged populations face on a regular basis.

In conclusion, we consider ourselves lucky to have been given the chance to work as the directors of this organization. We were fortunate to observe all of the incredible ways that organizations are making contributions to the disadvantaged people in our community, and are grateful to all the foundations, businesses, and individuals who give so much. It has been a true privilege to be a part of the organization, and will continue to impact us for the rest of our lives.

Sz-Min Chen and Erin Moushey
2007-2008 Urban Health Project Directors

LOGISTICS

Site Selection

UHP places student interns at social service and medical agencies throughout the Greater Cincinnati and Northern Kentucky area. Future sites for placement of interns are continually being considered and developed. In general, potential sites are considered for eligibility based on the following criteria:

1. The agency should serve a community population with health or other various needs.
2. The agency must be able to provide a suitable position for a medical student intern—a position with both responsibility and adequate supervision.
3. The position should expose the intern to the difficult socioeconomic factors that complicate the delivery of adequate health care to the underserved.
4. The internship is not expected to provide the student with direct medical experience, although some sites do provide this opportunity. Most importantly, the position should put the student in close contact with the social service aspects of healthcare delivery and basic health education.

Student Recruitment

All UHP interns are recruited from the first year medical school class. During the school year, there is a general informational meeting in which previous interns present their agencies and describe their responsibilities to the class. Interested students then submit an application and indicate their preferences for placement. The applications are then sent to the agency supervisors, who review the applications, interview candidates, and rank their choices. Placements are determined by matching the interns' preferences with the agencies' rankings. Students are chosen based on their motivation, their genuine desire to learn, and their ability to use that knowledge to help others. A stipend of \$3,000 for 40 full-time workdays is paid to each intern.

FUNDRAISING

UHP could not grow and improve each year without the generous support of foundations, businesses, and individuals of Greater Cincinnati. Thank you for making an investment in our community and the future of health care. The sponsors for the **Summer of 2007** were as follows:

Bethesda Foundation	\$21,000
Bethesda North Medical & Dental Staff	\$15,000
University Hospital Medical Staff	\$ 9,000
Academy of Medicine Foundation	\$ 6,000
Children's Hospital Medical Staff	\$ 6,000
Drs. Kunkel and Saker	\$ 5,000
Good Samaritan Medical Staff	\$ 3,000
Health Alliance	\$ 3,000
Joseph J. Schott Foundation	\$ 3,000
St. Luke Medical Staff	\$ 3,000
Vanguard Medical	\$ 3,000
Western & Southern Financial Group	\$ 3,000
Health Foundation of Greater Cincinnati	\$ 2,500
The Flerage Foundation	\$ 1,000
Robert M. Butler Memorial	\$ 1,000

In-kind donations made by **TriHealth, Inc.** include the use of office space, desk, chair, phone, computer, unlimited office supplies, access to copy and fax machines, long distance phone calls and postage for the UHP Co-Directors.

In-kind donations made by the **University of Cincinnati College of Medicine** include payroll administration and note card stationary. UHP also received \$200 from the **Medical Student Association** at University of Cincinnati College of Medicine for academic year activities.

Thank you to our new funders for 2008-2009:

Jacob G. Schmidlapp Trusts, Fifth Third Bank, Trustee	\$45,000 over 3 yrs
Mary M. McGee Foundation	\$5,000

URBAN HEALTH PROJECT BUDGET

<u>Personnel</u>	2007-2008	2008-2009
Summer		
Student Interns	\$50,025 ¹	\$66,000 ²
Project Directors	\$6,000	\$6,000
Academic Year		
Project Directors	\$3,000	\$3,000
Financial Advisors	\$1,000	\$1,000
<hr/>		
Subtotal	\$60,025	\$76,000
Workman's Comp (5.2% of personnel expenses for 2006-07)	\$ 3,121	\$ 3,952
<u>Non-personnel</u>		
Publications/Annual Report/Notes ³	\$1,000	\$1,000
Film & Processing	\$100	\$100
Travel	\$1,000	\$1,000
Special Events & Meetings	\$1,000	\$1,000
Web & Design Development	\$750	\$750
<hr/>		
Total	\$66,966	\$83,802

1. 06/11/07 - 08/03/07 ((15 interns @ \$3000, 1 @ \$2250, 1 @ \$1800, 1 @ \$975))
2. 06/09/08 - 08/01/08 (22 interns @ \$3000)
3. Figures represent amount not covered by Bethesda Hospital/TriHealth in-kind donations including: office space, desk, chair, telephone, office supplies, postage & access to computer, copier, printer, and fax machine.

2007-2008 Urban Health Project Board Members

Ms. Connie Barker, RN, MSN:	Director of Quality St. Luke Hospitals
Dr. James Boex, PhD:	Professor, Department of Public Health Sciences University of Cincinnati
Sr. Agnes Coveney:	Director of Mission Effectiveness Good Samaritan Hospital
Dr. Denise Gibson, PhD:	Assistant Dean of Academic Support University of Cincinnati College of Medicine
Ms. Clare Herlihy:	Past UHP Co-Director 2006-07 3 rd Year, University of Cincinnati College of Medicine
Ms. Heideh Hussein-zadeh:	Past UHP Co-Director 2005-06 4 th Year, University of Cincinnati College of Medicine
Ms. Julie Kloenne:	Past UHP Co-Director 2006-07 3 rd Year, University of Cincinnati College of Medicine
Ms. Abby Loftus:	Past UHP Co-Director 2005-06 4 th Year, University of Cincinnati College of Medicine
Ms. Beth O'Connor, RN:	Director of Breast and Cervical Cancer Project The Barrett Cancer Center
Mr. Edward Osofsky:	President Bethesda Foundation, Inc.
Ms. Staci Wagner:	Vice President of Operations Neighborhood Health Care Inc.
Mr. Pat Ward:	President and Manager Not-for-Profit Fifth-Third Bank Center
Dr. Laura Wexler, MD:	Associate Dean for Student Affairs and Admissions University of Cincinnati College of Medicine
Mr. Mike Zenz:	Senior Director of Development University of Cincinnati College of Medicine

2007 Urban Health Project Sites

American Cancer Society

Babies Milk Fund

Bethesda North Ob/Gyn Clinic

Breast & Cervical Cancer Project

Catholic Social Services

Cincinnati Children's Hospital, Division of Community Pediatrics

Crossroad Health Center

Health Ministries, St. Luke Hospitals

Health Resource Center

Lighthouse Youth Crisis Center

Lighthouse Youth Development Center

Oncology Services, St. Luke Hospitals

Project Connect

Tender Mercies

UC Department of Family Medicine

UC Department of Obstetrics & Gynecology

Welcome House of Northern Kentucky

Women's Health Services



2007 Urban Health Project Site Descriptions and Intern Summaries

Urban Health Project – Co-Director

Director's Note

Sz-Min Chen, Summer 2007

As I walked out of the TriHealth Security office, I looked down at my newly made ID. There it was, “Sz-Min Chen, Director, Urban Health Project.” My heart began to beat a little bit faster— after all, what did I know about running a non-profit organization, writing grants or even what a 501(c)(3) designation meant exactly? Walking into our office my first day in June 2007 filled my mind with anxiety as I wondered if I was in over my head.

Despite my initial panic, however, being a UHP co-director has proven to be one of the most rewarding experiences I’ve had. It has been an empowering experience and certainly a humbling one as well. I’ve gained an appreciation for the amount of work it takes to run even a small organization that depends upon yearly grants for its survival. From researching and writing grants to board meetings to the hiring process, much more goes into the whole process than I was ever aware of.

However, it’s not just all writing letters, running meetings and applying for grants. As co-directors, Erin and I were able to truly make an impact upon the organization. With the flexibility to create projects as we saw fit, we have been able to look critically at Urban Health Project as a whole and decide what we thought would enable the organization to grow. As a result of this, we were able to create a new grant database, write a director’s manual, overhaul the website, and put into the works an all encompassing alumni survey which UHP will use for research purposes. In between the day to day operations, being a co-director has allowed me to think outside of the box and to work on projects that benefit the organization for years to come.

Additionally, I was given the opportunity to not only run the organization, but also to visit every site, and see enthusiasm and gratitude the site supervisors had for all the interns as well as see what it was that made each of the interns excited to come to work each day. Throughout the summer, I saw eighteen sites – eighteen supervisors passionate about their life’s work, eighteen interns providing care to grateful people in need, and most importantly, eighteen different ways that people are trying to help others in our community. It was inspiring to go into these organizations, to hear people’s stories, and to see the vision and goals that these organizations strive to achieve on limited budgets and staffing.

Before this past summer, the disadvantaged populations of Cincinnati were anonymous, those who provided help faceless, and their causes noble but abstract in nature. However, after the summer, these things became real. Talking to migrant workers about their issues coming to this country, hearing from Catholic Social Services about the hardships they go through to remain in existence, seeing first-hand the homeless mentally ill— all of these stories and people have become lodged in my mind, and I can’t help but think of them when I’m on the bus, in my car, or walking across the city. Every person you see could be someone who needs assistance, and I have become all too aware of the fact that every little bit makes a difference. These organizations are stretched to the utmost of their capacity, and yet, there is still more that could be done. If anything, this experience has given me insight into the plight of our health system, and also, into the diverse backgrounds and experiences of people I don’t run into on a regular basis.

I am coming away from this experience, having not only learned about the intricacies of non-profit organization, but also with the background, tools, and inspiration necessary to make a difference in the future. Having a firsthand experience has imparted a strong feeling of pride in terms of what Urban Health Project does year in and year out. The organization strives to do so much good – through direct help to organizations, to caring for the community, and to educating medical students about the social aspects of health care that they may not have been exposed to. I feel privileged to have been a co-director for the past year, knowing not only have I left my mark on it, but also that it has indelibly left its mark on me.

Urban Health Project – Co-Director

Director's Note
Erin Moushey

Let me start by saying that this past year as a co-director for Urban Health Project has been one of the most rewarding experiences I have had. Urban Health Project is an amazing project that links interested and energetic medical students with various community organizations in a way that is mutually beneficial. I feel this is a priceless summer experience allowing people of varying backgrounds, whose paths may have otherwise never crossed, benefit and grow from each other. Interns were able to provide sites with an extra set of hands to complete projects, and at the same time gained an understanding of the challenges that underserved populations face on a daily basis, such as lacking transportation, housing, and/or health insurance. I also feel this experience allowed interns to become more familiar with the community, and value service organizations set up to serve these populations.

Over this past year as co-director, many exciting things were accomplished. One of things I like the most was expanding the Urban Health Project experience past the summer and into the school year. For the first time Urban Health Project helped organize a “Covering the Uninsured Week” with a couple of other clubs at the College of Medicine. Speakers for the week included Dr. Donald Rucknagal, Dr. Chuck Schubert, Dr. Victoria Wulsin, and Dr. Robert Graham. The theme of the week was discussion about the health care system and barriers to care. Another one of my favorite projects was a Poverty Simulation that was done in conjunction with Dr. Douglas Smucker and Dr. Joseph Kiesler from the College of Medicine. This simulation was an opportunity for Urban Health Project interns and other students to take on the role of a family living in poverty and experience the challenges they face in living month to month. Overall, I really enjoyed the poverty simulation and thought it provided a valuable look into the challenges people living in poverty face every day.

Personally, I thought it was a real eye-opener. It is easy to lose track of the fact that there are thousands of people out there that are struggling not to get evicted, buy food, and find a job. When you are better aware of the challenges people face, it allows you to be more compassionate and work harder to find ways to make their healthcare less of a burden - cheaper medications, fewer tests etc.

Looking back at the past year, I feel that it has really been a success and feel privileged to have had the opportunity to have such an impact in this amazing organization. I believe Sz-Min and I did as much as we could to help improve the Urban Health Project so that it can better achieve its mission. As I look into the future for Urban Health Project, I hope that the organization can continue to grow and that we can get the word out about the great work that is being done. I feel confident as I pass off the baton to next year's co-directors that they will be able to do great things in the year to come.

American Cancer Society

Contact Info

American Cancer Society
2808 Reading Road
Cincinnati, OH 45206
<http://www.cancer.org>
Site Supervisor: Ms. Kelli Kolkmeyer

Site Description

The American Cancer Society (ACS) is a nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer. They achieve these goals through funding and conducting cancer research, implementing primary cancer prevention programs, offering support and services to those affected, and serving as a political advocate for national policies and regulations which benefit the patients and their families.

Job Description

The intern will...

- Better understand the practical and political issues surrounding cancer prevention and treatment.
- Focus on reaching children with the message of sun safety.
- Prepare presentations using ACS guidelines.
- Work on varying projects to get the message of sun safety out to the community.
- Record all information in a binder that will be left at the ACS.
- Dress business casual while in the office; however if they are giving talks at camp, they should dress appropriately.
- Have use of a computer and phone at their workstation.
- Work M-F with flexible hours, depending on when they have scheduled their presentations.

Please note that the method of getting the message of sun safety out to the community varies year to year. Past years have included summer camp programs and targeting pools to implement sun safe policies. The intern must be flexible and willing to work on whatever project is decided on. The ACS will pay for and/or provide all props and literature needed for the talks.

American Cancer Society
Pooja Dalsania, Summer 2007

This summer my internship was with the American Cancer Society. I found this internship to be very interesting in that I did learn a lot about skin cancer. For instance, 1 out of 3 cancers is diagnosed as skin cancer and 1 out of every 5 Americans will develop skin cancer in their lifetime! My project this summer was to create a “Sun Safe Policy” that would be distributed to the Hamilton public pools, which included approximately 40 pools. The “Sun Safe Policy” was designed to help pools make changes that would benefit their guests and help protect them against skin cancer. The policy includes 3 parts: sunscreen, shade, and promotion of sun safety. The sunscreen part includes information about sunscreen, such as how often to reapply, how much to wear, and how it works on your skin. It also includes information about purchasing small packets of sunscreen that they can distribute at cost to their guests. The shade part of the policy includes information about shade, and where the pools can purchase shade structures. The third part of the policy, the promotion of sun safety, has three subsections. The first subsection is about how education is the first step to fighting skin cancer. In this policy I had included various informational brochures and posters that the pools could distribute to the pool. The second subsection included informational blurbs, called “Did You Know” boxes that had different facts about skin cancer. These “Did You Know” boxes were intended to be put in the weekly newspapers that the pool’s community has. The third subsection was about staff involvement, and talked about how the staff should make reminders for people to reapply sunscreen. It also entailed that the staff wear sunglasses and hats, to provide a good example to their guests in showing how they protect themselves against skin cancer. The idea behind this project was a great one, however we ran into problems which prevented the outgoing of these projects. Due to bad timing of certain events, I was unable to meet with various aquatics directors, which was vital in implementing these programs.

I enjoyed my internship this summer nonetheless because all the people that worked there were great and were genuinely concerned about furthering the fight against cancer. I learned that a lot of work goes into formulating and implementing a policy, and it gave me a lot of respect for the others who work there, since they do this every day. The American Cancer Society is a great non profit organization that is significantly influential in promoting awareness about cancer. Although this particular internship had its glitches, I feel that with some refinement and organization this project can be very successful and beneficial to many people

Babies Milk Fund

Contact Info

Babies Milk Fund
400 East Martin Luther King Drive
Cincinnati, OH 45229
Site Supervisor: Ms. Sarah Celenza, LSW

Site Description

Presently, BMF is the largest non-hospital provider of children's health care to the underserved population in Greater Cincinnati. Established in 1909, Babies Milk Fund (BMF) started as "milk stations" throughout Cincinnati with a goal of preventing dysentery by delivering pasteurized milk to families that could not afford it. With the availability of refrigeration, pasteurization and infant formula, these milk stations evolved into a network of primary care pediatric practices located within different areas of Cincinnati that provide pediatric and prenatal care to children and pregnant women. Annually, over 9,000 children receive healthcare through BMF, with 78% being on Medicaid and 7% uninsured. In addition to primary pediatric care, BMF also has an interest in reading promotion which is shown through its "Reach Out & Read" and "Read with Me" programs which give over 4,000 books to children each year.

Job Description

Intern Goals:

- To gain clinical knowledge of pediatric primary care, including immunizations, well-child exams, and ill visits.
- To gain experience and interpersonal skills in serving a mostly urban, low-income, and at-risk population.
- To better understand barriers to healthcare and the other complex social issues that many of our patients face.
- To gain awareness of available community resources and how to link patients with relevant and needed services.

Intern Objectives:

- To shadow physicians and nurse practitioner throughout the week.
- To assist clinical staff in taking patient histories and completing other medical assisting duties.
- To assist with clerical duties in order to better understand the management of patient files and schedules.
- To shadow the social worker and spend time discussing social needs directly with patients.

- To learn referral processes for various community agencies and make appropriate referrals as needed.
- To learn about and utilize early intervention programs like Every Child Succeeds, Help Me Grow, and Head Start.
- To learn about recognizing and reporting child abuse and neglect.
- To identify and contact families with children who are behind in well-child exams and immunizations in an effort to get those children caught up.

The intern will be expected to work 9am-5pm Monday through Friday and schedule any days off in advance. The intern will be supervised by the social worker, but will also spend time shadowing and assisting physicians, medical staff, and clerical staff. The intern will spend time learning about community resources and linking families to those resources as needed. The intern will also spend time working on a special community outreach program funded by the United Way. This project is based on gaining a better understanding of why some families do not seek regular health care for their children and working to get those children up to date on immunizations and well child exams.

The intern will spend most of his or her time at the MLK location. If the intern is bilingual it will be arranged for some of the time to be spent at the Norwood location interpreting for the medical staff. Approximately 30% of the patients at the Norwood location are Spanish speaking.

Babies Milk Fund
Elizabeth Hartman, Summer 2007

BMF Pediatrics has been meeting the needs of children and their families for nearly 100 years in Cincinnati. In 1909, BMF helped prevent dysentery by delivering pasteurized milk to families who could not afford it. Today BMF Pediatrics serves Cincinnati's most at-risk families with quality health care and social service support at three locations; Clifton, Harrison, and Norwood.

BMF Pediatrics is the largest non-hospital provider of children's health care to the underserved population in greater Cincinnati. The patient diversity served at these practices is great and to ensure the best quality care possible, BMF Norwood provides case management, advocacy and patient care in both English and Spanish.

My time here at BMF Pediatrics has mainly been with the Social Services staff at the Clifton and Norwood locations. In an effort to provide the patients with all the support and resources available to them and to ensure their children's optimum health I worked on new resource sheets for 16 of the common social needs of our patients. I hope that these sheets will help connect families with useful programs, treatment, assistance, and education to alleviate current health/social problems and prevent future instances from occurring. My internship at BMF offered great variety and flexibility. I administrated the Reach out and Read program, shadowed numerous doctors at our different locations, assisted with patient histories, compiled lead education packets in English and Spanish, and attended various training/educational seminars with my boss. I enjoyed the wide variety of healthcare settings that I encountered and learned something different through each of them.

BMF Pediatrics has been a great working experience. The doctors are caring, passionate about their work, and great at teaching medical students and residents. The other medical staff, nurses, social workers, and administrators are a great support system to insure complete care for all medical and social needs.

Bethesda North Ob/Gyn Clinic

Contact Info

Bethesda North Ob/Gyn Clinic
10475 Montgomery Road
Suite 4G
Cincinnati, OH 45242
http://www.trihealth.com/phy/bnh/obg/obg_index.aspx?id=150200
Site Supervisor: James Sosnowski, MD, Residency Program Training Director

Site Description

Bethesda North OB/GYN Clinic provides pre-natal and gynecological care to women from a variety of backgrounds, including uninsured, some self-insured and a large immigrant population; approximately 50% are covered under medicaid. Services provide a range of traditional women's services such as maternity and breast care as well as services that enhance the well-being of women and their families, such as fitness centers and TriHealth's Integrative Health and Medicine Center. Depending on the patients' ability to pay, services can be offered to patients at a 80% discount and a comprehensive pregnancy care package is available for \$2500. Bethesda North OB/GYN Clinic is also committed to helping women improve their health through dozens of programs and classes offered - from maternity education, to yoga, to aerobics, to healthy cooking classes and more. On site, the clinic also has a financial counselor and a care coordinator to assist with referrals and any additional help needed. As a teaching clinic, Bethesda North OB/GYN also has a number of residents and medical students.

Job Description

The intern will...

- Be exposed to underserved women from a variety of cultural and financial backgrounds.
- Gain an understanding of the difficulties the underinsured/uninsured people face in terms of access to healthcare.
- See, care for and counsel women about health care decisions.
- Discuss family planning and disease prevention with patients.
- Care for underserved pregnant women and trying to optimize pregnancy outcomes.
- Shadow different resident physicians in the clinic four days a week.
- Assist the resident taking patient histories and doing physical exams.
- Participate in meetings with financial counselors and care coordinators.
- Explore the resources available to the underinsured/uninsured people as far as drug prescriptions, homeless shelters, or other clinics and be able to explain them to patients.
- The clinic is open from 8:30 to 5:00 Monday, Tuesday, Wednesday and Friday.

Bethesda North Ob/Gyn Clinic

Victor Chen, Summer 2007

The Bethesda North OB/GYN clinic is located right across the street from the Bethesda North hospital, and provides a quieter, private-practice feel than the main hospital. The clinic provides affordable, comprehensive prenatal and gynecologic care for women in the Tristate. It is a residency-training program, and residents completing their OB/GYN training primarily see patients. All treatment plans from each visit are reviewed and approved by on-site attending physicians. There are also RN care co-coordinators, financial counselors, and on certain days, social workers and dietitians on-site to assist patients.

OB patients receive prenatal care from the clinic for the duration of their pregnancy. Many tests can be performed on-site, including pap smears, STD tests, fern tests to check for amniotic leakage, and unofficial ultrasounds. However, the actual delivery takes place in the main hospital across the street. Wednesday mornings are reserved for high-risk OB patients, where pregnant women with gestational diabetes, malnutrition, metabolic disorder, and many other complicating issues are seen.

The clinic sports a highly diverse patient population in terms of economics and especially ethnicity. On some days, it is truly an international experience. We regularly see Hispanic patients from all over Latin America, as well as Chinese, Middle Eastern, Eastern European (especially Russian), West African, and Indian patients. Thus, the Language Line is an invaluable tool. Most of the patients with limited English are also low- or no-income, and must work closely with the on-site financial counselor.

As a medical student intern, I got to shadow the residents throughout their day. Depending on the resident, I was taught and allowed to perform various procedures. Most consistently, I was allowed to measure fundal heights, to find fetal heartbeats with the Doppler ultrasound, and conduct a brief history interview. On rare occasion, I was instructed on performing a pelvic exam to estimate the size and orientation of the uterus, and to perform a heart and lung exam for patients on their annual checkup. In general, I assist the resident I am working with as best I can. Some like me to follow them close, whilst others prefer me to “split up” and take care of some preliminaries on patients they haven’t gotten to yet, in order to save time.

In addition to clinical aspects, I also had the opportunity to “shadow” the financial counselor at the clinic, and get a first-hand look at the challenges lower income (or in many cases, no-income) patients with no insurance face, and what the clinic does to try to assist them. Individualized payment plans that fit the patient’s needs and resources are frequently devised. Patients are often also advised on applying for state-sponsored medical financial assistance. Many patients simply do not know what resources are available or how to access them.

Working at the Bethesda North OB/GYN clinic has given me foremost a tremendous appreciation for the OB/GYN field. However, perhaps more importantly, it has given me a first-hand look at the challenges of providing healthcare to an ethnically diverse patient population. As the United States becomes an increasingly heterogeneous society, such challenges will undoubtedly affect all practicing physicians.

Breast and Cervical Cancer Project

Contact Info

Breast and Cervical Cancer Project
The Barrett Cancer Center
234 Goodman Street
Cincinnati, OH 45219-0501
Phone: 513.584.4342
http://www.odh.ohio.gov/odhprograms/hpr/bc_canc/bcanc1.aspx
Site Supervisor: Ms. Beth O'Connor, RN

Site Description

The Breast and Cervical Cancer Project (BCCP) provides medical services for uninsured low income women in the Greater Cincinnati area. Funded by a grant from the CDC, the BCCP offers free pap smears, pelvic exams, clinical breast exams and mammograms for eligible women. The criteria includes women who live in households with incomes less than 200% of the poverty level, have limited to no insurance, are 40 years of age or older for Pap tests, pelvic exams and clinical breast exams and are 50 years of age or older for mammograms. The BCCP also strives to educate woman about different factors which affect their health, and the importance of continued and regular health care. The UHP intern helps to fulfill the community aims of the organization, by providing community outreach and education.

Job Description

The intern will...

- Learn breast and cervical cancer screening guidelines while working at the BCCP office during the first two weeks of the program.
- Improve their group presentation skills.
- Be exposed to the barriers faced by underinsured/uninsured women trying to access lifesaving cancer screening.
- Be exposed to resources available to underinsured/uninsured women and how to access those resources.
- Contact each of the community agencies (roughly 60) in the BCCP Community Resource Guide.
- Update the BCCP Community Resource Guide for the next year's student.
- Provide the community agencies with any or all of the following: mail information brochures on breast and cervical cancer screening, provide and mail information on the BCCP and how to refer clients, schedule an education program for the agency's clients on the importance of cancer screening.
- Attend the weekly Breast Cancer Conference.
- Shadow a physician in the Breast Center and the Dysplasia Clinic at the Barrett Cancer Center.

- Spend a day on the mobile mammography van.
- Attend weekly meetings with site supervisor to discuss progress.
- Work from home.
- Have flexible hours and their schedule will depend on when they will schedule site visits or education programs.

Breast & Cervical Cancer Project

Pamela Stemen, Summer 2007

The Breast and Cervical Cancer Project (BCCP), funded by the CDC, provides screening and diagnostic services to low-income women without health insurance. The goal of the BCCP is to reduce the number of women dying of breast and cervical cancer by giving them access to free screening mammograms and pap tests, followed by diagnostic procedures such as biopsies and colposcopies when necessary. My work over the summer focused on contacting agencies in the Greater Cincinnati area to provide them with information about our program in hopes of recruiting women who might qualify and benefit from our services. In addition, I did several educational programs about the importance of breast and cervical cancer screening at these sites.

Another aspect of my internship was shadowing physicians in the dysplasia and breast clinics, both located in the Barrett Cancer Center. Here I saw various procedures such as pap tests, colposcopies, biopsies and ultrasounds, and examined mammograms with the radiologist. Interns also spend a day on the mammography van, which travels around the city in order to provide services to women who are unable to travel to a clinic for their mammogram. On Tuesdays, I attended breast conference with my supervisor, where a panel of oncologists, pathologists, radiologists and geneticists discuss breast cancer cases and present current research about treatment. Finally, I received a tour of the American Cancer Society's Hope Lodge, which provides free housing to cancer patients undergoing treatment and their families, and heard the president of the ACS speak about the problem of access to health care.

This internship really opened my eyes to the struggles many women face when it comes to preventative medicine and screening procedures. Before this summer, I was very naïve about the various agencies in the community committed to helping lower-income families, but contacting these agencies and visiting to give talks really educated me about these organizations. It was great to see how interested the women were during my educational programs, and many were very eager to enroll in the BCCP or pass on our information to friends and family. I was able to hear firsthand some of the problems these women face, such as the obstacles women with physical disabilities need to overcome in order to receive care. I believe this experience was invaluable in educating me about the needs of the population I will serve in my future career.

Catholic Social Services

Contact Info

Catholic Social Services
The Barrett Cancer Center
100 East 8th Street
Cincinnati, OH 45202
Phone: 513-241-7745
Fax: 513-241-4333
<http://www.cssdoorway.org>
Site Supervisor: Mr. Rod Huber, Director of Family Services

Site Description

Every year, Catholic Social Services Refugee Resettlement Program (CSS) provides counseling and support to approximately 250 international refugees of all faiths as they settle in Greater Cincinnati and Northern Kentucky area. From the moment the refugees step off the plane, CSS takes responsibility for meeting the refugee's basic needs for food, clothing, housing, household goods, furniture, medical care and transportation as well as helping them in becoming self-sufficient and integrated in their new society. Additional services provided include case management to ensure that health screenings and insurance paperwork are completed, obtaining Social Security cards, obtaining food stamps and a medical card, orientation workshops to assist in acculturation and adjustment to community life. The program goals place an emphasis on obtaining permanent employment, developing a career path, becoming self-sufficient and advocating for reunification of the refugee families. The program continues to offer help indefinitely as long as the refugee has needs through acculturation, employment, career and counseling services. The UHP intern provides much needed assistance in day to day operations and projects especially as they relate to medical needs and concerns.

Job Description

The intern will...

- Better understand community services as they relate to Medicaid, food stamps, health insurance, employment, etc.
- Appreciate the cultural, financial, and practical obstacles refugees face in relocating to a new country.
- Learn about other cultures.
- Review the following websites before starting work to gather a basic understanding of obstacles refugees face.
- The UN Refugee Agency website at www.unhcr.org
- The US Conference of Catholic Bishops Migration & Refugee Services website at www.usccb.org/mrs/
- Go through about 2 weeks of on the job training to get familiar with the organization.

- Assist refugees in attending doctor's appointments and health screenings, and applying for a medical card, welfare, and citizenship.
- Work closely with case managers.
- Assist in child care as needed.
- Provide organizational assistance in finding individualized resources as needed to meet particular needs.
- Need to drive their own vehicle around 75 miles per week at a reimbursement rate of approximately \$0.45/mile.
- Have the opportunity to take part in optional activities, such as the World Refugee Day, outside the weekday 8am-5pm work hours.

Catholic Social Services - Refugee Resettlement Program

Ben Kuritzky, Summer 2007

The refugee resettlement program of Catholic Social Services provides a wide range of services to newly arrived refugees in the greater Cincinnati area. This particular branch of Catholic Social Services has four full-time employees and a few volunteers, so you get to know everyone involved in the program very well. The goal of the refugee resettlement program is to help refugees of other countries (mainly from Africa, the middle east, southeast Asia, and Cuba) become self-sufficient, which is much more complicated than one might first think since most of the refugees don't speak any English. The agency is responsible for doing pretty much everything—setting up their initial health screening appointments, tuberculosis testing appointments, welfare and social security appointments, and helping them adjust to a vastly different culture, just to name a few of the services provided. The refugees are of many faiths, not just Catholicism, as the Refugee Resettlement Program is open to all faiths, creeds, ages, and races. Additionally, it is not required that any employee or intern be Catholic, as religion was rarely even mentioned during my time at Catholic Social Services.

I mainly worked downtown on the 5th floor of an office building at the corner of East 8th & Walnut. Parking is not ideal since you have to park about 3 blocks away at a surface lot, but it is paid for by Catholic Social Services. I also spent considerable time at the newly arrived refugee's temporary housing on the west side of Cincinnati, which is about a 15-minute drive from the downtown office.

The main duties of the intern are to assist the full-time employees in helping newly arrived refugees resettle in Cincinnati. These duties include driving the refugees to medical appointments, the downtown welfare office, and the downtown social security office, picking up the refugees from the airport and taking them to their temporary housing, helping them with paperwork, and helping plan a celebration of the refugees' accomplishments called World Refugee Day. There is a lot of driving involved, but I was reimbursed at the rate of 45 cents per mile.

I must say that I have a new appreciation for what refugees have to go through in order to make it in American society. The job has been both very frustrating and very rewarding. Being unable to communicate even the simplest instructions, (such as be ready for me to pick you up at 10am for your doctor's appointment) is often a big challenge since interpreters are very expensive and need to be contacted days ahead of time. However, this internship, unlike many of the more medically oriented sites, offers the opportunity to really help people who absolutely need it and are very appreciative. Every time I give one of the refugees a ride to an appointment, or have interpreted (with my very limited Spanish) for Cuban refugees, it has never been without a very sincere thank you. Whether I was looking after children and teaching them some simple English phrases while their parents were at orientation, or interpreting for a Cuban refugee so she could apply for a higher-paying job, it was certainly nice to feel as though I have helped those in need. Although there are really almost no medical duties or involvement, I found the experience very rewarding and I would strongly recommend this site to other medical students.

Children's Hospital Medical Center

Contact Info

Children's Hospital Medical Center
ML 7035

3333 Burnet Avenue

Cincinnati, OH 45229

<http://www.cincinnatichildrens.org/research/div/gen-comm-pediatrics/>

Site Supervisor: Robert Kahn, MD, MPH, Assistant Professor of Pediatrics, Division of General & Community Pediatrics

Site Description

The Primary Pediatric Center (PPC) at Cincinnati Children's Hospital has over 35,000 patient visits per year, providing primary pediatric care to children from birth to adolescents. The patient population served is about 88% Medicaid and 5% uninsured. The clinic is open every day of the week, as well as five evenings throughout the week. At the PPC, there are 20 attending physicians as well as 26 moonlighting and community doctors that each work approximately one shift per week. In addition, it is a large teaching facility with 160 residents and medical students training in the clinic each year.

Job Description

The intern will...

- Gain insight into how financial barriers and social issues affect the basic healthcare of children.
- Obtain exposure to new program development.
- Acquire knowledge regarding the legal procedures and involvement in health care.
- Work on the development of a Medical-Legal Partnership for Children (MLPC) by.
- Implementing screening questions in the clinic.
- Creating materials for the waiting room and examination rooms to raise awareness and increase family empowerment.
- Developing a database to track cases.
- Making follow up telephone calls to families to ensure resources have been obtained and to determine case disposition.
- Assist Dr. Kahn in developing a grant application to seek funds for the project.
- Shadow residents, attending physicians, and social workers regularly in the PPC clinic to develop the necessary skills to work on the MLPC project.
- Meet with lawyers and case managers at the Legal Aid Society.
- Be closely mentored in all activities by Dr. Robert Kahn.
- Need to start the process of obtaining their ID badge as soon as possible after being selected. This process costs \$15 and takes a few weeks to finish.

In 2007, the goal of the position is to help build a new "bridge" between the Pediatric Primary Care (PPC) Clinic at Cincinnati Children's Hospital Medical Center and the Legal Aid Society of Greater Cincinnati. Children's Hospital is seeking to create a new local site for a national program called the Medical-Legal Partnership for Children (MLPC). The MLPC (see <http://www.mlpforchildren.org> for more information) is a collaboration that promotes children's optimal health and well-being by ensuring that their basic needs are met. The organization seeks to develop a system that proactively identifies and serves children whose health may depend on legal assistance.

Cincinnati Children's Hospital, Division of Community Pediatrics
E. Courtney Crane Sherman, Summer 2007

The Medical-Legal Partnership for Children (MLPC) promotes collaboration between pediatricians and lawyers to address non-biologic factors such as poverty, homelessness and lack of health insurance that can affect the health of children. In this partnership, legal services are used to help guarantee a child's access to basic needs like housing, food, education, healthcare and a safe, stable environment. The program was started in 1993 at Boston Medical Center when the chair of Pediatrics Dr. Barry Zuckerman, who out of frustration with repeatedly prescribing asthma medications to patients living in substandard housing conditions, hired a lawyer to take legal action to remedy the child's poor housing conditions. Since the program's start with one lawyer at Boston Medical Center in 1993, the program has expanded to cover over 60 different local medical-legal partnerships operating hundreds of clinics around the country. About a year and a half ago, Legal Aid Services of Greater Cincinnati (LASGC) approached Cincinnati Children's about forming a medical-legal partnership that would be situated within the Pediatric Primary Care Clinic (PPCC) serving the low income, urban children of the Cincinnati neighborhoods surrounding the hospital. What grew out of the initial meetings was a vision to provide free, direct legal assistance to the families of the PPCC's patients addressing issues such as: 1) unhealthy and unsafe housing conditions; 2) education related problems such as special education needs and those related to discipline problems; and 3) issues relating to domestic violence.

Coinciding with the start of my internship, my site coordinator, the project's champion, received the go-ahead to begin implementing the partnership from the President/ CEO of Cincinnati Children's. As a result, the majority of my internship was spent helping to prepare a grant application asking for a \$25,000 matching grant from the national overseeing organization. My daily tasks included attending planning meetings that identified and worked out some of the specific goals for the first year of the partnership and highlighting the program's goals to help receive the funding award. While the grant reward would be only a small part of the partnership's operating budget, the grant's reception would provide recognition and a stamp of approval needed to help further fundraising in the community and would provide access to national resources such as training modules and data bases. Though much of this work was clerical in nature, I learned a lot about the bureaucratic process of creating and establishing a community based health initiative that I could see being very valuable in my future endeavors.

While the majority of my internship was consumed by the daily writing and re-writing the grant application, my true project utilized my undergraduate background in medical anthropology. My task was to help create in the PPCC a "culture of advocacy" to support the incorporation of legal services in the PPCC by ensuring that the residents were asking the right questions to address the potential social hardships faced by their patients' families. I was asked to design a replacement for the current prompt on the electronic medical record that simply asked, "Do you have any legal needs" with prompts that addressed the specific issues that the partnership hopes to address such as the adequacy of housing and benefits received; unmet educational needs and issues of domestic violence. To do this, I shadowed the PPCC's residents and social workers on clinical consultations, discussed with the social

workers the types of questions they wanted the residents, found screening tools used by other partnerships for suggested wording of the prompts and spoke with some families to understand their reactions to these questions. These activities helped me to design two potential scripts to identify social hardships during well-child checkups that hopefully in the near future will be incorporated into the electronic medical record.

One of the benefits of working at a site like Cincinnati Children's was its opportunity to be exposed to many of the other aspects of pediatric medicine besides primary pediatric care delivered in the PPCC. Encouraged by my site coordinator Dr. Kahn to explore many of the different pediatric clinics taking part at the hospital, I was able to take time off from my projects and shadow cardiology clinic, lead clinic, and obesity clinic. He also arranged through colleague contacts opportunities to shadow in-patients rounds. These experiences were both fun and educational, helping me understand some of the health risks faced by children.

Crossroad Health Center

Contact Info

5 East Liberty Street
Cincinnati, OH 45202
<http://www.crossroadhc.org>
Site Supervisor: S. Brook Gumm, RN, MSN, CPNP

Site Description

Crossroad Health Center is a Christian health center dedicated to making health care accessible and affordable to Over the Rhine and its surrounding neighborhoods for the past twelve years. Crossroad's mission is to provide accessible, comprehensive health care in partnership with their patients and community, leading to healthy, changed lives. Crossroad has a staff of about nine physicians and a nurse practitioner, who provide health care to more than 4,000 patients. Most of the patients served live at less than half the poverty level (\$7500 for a family of four), and one out of three patients is uninsured. Services offered at Crossroad include general medical care for all ages (immunizations, check-ups, management of acute and chronic problems), mental health counseling, podiatry, Spanish interpretation, and gynecology and prenatal care.

Job Description

The intern will...

- Gain experience in a Christian medical office setting.
- Begin to understand the complex issues facing the underprivileged: finances, nutrition, home environment, social services, access to healthcare.
- Gain an increased awareness of resources available to providers who care for urban, poor populations.
- Shadow medical providers one or two half days a week, observing medical care.
- Interview the Medical Director and Clinical Coordinator about the assets/needs of their population and the role of spirituality in providing health care.
- If bilingual in Spanish, interpret for Latino patients during the visit. (Latinos comprise 15% of our patient population).
- Interview one or more of the office staff to get their perspective on how their patients deal with poverty, how they make a difference as their primary care provider, and how Crossroad staff work as a team.
- Watch a video on Illiteracy in Healthcare; choose one patient education tool to revise, based on that information (Ex: Take one of our brochures and revise it to be more visual, less wordy; or create a needed one).
- Get patients ready to see the medical provider: Record blood pressures, temp, weight, height, vision and hearing screening, chief complaint and medications.
- Hold children for lab work and vaccinations.

- Fill out lab requisitions.
- May learn to dipstick urine and run rapid strep tests.
- File/pull charts along with doing miscellaneous typing and mailings.
- Work on specific summer projects with the Clinical Coordinator, such as data collection/analysis on children with anemia, lead poisoning, and asthma, to improve quality of outcomes and care.
- Participate in the Over the Rhine Festival and Health Fair the first Saturday in August.
- Work Monday through Friday, 9 - 5:30 pm.

Priority given to applicants that are bilingual in Spanish, have prior health clinic experience and/or have a desire to do health missions. This site welcomes interns of any religious denomination.

Crossroads Health Center
Steph Dawes, Summer 2007

Crossroad Health Center is a Christian health clinic located in the heart of Over-the-Rhine. For eight weeks, I set my alarm, rolled out of bed, and pulled off I-71 onto Liberty Street by 9:00 am. As I walked into the three-story building, I left behind the middle to upper class world that I have thrived in for 20 years and climbed into a world where people constantly struggle with where to live and how to keep food on the table every night. It is a unique culture- so different from my own. As I walked into the pediatrics, I was greeted by amazingly optimistic and friendly staff, medical assistants, and providers, all smiling and genuinely wishing the best for me and the day that was to come.

As the weeks went on, I was trained as what I like to call, an “unofficial MA.” I picked up charts, brought patients back and got them ready to see the provider. Often that included getting their heights, weights, blood pressures, and histories. I also did my fair share of prepping shot information, holding kids for shots, and of course, measuring the head circumferences on newborns to insure they were growing in the right proportions. I was the first face the kids’ saw- the one to settle them down and “the nice one” because I did not actually give them the shots. Along the way, I also became proficient at answering the phone, checking messages, calling in prescriptions, faxing, and occasionally chasing loose kids around the clinic. Let’s put it like this- shots are not something that any kid ever wants to experience. Sounding fun yet? I have not even mentioned getting to play in those dirty bodily fluids. I can read U.A.s, prepare urine cultures, and send blood labs to Tri Health and Children’s like it is nobody’s business.

During the down times, if you can believe there were any, I would spend time working on special projects. These projects really spread the gamut from updating shot records, to working with a computer system, PECS, to track anemia, lead levels, speech therapy, and obesity in our underprivileged youth. After identifying kids with certain problems, such as anemia, I would call their families and ask them to come in for follow up visits and assure they were still taking their iron vitamins. Through experiencing the “patient –comes- first” attitude that Crossroad lives by and working on the projects it quickly became apparent to me that this clinic that really cares about its patients. This was the perfect summer experience.

Crossroad is not all butterflies and rainbows. This clinic has a great mission and gives amazing amounts of compassion to the people of Over-the-Rhine everyday, but there is a hard mental and emotional toll. Like I alluded to earlier, I worked in pediatrics- so I saw newborns to teenagers and every age in between. When my UHP advisors visited, they asked me if I was getting a true sense of the urban culture. At the time, I said I had because I was introduced to STDs, sexual abuse in young kids, ring worm, and malnourishment. On an almost daily basis, I take care of fourteen and fifteen year old mothers and help check and diagnose their underweight babies. I do urine analyses on girls who are even younger, and cringe each time they test positive for leukocytes and are further diagnosed with Gonorrhea, Chlamydia, and other STDs. Many young boys and girls come in for acute visits because they are losing their hair to ring worm, and even more come in because they are anemic, have super high lead levels, and are way behind on their shots. We constantly work with families

who are uninsured or have Medicaid, and we work with mothers who depend on WIC. My initial view of the urban community they lack the resources needed to live healthy, wholesome lives.

While that is true, I still found that amidst all those calamities, the real important thing to the urban community I saw is their families. As my co-worker, Debora, said in passing, “family is the only tangible thing they have to hold on to.” That is one of the reasons that girls have children so young and why entire families help raise the kids. Yes, it is also due to a lack of education, real future opportunities, and it is seen as a “coming of age” experience, but it is mostly “just the way it is.” I feel like I also got a fair though not nearly thorough look at what life is like for kids who live in the inner city. It is a tough life filled with teen pregnancy where kids ten years younger than me are forced to take on responsibility that I still do not even dream of. It is a life racked with gangs, fights, “the street” mentality, unstable families, and limited education. It is a life where all the kids in the family have different last names, but where the mother cares for all of them the same. A life where parents yell at their kids to discipline, but also a life where parent’s of newborns treat their new children like they are treasured diamonds. It is a tough life, a different culture than I was raised in, but one that still demands the utmost respect, care and love. We at Crossroad have a unique opportunity- we get to see the hardships that people in the community go through and we get to work within the community to address them. That is why we drag ourselves out of bed every morning- because we want to help improve the lives of others and take care of the most important members of our community’s lives- family.

Health Ministry, St. Luke Hospital

Contact Info

Health Ministry, St. Luke Hospital
85 North Grand Avenue
Fort Thomas, KY 41075
<http://www.stlukehospitals.com>
Site Supervisor: Ms. Emma Shipp, Coordinator Health Ministries

Site Description

Health Ministries of St. Luke Hospitals aims to reach out to the body, mind, and spirit of the sick and elderly of Northern Kentucky. Health ministers are people of faith who promote whole-person health through places of worship in the community. Services offered include health screenings and education, assisting in advocacy and finding resources, personal health counseling, home and hospital visitation, and training and coordinating volunteers. The vision of Health Ministries is to have a healthy community by caring for people one individual at a time. Also offered are support groups for the Parkinson's and Alzheimer's patients and caregivers. Although Health Ministries works with a number of different organizations, the UHP intern mainly works with two: Hosea House, an evening meal site for the homeless and Be Concerned, which runs a number of seasonal programs aimed to provide assistance to those in need, and provides free food along and home goods for a nominal fee.

Job Description

The intern will...

- Acquire an understanding of basic health issues low-income families face.
- Learn about basic preventative health care.
- Spend time at both Hosea House and Be Concerned, bonding with the people and talking about health issues along with improving medical compliance.
- Take blood pressures and blood sugar screenings at Hosea House and Be Concerned.
- Advise people in the community about preventative health care and health resources in the community.
- Develop permanent on-site health education such as pamphlets, posters and binders on topics that affect the populations served.
- Attend the monthly Parkinson's Support Group and Alzheimer's Support groups which respectively meet once a month, and do a presentation on a topic of their choice.
- Shadow physicians occasionally; in 2007, this was with a surgeon at a Wound Healing Clinic.

This site welcomes interns of any religious denomination.

Health Ministries, St. Luke Hospitals
Tanya Dunkley, Summer 2007

I had a very good experience at my site, St. Luke Hospital, the East facility. Pretty much everyday I went to two sites Be Concerned and The Hosea House. Be Concerned is an inner city mission located in Covington Kentucky. This outreach ministry services about 800 families per month. It offers clothing, furniture, grocery and other items at a very low cost. The Hosea House offers a hot meal everyday, Sunday to Sunday to whoever walks in. Some evenings about 200 people are served. On the days that I went to these sites I would ask the clients if they wanted to get their blood pressure checked. I would explain what the normal reading should be and ways to lower the numbers if they were elevated. I tried to stress the importance of taking medications, offered smoking cessation information and just a listening ear at times.

About once or twice per month, I attended a Parkinson or Alzheimer's support group meeting. These meetings were for both the care-giver and the patients suffering from these ailments. It was interesting to hear the patient's perspective and also that of the care-giver. Other duties included helping my supervisors prepare for annual activities such as the 4th of July parade and various fund raisers.

Presently I am working on a mini-book describing common illnesses such as hypertension, diabetes, emphysema and so forth. This will serve as a source of information for the clients that come into Be Concerned and even the staff members.

My most memorable experience was at Be Concerned. As I stated earlier I normally checked the blood pressures of the clients that came in from day to day. One particular day, an older gentleman wanted me to check his blood pressure, his results were fairly high. I was concerned, so I went on to counsel him on how he could possibly lower his readings. Two weeks later I saw him again and this time he had with him a card that I had given him to record his readings. To my surprise, since the last time I saw him, he went to the local pharmacy everyday to get his blood pressure checked. He was cognizant of his salt intake as I had counseled and even encouraged his partner to do the same. When I checked his blood pressure the second time, it had decreased considerably on that day and a noticeable trend could be seen between the first and last time that I had seen him. I was just so happy to know that I had made such an impact on this man and his partner.

Overall, I had a wonderful experience this summer; my supervisors were very thoughtful and easy to work with. I also enjoyed the one-on-one counseling I was able to offer and I believe I made a positive difference.

Health Resource Center

Contact Info

Health Resource Center

112 E. Liberty Street

Cincinnati, OH 45202

Phone: 513-357-4602

Fax: 513-357-4696

Email: maryellen 'at' hrcci.org

<http://www.hrcci.org>

Site Supervisor: Libby Earle, MSN, RN, CNS, Executive Director, Health Resource Center

Site Description

The Health Resource Center (HRC), located in Cincinnati's "Over the Rhine" district, is a nurse managed clinic that provides health care to a vast demographic of the underserved populations in Cincinnati, including parolees and the homeless. Simply put, HRC serves people that have slipped through the cracks of health service. A group of nurses, therapists, doctors, and students constitutes the HRC staff and has students from multiple disciplines throughout the year. The clinic offers mental health therapy, drug treatment, medical services, TB testing, and management of chronic medical conditions such as diabetes and hypertension. The clinic receives funding from county and state mental health boards along with private funding and generous donations of supplies from other medical service institutions. The UHP intern participates in most services offered by the organization, as well as general administrative tasks as needed.

Job Description

The intern will...

- Acquire an understanding of the complex factors affecting access to healthcare.
- Become aware of community resources available to the homeless and underserved.
- Gain insight into mental health issues and their affect on the homeless.
- Triage clients and utilize medical interviewing skills.
- Shadow a physician or nurse practitioner after a patient is triaged.
- Have the opportunity to sit in on psychiatric interviews.
- Assist in all areas of clinic activities.
- Perform multiple office tasks ranging from answering the phones to assisting with special projects.

Health Resource Center of Cincinnati, Inc.
Greg Mecoli, Summer 2007

From my seat on the number eleven bus, I peered over the brim of a novel as I road from Oakley to Over the Rhine. At each stop a few more people climbed aboard; a man dressed in a dark suit and armed with the latest copy of the *Enquirer*, a teenage boy hiding behind a baseball cap and listening to blaring headphones, then a woman with tired eyes holding her purse and a squirming baby. I wondered where all these people were going. Where do they live? In addition, what about the people outside the bus; the vendor selling hotdogs and perfumes, or the man curled up outside an abandoned storefront? Who are his friends? Does he have family close by? How is his health? How happy is he? I hoped my experience at the Health Resource Center there would help answer some of these questions.

The Health Resource Center is a free clinic that specializes in mental health and urgent care for the indigent people in Cincinnati whose needs are not met by other agencies. The medical services provided by the HRC include attention to minor illnesses, infectious disease screening, and monitoring of chronic health conditions such as hypertension and diabetes. People who would otherwise only receive medical attention after exhausting emergency room visits are able to get care at the HRC clinic at no cost. Mental health services include diagnostic assessments, counseling, addiction services, psychiatrist services, and referral for case management services. The HRC employs clinical counselors, advanced practice nurses, a psychiatrist and a part-time physician. The clinic has 501 (c) 3 standing and is funded by government and private grants and through the support of individuals and businesses.

My role at the HRC was to help wherever it was needed, whether it was researching possible funding sources, administering TB tests, or cleaning the office coffee pot. Although I did a fair amount of paper-centered office tasks, my major duty was to triage walk-in patients before they were seen by a medical professional. This included taking vitals and a basic medical history pertaining to the reason for their visit. This was my favorite job because I was able to talk directly with the patients. The majority of patients I talked to were hardworking, caring, and respectable people who seemed to have been unjustly thrown into their situation. I was often surprised by some of their stories. Most seemed to have fallen through the cracks due to bad luck –costly health bills, a house fire, a downsizing company. The HRC staff taught me about caring for the underserved population and the dedication it takes to sustain an independently managed, nonprofit clinic –especially in the face of a failing national healthcare system. I appreciate having been able to learn from their experience.

Poor health, mental illness, and addiction are conditions that worsen an already difficult situation for the indigent people of Cincinnati. Places like the HRC are necessary to alleviate some of these burdens in order to improve the quality of life of so many unfortunate people. I have gained more appreciation for how difficult life can be for people falling in and out of homelessness –like many of the people I saw that first day on the number eleven bus. I have also witnessed how the dedication of a few people can instill hope and make a valuable difference in the lives of those who are at risk for being or who are homeless.

Lighthouse Youth Crisis Center

Contact Info

Lighthouse Youth Crisis Center
3330 Jefferson Avenue
Cincinnati, OH 45220
Phone: (513) 961-4080
Fax: (513) 961-6578
http://www.lys.org/Programs/Runaway_and_Homeless_Youth_Division.html
Site Supervisor: Ms. Tynisha Worthy, Volunteer Coordinator

Site Description

Since 1969, Lighthouse Youth Services has been a beacon of hope for abused and neglected children and for families in crisis. Lighthouse provides residential care each day for more than 250 children in our foster homes, group homes, residential treatment centers, supervised apartments, and other residential programs. The organization is made up of a number of programs including the Youth Crisis Center. As the only facility in the Cincinnati area where unaccompanied youth, ten through seventeen years old and homeless 18 year olds who are full time students can seek shelter and safety, the Youth Crisis Center is a twenty bed emergency facility open twenty-four hours a day, 365 days per year. These children may be victims of physical, sexual or emotional abuse, refused shelter by their guardians, or runaways. The Youth Crisis Center also operates a twenty-four hour youth crisis line at 513-961-4080 and provides on-site individual and family counseling sessions, as well as group sessions with other residents. During their time at Lighthouse, the youth participate in a number of educational and recreational activities, including creative writing, reading, ceramic arts, and field trips.

Job Description

The intern will...

- Appreciate the challenges this population faces in terms of family support, resources, and education.
- Acquire skills relating to crisis intervention and positive behavior management skills.
- Gain exposure to adolescents who have been victims of abuse and/or have emotional and behavioral problems.
- Serve as a Youth Worker, assisting staff with the care, supervision and control of youth in the program.
- Assist with the implementation of the individual service plan for each youth and ensure that youth are adequately fed, clothed, disciplined, emotionally nurtured and physically protected from harm.
- Monitor youth interactions, model appropriate interactions, and facilitate problem solving with youth.
- Enforce the program schedule of activities.

- Supervise recreational activities and meal time set-up and clean-up.
- Provide crisis intervention to youth and families.
- Maintain security of house, house coverage and order, and safety standards at all times.
- Log all activities of the shift, including each youth's activities, events and housekeeping issues.
- Follow program schedule of activities at the time assigned.
- Maintain open communication and cooperation with all team members.
- Assist the Education Programming Specialist.
- Work Monday-Friday 8:30am - 4:30pm.

Applicants must have at least 6 months experience working with children or youth, be proficient in Microsoft Office, and possess excellent leadership, communication, and interpersonal skills.

Lighthouse Youth Development Center

Contact Info

Lighthouse Youth Development Center
3603 Washington Avenue
Cincinnati, Ohio 45229
Phone: (513) 221-1017
Fax: (513) 221-3817
<http://www.lys.org/Programs/Group%20Homes.html>
Site Supervisor: Connie Williams

Site Description

Since 1969, Lighthouse Youth Services has been a beacon of hope for abused and neglected children and for families in crisis. Lighthouse provides residential care each day for more than 250 children in our foster homes, group homes, residential treatment centers, supervised apartments, and other residential programs. The organization is made up of a number of programs including the Youth Development Center. Lighthouse Youth Development Center is a therapeutic community-based residential program for teenage boys who suffer from emotional, behavioral, and other mental health programs. Residents are taught skills that will enable them to resolve family and personal issues. A psychiatrist, social workers, and well-trained staff help youth with their problems and challenges. YDC also provides outpatient/group and individual services led by certified sex offender therapists to Lighthouse Youth Services males 12-18 years old with substantiated sexual offenses.

Job Description

The intern will...

- Gain exposure to adolescent boys who suffer from emotional and behavioral problems.
- Appreciate the challenges this population faces in terms of health, education and family.
- Better understand the diagnosis of mental health issues.
- Increase their awareness and knowledge of the personal and legal ramifications surrounding sexual offenses.
- Acquire skills relating to crisis intervention and positive behavior management skills.
- Appreciate the challenges this population faces in terms of family support, resources, and education.
- Acquire skills relating to crisis intervention and positive behavior management skills.
- Gain exposure to adolescents who have been victims of abuse and/or have emotional and behavioral problems.
- Serve as a Youth Worker, assisting staff with the care, supervision and control of youth in the program.

- Assist with the implementation of the individual service plan for each youth and ensure that youth are adequately fed, clothed, disciplined, emotionally nurtured and physically protected from harm.
- Monitor youth interactions, model appropriate interactions, and facilitate problem solving with youth.
- Enforce the program schedule of activities.
- Supervise recreational activities and meal time set-up and clean-up.
- Provide crisis intervention to youth and families.
- Maintain security of house, house coverage and order, and safety standards at all times.
- Log all activities of the shift, including each youth's activities, events and housekeeping issues.
- Follow program schedule of activities at the time assigned.
- Maintain open communication and cooperation with all team members.
- Assist the Youth/Social worker staff.
- Work Monday-Friday 8:30am - 4:30pm.

Applicants must have at least 6 months experience working with children or youth, be proficient in Microsoft Office, and possess excellent leadership, communication, and interpersonal skills.

Lighthouse Youth Development Center
Jason Murray, Summer 2007

Sometimes all someone needs is a second chance. In a lot of ways, I already knew this going into my placement at Lighthouse Youth Development Center (YDC). Growing up in a single family home torn apart by drugs, alcohol, and violence...I felt that I had a connection with many of the residents before even meeting them. I understood the struggles associated with living in an environment riddled with poverty, homes where mentors were few and far between. That's why working at YDC has been both a challenge and a reward.

Lighthouse YDC is a subdivision of Lighthouse Social Services, a group home for boys 11-18 years of age. Most of the residents are afflicted with disorders of behavioral and developmental origin while others suffer from mental or social disorders. While some of the children have been victimized both physically and sexually, others have been placed in the program in order to address their own violent and/or sexual tendencies. In general, the YDC seeks to rehabilitate their residents and to some degree, restore some semblance of order in their lives.

The YDC offers mentors, youth workers, nurses and a psychiatrist, as well as social workers to help ensure the children receive all the help they can during the rehabilitation process. The objective is to provide these kids the opportunity to be reunited with their biological families or a foster family. Others, who do not have family with which to be placed, will be prepared for the Independent Living Program, another service offered by Lighthouse Social Services.

My primary position with YDC was as a mentor and youth worker. I spent much of my time playing games, shooting hoops, and participating in field trips as I sought to build relationships with each and every one of the kids. Though I expected it to take a lot longer than it did, I still found it difficult to sit back and hope that these kids would find a mutual respect for me while opening themselves to a stranger who says he wanted to help. In all honesty, even those from the most ordinary homes have few adults who they can really look up to and, in the majority of cases, any adults who they can actually trust. My role at YDC was to assist with the summer enrichment program, which focused on the topics of non-violence and sexual education. In order to enhance their understanding of what is considered socially acceptable behavior while incorporating a more realistic sense of the consequences of violence and crime, we took the kids to the Hamilton County Justice Center and Courthouse where a Sheriff Deputy spoke with the residents about how being in the system can ruin their lives. Other activities included a trip to Kings Island, visits to both Miami and Wright State Universities, roller-skating at the Fun Factory, swimming at local pools, going to movies, and overnight camping trips. That is just a few of the activities the kids were able to participate in. In addition to accompanying the residents of YDC on field trips, I played a large part in preparing meals for the kids and ensuring they had completed all of their necessary chores.

Establishing rapport with the boys proved both challenging and oftentimes heartbreaking. In such a short period of time, these children have suffered in ways most of us could never

begin to understand. What each of us can do is offer a loving hand and example of stability in their brief but chaotic lives really. The staff at YDC is fantastic and the well-being of the children is the foundation of the program. I will forever be blessed with my memories and experiences at YDC. I highly recommend not only volunteering with Lighthouse YDC but in taking part in the wonderful opportunities provided by the Urban Health Project throughout our community.

Oncology Services, St. Luke Hospitals

Contact Info

Oncology Services, St. Luke Hospitals
85 Grand Avenue
Fort Thomas, KY 41075
Phone: 859-572-3100
Site Supervisor: Heidi Murley M.D.

Site Description

Oncology Services at St. Luke Hospitals offers mostly breast cancer care to a wide variety of patients throughout the community. Patients with insurance along with those referred from the Public Health Department are seen in the clinic. The UHP intern aims to improve the psychosocial well being of cancer patients by helping develop and promote programs at St. Luke that address the non-biological needs of our cancer patients. These includes educational programs such as nutritional education and smoking cessation, breast cancer support group, breast cancer survivor retreat, osteoporosis education and other programs.

Job Description

The intern will...

- Gain an appreciation for the many psychosocial and financial challenges of cancer care, while learning strategies to optimally deal with these challenges.
- Better understand the basics of cancer prevention, diagnosis, treatment, and recovery.
- Expand their knowledge of breast cancer prevention and treatment, complementary treatments, other oncologic diseases and treatment, and the role of psychosocial support in recovery.
- Participate in planning and staffing educational events.
- Assist in promoting on site educational resources for patients, and participate in community outreach.
- Develop summer educational programs.
- Shadow physicians in breast clinic, surgical oncology clinic and in the operating room, and learn basic breast examination techniques.
- Work normal hours with an occasional required evening/weekend event.

Applicants should have an interest in community health and education, breast cancer awareness and treatment, and be able to work independently with mentor guidance. Attention will be given to integrative medicine and its role in health and healing.

Oncology Services, St. Luke Hospitals
Cindy Lin, Summer 2007

The Center for Breast Health at St. Luke Hospitals plays an integral part in treating women with breast cancer in Northern Kentucky. The clinic sees patients at two locations -- in Fort Thomas, KY and in Florence, KY. Because it is one of two breast clinics in Northern Kentucky, it sees a variety of patients, including many from the health department. The clinic works with the Kentucky Breast and Cervical Cancer Program to offer free diagnostic services and treatments to patients with breast problems. Its team consists of general surgeons, nurse practitioners, nurse navigators, and medical assistants. The staff provides excellent care as well as superb support and education to all the patients.

My experience at St. Luke's has been both educational and invaluable. I split my time between clinic twice a week and surgery for the remainder of the week. During clinical days, I assist in taking patients' histories as well as doing physical exams, including breast exams. I learned how to differentiate between normal fibrocystic tissue and abnormal breast lumps. I learned how to interact with patients from different economic and social backgrounds. This past summer, I had my first interaction with patients whose primary language is not English. I was exposed to the difficulty of using an interpreter, and I found myself rewording my conversations with patients to make sure nothing was lost in translation.

Besides getting more experience with patients, I also engaged in research projects to learn more about breast cancer. I helped create new and up-to-date information to educate patients. The projects I worked on included how effects of hormone replacement therapy may increase the risk of osteoporosis and the benefits of using MRI to better understand the cancer in each individual. In addition, I helped the nurses plan the annual retreat for breast cancer survivors.

For the remainder of the week, I scrubbed in on general surgeries. The surgeons allowed me to assist in any way that I can. Not only was I been able to apply what I have learned in Gross Anatomy, I also saw the inner workings of a living human being. Being able to scrub in on surgeries has really helped me solidify my learning of how to treat breast cancer. I learned surgical procedures such as lumpectomies, mastectomies, and axillary node dissection. I also learned how to insert and remove a Port-A-Catheter for patients who need chemotherapy. Many of the patients that I see in the OR are the same patients that I saw in clinic earlier in the week. Going into each surgery, I already know the history of the patient, what needs to be done, and why. I witness the whole treatment process when I see them the following week for a follow-up.

I have had an unforgettable experience this summer at the Center for Breast Health. I am very fortunate to have had this opportunity, and I could not have asked to work with a more talented and more giving group of people. I want to thank the surgeons, nurses, and surgical team for providing me with a one-of-a-kind experience. They have been so kind, and they have welcomed me and made me feel part of the team from the very start.

Project Connect

Contact Info

Project Connect
940 Poplar Street
Cincinnati, OH 45214
Phone: 513-363-1060
Email: friestr 'at' cps-k12.org
Site Supervisor: Ms. Rhonda Lewis

Site Description

Project Connect, a part of Cincinnati City Schools, is the only program in Greater Cincinnati exclusively serving children experiencing homelessness. Founded in 1996, Project Connect provides advocacy paired with specialized educational services and lifestyle enrichment opportunities for children who have neither a voice nor a choice in being homeless. Central to Project Connect's mission is to ensure that the homeless children in the area are provided with an adequate education despite their plight. Working with a number of area shelters, their services include but are not limited to clearing obstacles to enrollment and attendance, providing uniforms, school supplies, and transportation, giving referrals to other educational programs, setting up after-school enrichment programs, and advocating and increasing awareness of educational rights. The summer program in which the UHP intern participates offers children a fun and enriching experience, while giving their parents the time necessary for employment searches and other tasks. The days consist of breakfast and lunch, daily reading, group activities such as jump roping and games, enrichment activities, and weekly field trips.

Job Description

The intern will...

- Gain an appreciation for the educational, financial, and social difficulties homeless children face.
- Engage in the social service aspect of health care, as it relates to the homeless children of Project Connect.
- Work in classroom setting of children experiencing homelessness ages 5-12.
- Build rapport and positive relationships with the campers in a one-on one as well as group setting.
- Serve as a leader/role model for students.
- Serve as an assistant to the designated Cincinnati Public School classroom teachers in charge of Project Connect Summer Campers.
- Assist with implementing the daily program routine including weekly meal plans, lunch and afternoon recreation, group activities, and reading and enrichment activities.

- Interact with children who may live in substandard housing and may not have access to healthy lifestyle situations such as nutrition, and health insurance.
- Attend on-site and off-site outings and activities.
- Reinforce ideas of safety, health, and nutrition by providing children with tips, techniques and information on how to form a healthy and nutritious daily routine.
- Provide a weekly Health & Wellness theme for campers and promote these themes through activities and presentations.
- Collaborate with staff on Health, Nutrition & Leadership team activities.
- Build a positive working relationship with staff.
- Work Monday through Friday June 12 - August 7, 2007, 8:00am to 4:30pm, with a holiday for July 4th.
- Attend a two day training in early June (2007 dates were June 6-7).

Applicants should have an interest in the education and health of homeless children and must be timely and self-motivated.

Project Connect

Gretchen Schultz, Summer 2007

Project Connect serves children in the greater Cincinnati area that are currently experiencing homelessness. Their goal is to maintain stability in the children's lives through education. During the school year, they ensure the children have school supplies, transportation, uniforms and they act as an advocate on the child's behalf to ensure they do not lose their education on top of their homes. During the summer months, Project Connect runs a day camp for children living in shelters in the area. Children ages 5-12 are bused to the camp, where the focus is on having fun and improving reading skills.

Staff arrives at the camp at 8:00 A.M. to prepare breakfast, lunch and daily activities for the campers, who then arrive at 9:00 A.M. Breakfast is served, after which the campers have an hour of reading. After reading, the schedule varies daily with activities ranging from gardening, playing games, recess, swimming or watching movies. Lunch and an afternoon snack are also served during this time. The campers depart at 3:30 P.M. and the staff by 4:00 P.M. The camp also sponsors a weekly fieldtrip. These have included Kings Island, the Beach water park, Coney Island, a Reds Game, Newport Aquarium and many more.

I was assigned to the oldest classroom so I worked mostly with children ages 10-12 years old. I acted as a camp counselor and assistant to the teacher in the room. Beyond this, I also taught weekly health lessons to each age group. These lessons focused on nutrition, hygiene, the body and always incorporated a game or activity to make it fun and interesting.

During this summer, I have met many wonderful children and I feel like I have made a difference in their lives. The most rewarding days were those spent out and about on field trips. On these days, it became obvious just how much the children were getting out of the experiences, especially those experiencing something for the first time. Going bowling with kids who had never set foot in a bowling alley and watching a Reds game with kids who had never been inside a stadium were some of the most eye-opening, and gratifying experiences I have had in my life.

Through Project Connect, each child was also taken to the dentist and there I was given a firsthand look at the importance of preventative medical and dental care, which, unfortunately, some of the children do not regularly receive. This is a great site to learn to relate to and interact with kids, especially those who are experiencing a difficult time in their lives.

Tender Mercies, Inc

Contact Info

Tender Mercies, Inc
27 West 12th Street
Cincinnati, OH 45202
Phone: (513) 639-7027
Email: mreardon@tendermerciesinc.org
<http://www.tendermerciesinc.org>
Site Supervisor: Michael Reardon, Volunteer Services Manager

Site Description

Tender Mercies, Inc is dedicated to providing housing and related services to homeless persons with histories of emotional and/or mental disabilities. Tender Mercies serves a racially diverse group of adult men and women suffering from a range of mental health disorders with the majority affected with schizophrenia and bipolar disorder. Founded in 1985, the organization maintains affordable permanent and transitional housing which provides residents to live independently as an integral part of a community. Tender Mercies has grown into a small community consisting of six buildings that 150 mentally ill call home. Additionally, Tender Mercies works to provide support for their residents through substance abuse meetings, procure benefits for its residents, offer social and recreational activities, and serve as an advocate for any additional needs. The UHP intern provides basic support for the organization, while reinforcing their understanding of mental health issues through extensive interaction with the residents. Additionally, the intern works on a number of programs designed to specifically address their needs.

Job Description

The intern will...

- Understand the issues affecting persons homeless with histories of mental illness.
- Become aware of community service agencies assisting such populations.
- Gain knowledge of mental illnesses and their diagnoses.
- Learn first hand what residents need to improve their overall health.
- Spend the first two weeks assessing the needs, wants, concerns, interest of residents, and community resources available and designing a fitness/health program that will improve the overall health of participating residents.
- Design, plan, and implement programs tailored to the specific needs of persons with histories of mental illness with use of a community asset based model.
- Assist in other duties as needed, including but not limited to direct surveying, research, program planning, group/activity facilitation, record keeping and evaluation.
- Facilitate the necessary activities to meet the residency goals.
- Work normal working hours.

Tender Mercies

Laura Gaige, Summer 2007

There is a subway in Cincinnati, or at least part of one. Work stopped on the project in 1925, but not before seven miles of tunnels and six stations were built. Graffiti covers the walls and trash covers the floors. It is difficult to go more than twenty feet into the tunnel without a flashlight, even in the middle of the day. Now homeless people use parts of the tunnels as a place to sleep and keep their possessions. I learned about this place while doing outreach with the PATH team. PATH workers go out in the community to find homeless people in order to put them in contact with programming that can help them improve their situation.

During my internship at Tender Mercies, I saw many parts of the city I had never been exposed to before. Tender Mercies is a housing facility in Over the Rhine for certified homeless individuals who have a history of mental illness. Some people stay for a short while, maybe 10 months until they can get to another housing situation. Others have been there for 15 years. Tender Mercies is committed to providing affordable and safe housing to these individuals while assisting them in obtaining the help they need to enhance their lives.

In addition to going out with the PATH team this summer, there was a variety of other aspects to my job. I started a weekly stop smoking group for residents who wanted to quit. I organized tuberculosis testing, which is mandatory for all residents and employees annually. One long time volunteer organizes field trips for residents, and I was the driver and chaperone for these outings.

Most importantly, this summer I sat and talked with the residents. Over games of spades or dominoes, I would laugh with them. They would tell me about their kids, spouses, ex-spouses, illness, medications, and problems they were having receiving adequate medical care (this was a popular topic). Sitting on the patio, I would offer a friendly smile or sympathetic ear depending on what the situation called for. I would offer advice if they asked for my opinion, or just let them vent their frustrations with getting adequate care in order to help them move on with their lives.

I learned that mostly these people want someone to talk to, who does not see them as poor, crazy, or pathetic. They want someone who will treat them with respect, dignity, and kindness. They want the kind of treatment that most people are accustomed to receiving all the time.

Personal Experience:

On the first day at my job this summer, I spoke to Kinney. I spoke to Kinney for a very long time that day, and most days, simply because Kinney liked to talk. His favorite topic was his life before he came to Tender Mercies, and how starkly different it was for his life now.

Kinney used to be a fork lift driver. He said he made decent money and enjoyed the work. He also would work out religiously since he was a boxer, which was evident from the fact that he was still in very good shape after not working out for several months. Mostly Kinney

talked about how he used to be smart. He could remember things well and had excellent balance. That all changed when he had his accident.

Kinney would hang out with a rough crowd, in a rough neighborhood. He would tell me about his life of drinking to excess, doing drugs, stealing, cheating, or basically doing anything he needed to in order to get ahead or get a high. The night he got hurt was a case of mistaken identity, according to Kinney. He said some guys threatened to beat him up, thinking he was somebody different. At this point in the story Kinney would always say that, "God always gives you a way out, and I could have run, but my pride wouldn't let me." So Kinney got beat up, badly. He hit his head on the ground, sustained a brain injury and has been homeless since the incident.

Now Kinney is trying to reevaluate his life. He has started going to Church and bible study regularly. He is getting some of his balance back and goes to the Lord's Gym (a free gym down the street from Tender Mercies) daily. He is trying to apply for social security because of his disability. Even with all his improvements since he was first injured, Kinney constantly compares himself to how he was before the injury. While working at the snack shack, a small store run for the residents, Kinney would express frustration about he would now struggle with things that would have been so easy before.

Kinney is just one story out of many that most people will never hear. It amazed me that no matter how bad things were for him, he kept his faith, his wits, and his million dollar smile (complete with a fake gold tooth for on the top right with the letter K on it). Everyone at Tender Mercies has a unique story to tell. It would be nice if more people would just stop and listen to them.

UC Department of Family Medicine

Contact Info

UC Department of Family Medicine

2123 Auburn Avenue

Suite 340

Cincinnati, OH 45219

<http://www.familymedicine.uc.edu>

Site Supervisor: Dr. Joseph Kiesler of The Christ Hospital/UC Family Medicine Residency Program

Site Description

The UC Department of Family Medicine plays a leading role in fellow, resident, and medical student teaching at the UC College of Medicine. Faculty at their three clinical sites provide over 100,000 outpatient visits per year to diverse populations -underserved to affluent- and also practice in hospitals and extended care facilities. In addition, the Department sponsors a broad array of community service programs, providing free health care to many underserved patients in the area, including the homeless, Latino immigrants, troubled and disadvantaged youth, and the elderly. The UHP intern provides assistance at the free clinics, updates the Homeless Resource Map, and participates in other projects as needed.

Job Description

The intern will...

- Gain a better understanding of the barriers to health care these populations face.
- Become aware of community service agencies assisting the homeless, and under/uninsured.
- Acquire basic clinical experience.
- Be involved in direct patient care, coordination of clinic services, identification of homeless services, evaluation of opportunities for growth of the programs and community outreach.
- Work at the Race Track Clinic at River Downs, a free clinic for workers that live and work at the track, on Tuesday evenings from 5:30pm to 9pm (a half day is taken off elsewhere during the week to compensate) and will:
- Assist in providing patient care, coordinating clinic sessions, organizing health fairs, TB testing, health promotion, etc.
- Compile the clinic demographics and health care provided.
- Set-up clinic referrals, appointments, and transportation.
- Create a clinic patient database.
- Help in creating an advisory board and joining a medication program.

- Update the Homeless Resource Maps posted in homeless shelters and community hospital emergency rooms which list homeless resources in Downtown Cincinnati and Clifton. The intern will accomplish this by:
- Contacting agencies on the map and then use Excel and Adobe Illustrator to make changes.
- Making the map web accessible.
- Assist in interviewing clients at the Center for Respite Care, a 15-bed medical unit for the homeless to recover if they are too sick to be on the street.
- Increase awareness of the Respite Center in the community.
- Shadow physicians in the Family Practice Center.

Applicants with Spanish speaking skills are preferred, but not required as the Race Track Clinic provides interpreters.

UC Department of Family Medicine
Scott Carlson, Summer 2007

My summer was spent working for Dr. Joe Kiesler at the University of Cincinnati River Downs Racetrack Clinic, which offers healthcare to a worker population that is 45% “Latino” and 55% “Other.” Anyone interested in serving underprivileged populations should view this position as a way of learning how to operate a quality, non-profit clinic. During the summer, Dr. Joe Kiesler does a superb job of equally allotting direction and independence to the UHP intern. Subsequently, helping run the clinic often requires the “learn by doing” method. This provides a summer of self-fulfillment rather than a summer of repetitious tasks.

The list of responsibilities for the summer of 2007 Racetrack UHP Intern is quite diverse; however, activities are not limited solely to the Racetrack Clinic.

Those activities pertaining to the Racetrack clinic include: attending the clinic every Tuesday night from 5:30-9:30pm, interviewing patients and doing physical exams, organizing referrals and appointments with English/Spanish speaking Pts, creating Excel databases for Pt demographics (data used for grant-writing) and Pt referrals/transport, calling dental and medical facilities to schedule appointments for Pt issues outside of the Racetrack Clinic’s reach, scheduling contracted taxi transport for Pts with no other means, finding various supplies which the clinic needs, researching the constructs of “Karen’s Law” which could allow the clinic to receive donated medicines provided by the law, creating a Racetrack Healthcare Survey which seeks to understand healthcare provisions at all racetracks across the country, and obtaining or creating various documents which the clinic requires.

Other activities not directly pertaining to the Racetrack clinic: updating the Downtown Cincinnati Homeless Resource Map, calling up to 60 social service agencies and making corrections on the map using Adobe Illustrator, shadowing various professionals at social service agencies in Cincinnati, shadowing Dr. Kiesler at the Forrest Park Family Medicine Office, and attending Family Medicine Resident lectures and case discussions.

Of all the experiences above, the most humbling and enlightening experiences come from the UHP intern-Pt interaction – from all walks of life. One, example of this was getting to help counsel an older gentleman who had grown up uneducated and poor in Kentucky working with horses. He had sustained many horse-related injuries to his leg over the years, and lacking insurance and funds left him disabled and depressed. This man visited our clinic often with various problems and pains, but more than anything he wanted someone to talk to...someone who would show concern for his pain, his addiction, and his rather severe depression. I got to be that person on a number of occasions. I witnessed his tears. To him, I was his doctor for the evening because a compassionate voice was the healing he needed for the night

Other life-changing relationships include those with our Latino Pts. I visited Guatemala the prior summer and spoke with many Guatemalans who cried at the thought of being able to immigrate to the U.S.A. At the clinic you meet Guatemalans who have made it – who left their families behind to earn money that they can send back. They cry as well, but not always tears of joy. Some cry because they have realized that more than anything, family matters. They have not seen loved ones in four years and are only working long enough so that they

can return to see their now walking and talking children. Some cry because they were separated from their children for months at the border by Immigration Patrols and their children were scarred by PTSD as a result. Others cry because the loneliness of leaving their homeland has driven them to addiction. All are frightened at the idea of being in a foreign land with little money and no insurance. In the end, the tears at the clinic have reaffirmed in me that it is our responsibility to heal the spirit and body of Pts, not just through prescriptions, but also through listening, loving, and fighting the health and socioeconomic inequality that ails them.

UC Department of Obstetrics & Gynecology

Contact Info

UC Department of Obstetrics & Gynecology
Fifth Floor Medical Sciences Building
Site Supervisor: Elizabeth Kelly, MD

Site Description

The UC Department of Family Medicine plays a leading role in fellow, resident, and medical student teaching at the UC College of Medicine. Faculty at their three clinical sites provide over 100,000 outpatient visits per year to diverse populations — underserved to affluent — and also practice in hospitals and extended care facilities. In addition, the Department sponsors a broad array of community service programs, providing free health care to many underserved patients in the area, including the homeless, Latino immigrants, troubled and disadvantaged youth, and the elderly. The UHP intern provides assistance at the free clinics, updates the Homeless Resource Map, and participates in other projects as needed.

Job Description

The intern will...

- Be exposed to a hospital based ambulatory care delivery system that serves the medically disadvantaged.
- Better understand difficulties of how underinsured/uninsured people get access to healthcare.
- Complete a project relating to women's health that will be of assistance to care provision in the center. The project will be negotiated between the site supervisor and clinical supervisor. Examples of such projects could include coordination and/or development of patient education materials, identification of additional resources for the patients, presentation of patient education programs for the patients, etc.
- Shadow physicians (attendings and residents), in the provision of patient care.
- Shadow other members of the health care team as applicable such as social workers, nutritionists, nurse midwives.
- Work 9am to 5pm from Monday-Friday or as negotiated in advance

Please note, the main focus of this internship will be to complete a project that improves women's health care at University Hospital. Shadowing is not a major focus of the site.

UC Department of Obstetrics & Gynecology
Melissa Korb, Summer 2007

My Urban Health Project site was University Hospital Department of Obstetrics and Gynecology. As the first summer intern the department had taken on, I was given a general list of topics on which I could choose to start a project to better women's health care in the Cincinnati area. The project I started working on was not the project I finished the summer with, however. It was an interesting experience that I hope to take with me for years to come.

University Hospital OB/GYN is actually comprised of the hospital and 13 outlying centers. Five of these centers are funded by the Cincinnati Health Department, and physicians and nurses from the hospital staff most of the 13 centers every day of the week. There is a lot of diversity in the patient population, but most patients are economically challenged. I had the opportunity to shadow in some of the centers, and I also met with the financial counselor at the Resident Clinic at University Hospital. He told me about the different programs Cincinnati and Ohio have in place to help people cover the cost of their medical care.

As I said before, in addition to shadowing, I worked on some projects. The first project I started working on was to be a video in Spanish that covered the different forms of contraception. This video would be played for patients either in the waiting room, or in the exam room while the patient was waiting to talk with the physician. I chose to do a video since many of the Spanish-speaking patients seen in the centers are under-literate or illiterate. The video would have been a way for these patients to see pictures of different birth control devices at the same time that they were hearing about them. It would also allow the patients to stop, rewind, and restart the video at their own pace. I did create an outline for the video that I will be giving to the OB/GYN department. They plan to have another intern or resident work on this project at a later time.

The second project I spent time on was a book for new obstetrics patients. This book was specific for the University Hospital and its centers. It was divided into three sections, one for each trimester of pregnancy. Within each section there is information regarding fetal growth and development, emotional changes experienced by the mother, helpful hints for traveling or taking medications, how to alter your diet, what sorts of exercises you can do, etc. It also covers what to do when you go into labor and the different anesthesia options available. I am hoping this book will be helpful to many expectant mothers, and I know the department is grateful that I was able to spend the time working on it.

In addition to learning a great deal about pregnancy and how to treat the pregnant patient, this summer internship helped me learn a lot about dealing with people from many different departments in the hospital. I worked with the office for translation services, the public relations department, and most importantly, the nurses in the OB/GYN department. I hope to keep in contact with them and continue to build our relationship through the rest of my years as a student at UC. Overall, it was a great experience, and I would recommend it to anyone interested in obstetrics and gynecology.

Welcome House

Contact Info

Welcome House
205 Pike Street
Covington, KY 41011
Phone: 859-431-8717
Fax: 859-431-6297
Email: mailbox 'at' welcomehouseky.org
<http://www.welcomehouseky.org>
Site Supervisor: Julie Walter

Site Description

The Welcome House is a women's and children's temporary shelter which serves the homeless population of Northern Kentucky in an effort to help them regain stability after becoming homeless. Families pay rent based on their income, and are provided with meals and items to fulfill basic needs. With the understanding that these families have different needs according to their situation, Welcome House provides a number of programs with which to help them, including emergency assistance, basic agency training, a referral program, and a case management program designed to help the women attain an income and find permanent housing, emergency assistance. On a weekly basis, the staff gives seminars on varied topics including depression, employment, stress management, etc. The UHP intern develops seminars and weekly programs as well as providing additional organization assistance as needed.

Job Description

The intern will...

- Gain an appreciation for the causes of homelessness and the challenges homeless women face.
- Acquire an understanding of the difficulties the underserved population face in accessing healthcare, and show resources available to the underserved.
- Improve their interviewing and assessment skills through performing family intake when people begin at the shelter.
- Learn the day to day operations of the shelter by shadowing shelter staff.
- Generally shadow the advocate on duty or work independently on research/prepare for activities with the residents and children.
- Be involved in any health-related issues that our residents face during staff meetings or with direct assistance during the resident referral process and follow-up.
- Interview the women to see what health issues they are interested having presentations on and then research these topics.

- Lead weekly educational groups for residents and/or children with health-related topics.
- Assist with activities for the children, such as craft night, to allow parents time to complete tasks or relieve stress.
- Provide childcare to give mothers the opportunity to look for employment opportunities and follow through on other necessary tasks.
- Organize and attend occasional field trips with the children.
- Work a flexible schedule of daytime and evening hours for a total of 20-30 hours per week including roughly 3 evenings/week (4:30pm - 10pm) and during the day 2 days a week.
- Hours will be set based on the needs of the shelter and activities/meetings already scheduled, however, educational groups and activities with children will usually need to be done in the evening hours.
- Some vacation time is allowed.

Welcome House of Northern Kentucky
Andrea Klass, Summer 2007

The Welcome House is a women and children's temporary shelter, which serves the homeless population of Northern Kentucky. In addition to providing safe housing, Welcome House also has a case management program designed to help the women attain an income, find permanent housing and regain stability after becoming homeless.

This summer, I had many different roles at Welcome House. On Monday evenings, I conducted Women's Group at which I would present health topics such as energy, stress, depression, yoga, exercise, and sleep. On Tuesday evenings, I provided childcare in order that the mothers could participate in arts and crafts. On Thursday evenings, I held Kids Craft Night that always proved to be wild and fun. On Wednesdays and Fridays, I worked as a shelter advocate. On these days, I would answer calls, take histories of new shelter intakes and help meet the daily needs of the residents. During my eight weeks at the shelter, I also organized a trip to the Newport Aquarium for mothers and children and attended a Motivational Interviewing training session.

My favorite part about interning at Welcome House was building relationships with the residents. I would eat a meal with them almost everyday and slowly began to understand who they were. During our Women's Group, discussions the women would open up and share stories about their past and present struggles. I believe this helped build community in the house. Some of my most enjoyable evenings at Welcome House were spent holding infants and playing with kids on the big back porch. I will never forget the night when I sat with my arm around a ten-year-old girl who was in tears because her family had found a new home and she did not want to leave her friends at Welcome House. My experience with Urban Health Project has cultivated a place in my heart for low-income families and the needs they have in healthcare and social issues.

Women's Health Services

Contact Info

Women's Health Services
The University Hospital
234 Goodman Street ML 0794
Cincinnati, Ohio 45219
Phone 513-584-7037
Site Supervisor: Sally Wessendorf, RNC, RSN

Site Description

Women's Health Services is dedicated to providing health care to women without insurance or ability to pay for their own medical care. Their mission is to provide expert and compassionate care in the field of obstetrics and gynecology in a way that respects the diverse beliefs and needs of their patients. Women's Health Services provides annual gynecological exams, pap smears, tissue biopsies, cultures, contraceptive counseling, infertility, family planning, menstrual disturbances, post-menopausal care, hormone replacement therapy, endometriosis, gynecological surgeries and pelvic pain treatment for its patients. Women's Health Services also treats women with both complicated and uncomplicated pregnancies along with postpartum checkups. Working with Community Outreach Women's Health Services will hopefully provide the intern with opportunities that will be valuable while acquiring their education as well as instituting this knowledge into their practice. The intern will be introduced to the importance of utilizing all disciplines to provide good holistic care

Job Description

The intern will...

- Understand the social, physiological and nutritional barriers to a complete and healthy medical outcome.
- Expand their skills in the OB/GYN area.
- Become aware of the resources available to the community and how to access these programs.
- Shadow an attending physician at several community health centers throughout the week.
- Take histories, assist with exams, do follow-up education with each patient and be present during social worker and nutritional visits.
- Follow up with OB patients during the patients ultrasounds, childbirth classes, deliveries and post partum visit, and be present for vaginal and C-section deliveries.
- Do Post Partum rounds and attend any in-services that are occurring.
- Assist staff assistant when necessary in filing ACOG OB charts from the outlying clinics, thereby learning about these forms and the health issues in them.
- Work variable hours depending on patient flow and clinic hours.
- Have flex time on Fridays to make up for extra hours worked earlier in the week.

Women's Health Services

Natalie Younger, Summer 2007

I spend my tenure with Urban Health Project at Women's Health Services. More specifically, I worked at five urban health clinics around Cincinnati providing obstetric and gynecological care. The clinics were Walnut Hills/ Evanston, Braxton Cann in Madisonville, East End, West End, and Mt. Healthy Medical Centers. During the first week of this program, I spent time getting acclimated to the clinic setting as well as learning about the paperwork that is needed to keep accurate medical records. After the introductory period, I actually saw patients with the doctors and assisted them as needed. By the end of the summer, I was able to perform OB exams as well as gynecological exams and other procedures by myself. There is a lot of traveling and long hours required when assigned this project; I would sometimes work at two different clinics per day! During the times when I was not in clinic, I usually was at University Hospital updating patient charts or making prenatal informational packets. I also would go to the Barrett Center and help with the paperwork for women who were scheduled for colposcopies. Finally, I was able to see a surgery performed by one of the doctors that I assisted at East End Medical Center.

This program has definitely been a learning experience for me. I never imagined that I could be so comfortable seeing patients in this capacity, but it was amazing how easy it became. The doctors and midwives that I worked with were so helpful, answering all of my questions without hesitation. In addition, I was surprised at the level of confidence the physicians had in my abilities. I was so nervous when I performed my first pap smear. However, as the doctor talked me through each step of the procedure, educating the patient as well in the process, it became less frightening to me. Soon I was doing them without faltering. Perhaps the most rewarding part of my internship was working at West End Medical Center. I was able to develop relationships with the patients and staff at all of the clinics, but especially at this clinic. The doctor that I worked with would quiz me on information that I learned previously such that it became fun, like a game. I learned more this way than I had ever learned from studying in a textbook!

Perhaps one of the most bizarre situations that occurred this summer was about a patient from Evanston/ Walnut Hills clinic. I first met her when she was 35 weeks pregnant. She would always try to cajole the doctor into inducing her pregnancy because she was ready to have the baby. Finally, at 39 weeks, the doctor agrees. That night she is admitted into University Hospital where they proceed to induce her pregnancy. I called the physician around 11:30 that night to see the patient's progress and because I wanted to assist the doctor in the delivery. The doctor told me that she was only 3 cm dilated and that I could go to sleep because she was not having the baby till the morning. The next morning I went University Hospital to find out that shortly after I talked to the doctor, the patient went into labor. But the baby came so quick that she had her in the toilet, with only the assistance of a nurse!