



**Towson University Department of Health Science
Undergraduate Program in Community Health Education**

COMMUNITY HEALTH MATTERS

Volume 1, Issue 2

January 2009

Greetings from Health Science

With the start of a new year, it seemed an appropriate time to launch our second issue of *Community Health Matters*. I'm happy to report that students' experiences over the past semester maintained the high level of performance that we have grown to expect. Equally exciting, our agency partners provided the students with an array of fascinating and educational opportunities. The internship's forward motion was enhanced as well by the addition of new colleagues to the array of placement sites. Check out "What's Happening" to learn who has joined us in this exciting opportunity. Visiting these new placements, I am both reminded of and humbled by the commitment expressed by all of our agency partners, and the service they provide both for our students and our community. We thank you for your continued involvement with the Department of Health Science. As always, we welcome your ideas, your feedback, and look forward to another wonderfully productive semester.

Susan M. Radius, Internship Coordinator

410.704.4216 OR sradius@towson.edu

The Faces of Community Health Education

In Fall '08, yet another strong group of Community Health Education students completed their internships. Some students acted on a desire to learn more about a clinically-oriented community, completing their internships at Anne Arundel Medical Center and Union Memorial Hospital's Cardiac Rehabilitation Unit. The opportunity to work with special populations prompted other students to complete fieldwork experiences with the Baltimore City Health Department's Healthy Teens and Young Adults Program and Upper Chesapeake Health Care System. Consistent with the diversity of community health, yet another group of students experienced a different perspective of 'community,' working with the Community Outreach Department of St. Joseph Medical Center, the Arthritis Foundation, and the Midatlantic Cardiovascular Foundation, Inc.

Fall '08 interns also had the first time experience of interacting with a team of community health education specialists who discussed facets to life after graduation. As part of an intern seminar, Antoinette Coward (Health Planning and Development Administrator, Office of Health Policy and Planning, DHMH) discussed how to make one's résumé pop; Eileen McDonald (Associate Scientist and Co-Director MHS Health Education, Johns Hopkins Children's Safety Center) reviewed how to make professional organizations work for you; Kira McGroarty (Project Director, The Johns Hopkins CARES Mobile Safety Center) considered how to decide if graduate school is for you; and Karina Scolaro (Health Solutions Services, Inc.) highlighted ways to have an effective and productive job interview.

Discussion was lively, direct and well-grounded in the real world. Both students and presenters

INSIDE THIS ISSUE

- 1** Greetings from Health Science
- 1** The Faces of Community Health Education
- 2** The Health Science Professional Networking Event
- 3** What's Happening?
- 4** Dr. Richard Riegelman Visits Towson University
- 4** Colleagues in Community Health Education

continued on page 3

THE HEALTH SCIENCE PROFESSIONAL NETWORKING EVENT



Thanks to the support and participation of so many different health care agencies/organizations, representatives and staff, our *Health Science Community Professional Networking Event* was a huge success. The event was attended by both undergraduates and graduates pursuing majors in health science, gerontology and health care management. There were a total of 40 different agencies/organizations in attendance and over 50 representatives from local hospitals, health related non-profits, elder care advocates and educators, and other health care managers and professionals.



Both students and organizational participants were able to stroll the aisles of tables of information about internship and employment opportunities, and to speak one-on-one with representatives. Students prepared résumés and asked questions about potential internship responsibilities and expectations, helping them to think about which locations best matched their educational background and career goals.

Indeed, the Networking Event proved a useful vehicle for preliminary conversations between

agency representatives and prospective interns. Many students remarked that they never realized what agency x ‘really did.’ The ability to see and talk with agency representatives made both their internship and their professional futures far more real and tangible. Those awakenings facilitated students’ more informed identification of placements. From the agency perspective, these same conversations offered unexpected insight into students’ interests, their abilities to present themselves in a professional manner, and directions to consider when crafting internship opportunities.

Undergraduates preparing for internship in spring 2009 also had the special opportunity to talk with two agency representatives who are graduates of the community health education undergraduate program. Having been interns during spring ’09, these alum are now employees at the same organization as their internship placement. This transition – from student to member of the organizational team -- further demonstrated to students how internship experiences can open up new doors for their future as well as prepare them for the ‘real world’ work environment.



The Department recognizes the commitment of time and resources entailed in presenting at events such as the Health Science Community Professional Networking Event. For that reason, we anticipate offering no more frequently than every two years. Happily, requests for agency involvement outnumbered the space available for all interested in participating.

WHAT'S HAPPENING?

WITHOUT THE SUPPORT OF OUR COLLEAGUES IN THE COMMUNITY, THE DEPARTMENT OF HEALTH SCIENCE WOULD HAVE NO INTERNSHIP. HAPPILY, STUDENTS' FIELDWORK EXPERIENCE CONTINUES TO GAIN MOMENTUM AND STRENGTH WITH THE ADDITION OF SOME OUTSTANDING NEW INTERNSHIP OPPORTUNITIES. JOINING OUR ARRAY OF OPPORTUNITIES, THE DEPARTMENT WELCOMES NEWCOMERS INCLUDING: HEALTH SOLUTIONS SERVICES, INC.; MD DEPARTMENT OF HEALTH AND MENTAL HYGIENE, CENTER FOR MATERNAL AND CHILD HEALTH, FAMILY PLANNING AND REPRODUCTIVE HEALTH PROGRAM; BALTIMORE CITY COMMISSION ON AGING & RETIREMENT EDUCATION (CARE); SUSAN G. KOMEN FOR THE CURE (MD AFFILIATE); MIDATLANTIC CARDIOVASCULAR FOUNDATION, INC.; ST. JOSEPH MEDICAL CENTER, POWERED BY ME!; THE AMERICAN KIDNEY FUND; THE AMERICAN PUBLIC HEALTH ASSOCIATION; AND BALTIMORE CITY HEALTH DEPARTMENT MATERNAL AND INFANT NURSING PROGRAM

CALENDAR OF EVENTS

PREINTERNSHIP MEETINGS

FEBRUARY 24 OR FEBRUARY 25

Students must bring with them documentation of their academic eligibility for internship as well as a list of their top three placement choices.

STUDENT INTERVIEWS

13 MARCH – 3 APRIL

Students arrange on-site interviews with prospective placements. All sites will first be contacted by the Department to confirm their willingness to participate. Sites participate only if able to host a fall '09 intern.

VISITING SCHOLAR PRESENTATION

6 APRIL

BURDICK 111, 4-6PM

Dr. Richard Riegelman addresses the community on service learning and the role of public health in undergraduate education.

FINAL DOCUMENTATION

10 APRIL

Students submit forms establishing the mutual agreement of both student and agency to the fall '09 internship placement.

appreciated the importance of preparing for the transition to life after completing one's undergraduate degree. To hear these insightful presentations, go to: <http://www.towson.edu/healthscience/healthed/studentresources/>



Panel members offer insights on life-after-Towson

Fall '08 interns' diversity of interests is mirrored by their plans for life after Towson. Some have already been accepted into graduate programs, extending their Baccalaureate preparation into fields including nursing and health administration. A few fortunate students secured positions in the field of health science (some with the same agency in which they completed their internship). One student plans to walk the Appalachian Trail!

Students' diversity of interests is mirrored by their plans for life after Towson.



Fall '08 interns in Community Health Education and their supervisors

DR. RICHARD RIEGELMAN VISITS TOWSON UNIVERSITY

Save the date! April 6, Dr. Richard Riegelman comes to the Towson campus as a Visiting Scholar. Dr. Riegelman has extensive experience in multiple areas consistent with civic engagement, service learning and public health in the undergraduate curriculum. After meeting with Towson faculty and students, Dr. Riegelman's visit will culminate in a public address and reception in Burdick 111 (4-6pm) on the topic of *Public Health in the Undergraduate Curriculum: Civic Engagement, Practice and Academia in the Real World*.

The Department of Health Science invites you to join us as we bring together colleagues -- academic, student and practitioner -- to create an environment and learning opportunities that facilitate discussion of how we can work together and of ways to enhance our students' ability to contribute to society. There has perhaps never been a more appropriate time to address health concerns within our community. Awareness of public health as a field of study and practice has increased dramatically. Community health offers intrinsically interesting content while enabling students to address vital social issues and to do so with an awareness of the world in which we live. Adding further importance to Dr. Riegelman's visit, our country faces a tremendous need for public health workers. As part of Maryland's metropolitan university (and largest health care workforce producer in the state), we in the Department of Health Science invite you to join us as we consider ways to move forward the agendas of community and public health into the future.

QUESTIONS AND ANSWERS

Q: My agency's schedule is not the same as the University's. Does that mean I can't sponsor an intern?

A: Absolutely not. The intern's schedule is governed not by the University but by the needs of the agency. If your office is closed for a specific holiday or event, that holiday becomes a day off for the student. If the University is closed but the agency is open, the student reports to work. University holidays exist for interns only when they are part of an agency's regular schedule. The same convention applies to snow days. It may be that the University is closed because of bad weather. If the agency is nonetheless open for business, the agency schedule is what determines student's attendance at the internship.

Q: My agency often requires presentations scheduled after the 'traditional' work day. Is it acceptable to require an intern's participation in those evening activities?

A: Absolutely. When you interview a prospective intern, the Department asks that -- to the extent the schedule is

Colleagues in Community Health Education

Community Health Education Department, Franklin Square Hospital Center

Under the direction of Tricia Isenock (a graduate of Towson's Master's in Health Science), Community Health Education at Franklin Square Hospital reaches out to its communities with accessible, population-sensitive health education and wellness opportunities. Included among its services are Birth and Family Education classes, community programs to promote health and wellness, and a Parish Nurse who provides Grief & Loss and Widow & Widower Support Groups. Community Health Education responds as well to larger Hospital goals. For 2008, those objectives included planning curriculum related to lung health, joint replacement, and bariatric management. Students' internships in Community Health Education begin with a 1.5 day hospital orientation for new employees followed by a departmental orientation. Interns have the opportunity to observe and shadow practitioners in various areas. Projects may include community assessments, curriculum planning, creating exhibits, group presentations, data entry and program evaluations. The successful intern is one who displays commitment to the hospital values, a great degree of self-motivation, good organizational skills, open communication, and reliability. For further information about Community Health Education at Franklin Square Hospital, contact Tricia Isenock at tricia.isenock@medstar.net.

known -- you explain the nature of the work load. If you know that evening hours are a routine part of your agency's work, discuss that commitment with the student during the interview process. The Department understands that you may not be able to commit to a specific schedule. We do ask, however, that you present the prospective intern with a complete sense of the *anticipated* workload. The intern in community health education commits to your agency and its work. If that means evening hours, the student will know and be fully informed before accepting an internship under your supervision.

Q: Is it acceptable to require that an intern have specific immunizations before starting an internship?

A: If your organization requires immunizations of its employees, it is the student's responsibility to secure those same immunizations prior to beginning the internship. During the interview process, explain those needs to the student. In so doing, the student can consider those agency requirements when deciding whether to commit to an internship with your organization.