

Growth of a Team & Two Communities

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Introduction



Our core group includes 10 students from the School of Public Health and the School of Medicine and Health Sciences. During our 2nd semester, we were fortunate enough to collaborate with 4 students from the School of Nursing.



What We Did & How We Did It



We always provide healthy snacks at our community sites for the kids!

- **BARRY FARM:**
 - We had health fairs on topics such as heart health and/or mental health.
 - For adults, our implementations included various strategies such as BP checks, resources for preparing healthy meals, and steps to take to maintain a healthy heart.
 - For kids, we had educational games and outdoor activities.
- **SOUTHEAST CHILDREN'S FUND:**
 - We conducted several "Grab 'n' Go" implementations that were seasonal.
 - For adults, we provided information and resources on various topics such as heart health, allergies and asthma, the flu, nutrition, physical activity, and dental hygiene.
 - We distributed weekly newsletters with information on healthy recipes, free activities in the area, lists of various healthcare providers, and vaccine administration.
 - With the nursing students, we were able to provide health services such as BP checks, proper inhaler use, and blood sugar tests.

What We Learned

To practice humility when talking to individuals at site

We were careful to not make any assumptions on certain issues. Many times we had parents teaching us rather than the other way around.

To communicate with each other

Communication is **key** to a successful group. We scheduled team bonding activities to build unity and friendships.

To be engaged with the people at site

At SCF, we made sure to be respectful of the guardians' time. At Barry Farm, we were able to more fully interact with community members.

To be respectful of each other

We fostered a comfortable atmosphere so that each team member could share their ideas. We learned to reach out to group members who needed support.

To develop cultural humility

We developed skills to communicate with community members, which allowed us to build long-term, trustworthy relationships.



Accomplishments

Community members were receptive to the information & resources we distributed

One of the positive impacts we had at our sites was forming a strong bond so the communities felt they could trust us. We demonstrated our dependability by regularly visiting site; this proved to our communities that we were truly there to serve.

Community members were interested in the health information we presented

Individuals were truly engaged with us; this was only possible because of the relationship-building that occurred at site. Community members often asked for additional resources to further learn and educate others.

Children became "health advocates" for their friends & families

Even children remembered aspects of our health topics and demonstrated that they were retaining the knowledge we presented from week to week.

SOUTHEAST CHILDREN'S FUND

- SCF is a nonprofit early childcare and education center located in Anacostia. It serves children from 6 months to 3 years old from Wards 7 and 8.
- SCF is a rich and vibrant community, including parents/guardians, teachers, and other staff members.

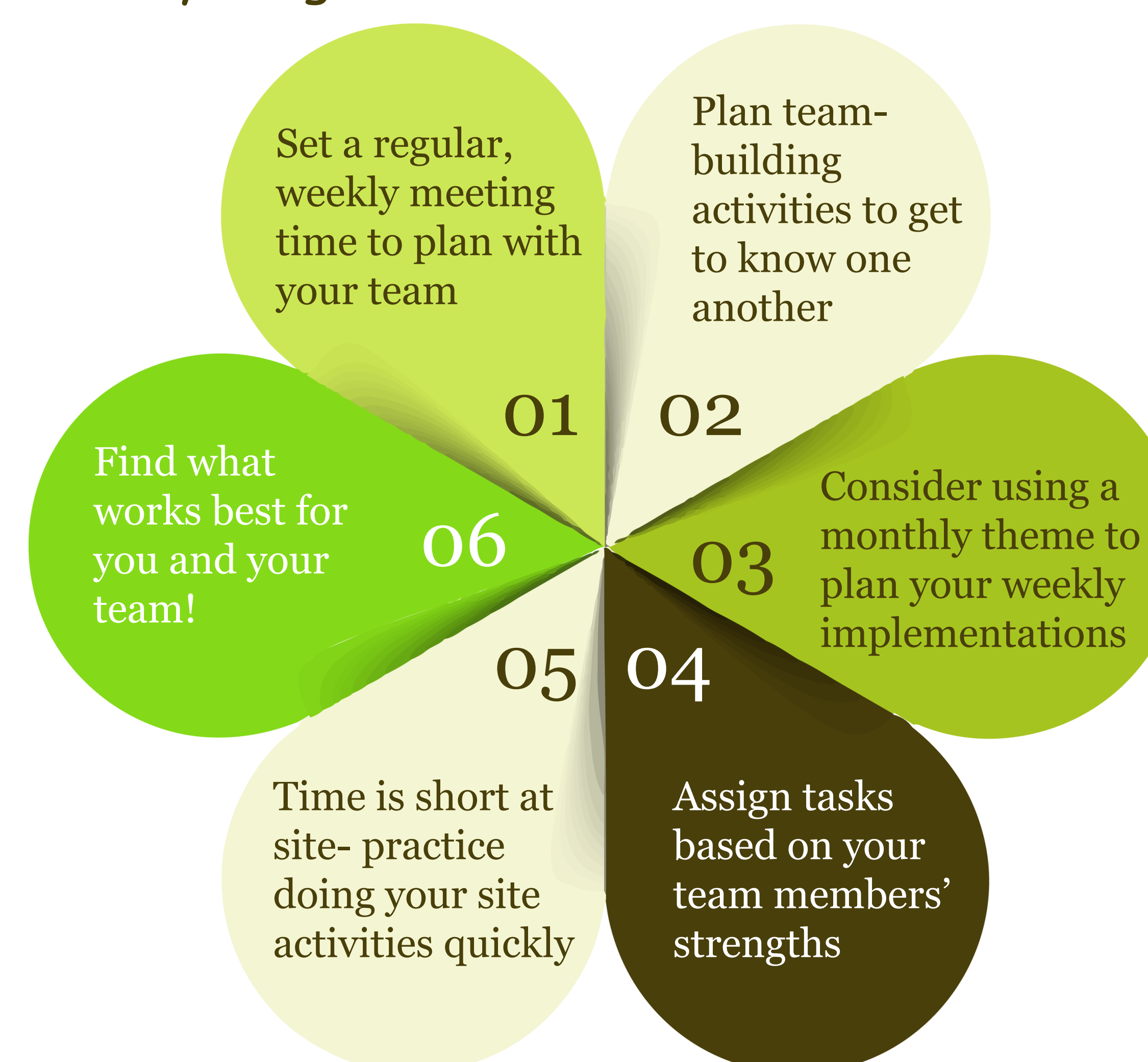
BARRY FARM COMMUNITY

- Barry Farm is a community in Southeast, DC that provides housing for more than 200 low-income households.
- Partnered with A Wider Circle, residents are provided with support and services to create a safer neighborhood.

We partnered with Southeast Children's Fund and Barry Farm to promote health and reduce inequities within these communities.

Recommendations

To jump-start your growth as a team, follow these and flourish!



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