

VDH Intern

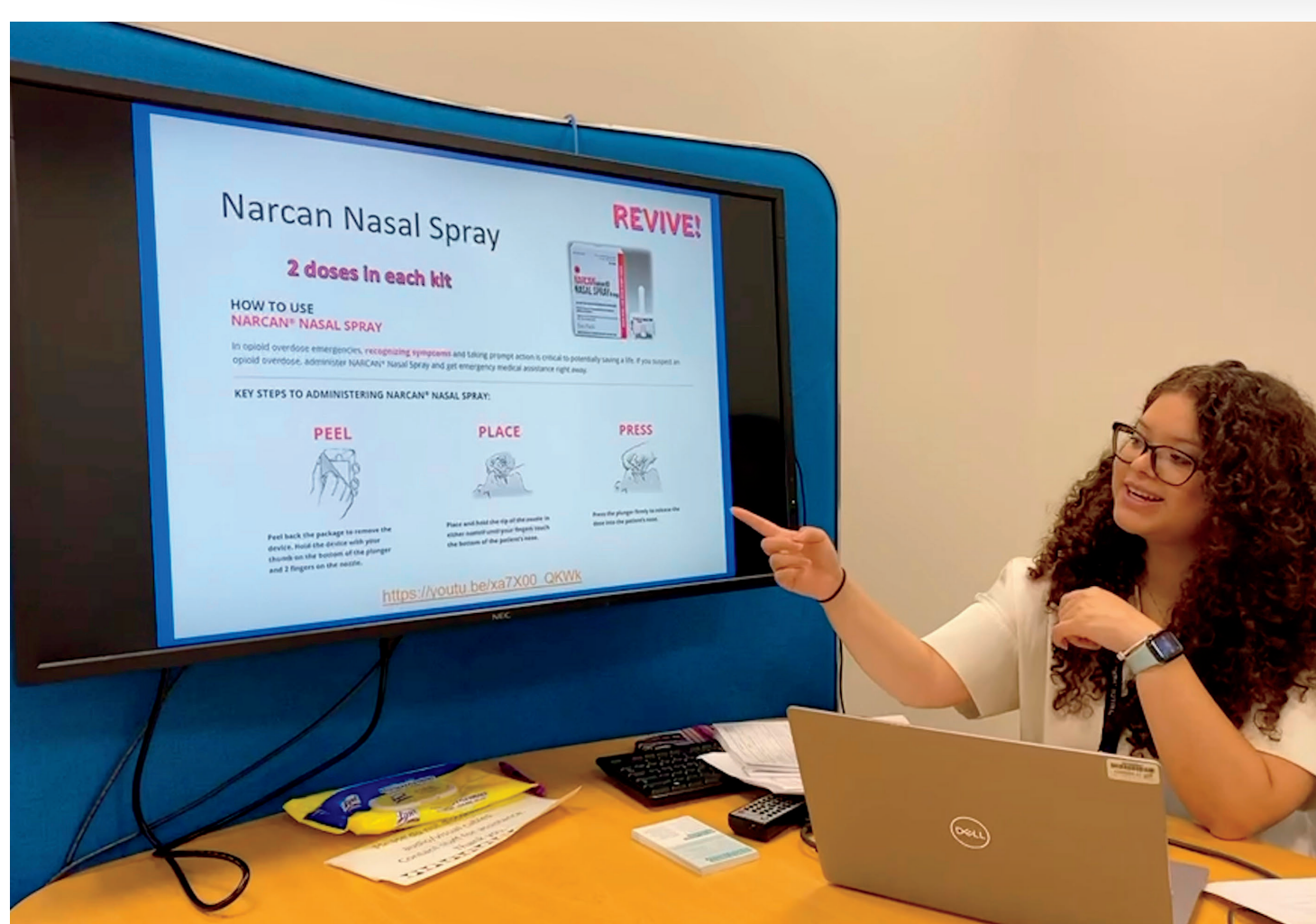
Melanie Cruz

Richmond City & Henrico County Health Districts



Adolescent Health CHNA

- Developed a stakeholder engagement plan and identified key stakeholders with VDH and the community
- Reached out to internal and external stakeholders
- Collected adolescent health data from multiple datasets
- Created a stakeholder meeting plan, including the invitation list, language, agenda, and revenue
- Facilitated the stakeholder meeting
- Developed an infographic that visually represented the meeting's data and input



Naloxone Training

- Used ambulance service data to identify areas of Richmond/Henrico with high opioid overdose rates
- Reached out to businesses in these areas to offer training in naloxone administration; coordinated through RHHD COVID-19 Case Managers through the REVIVE! program
- Trained employees across Richmond in naloxone administration + distributed doses of naloxone

Substance Use Community Conversation

- Participated as a note-taker in two substance use community conversations
- Actively participated in a meeting to analyze and discuss the substance use community conversations
- Developed a brochure with essential information and resources related to substance use

Clinical Experience

- Served as an interpreter for Spanish-speaking parents at a back-to-school event
- Shadowed an OB/GYN Nurse Practitioner at the Southwood Resource Center

Thank you to the entire team at RHHD and VDH for making my internship an exceptional and unforgettable experience. A special thanks to Ashlie Watts for her encouragement and mentorship that have been instrumental to my growth and learning throughout this journey.



LESSONS LEARNED

- 1. Communication and Outreach:** Through reaching out to numerous internal and external stakeholders, I honed my communication and interpersonal skills.
- 2. Public Health Education:** Facilitating REVIVE! trainings allowed me to engage with the broader community and serve as an educator. I acquired skills to effectively communicate sensitive information in a way that is accessible and understandable.
- 3. Collaboration and Brainstorming:** Participating in post-meeting discussions and brainstorming sessions demonstrated the power of collaboration and teamwork. Receiving different input allowed us to identify areas for improvement and generate ideas to enhance community support initiatives.
- 4. Healthcare Disparities:** By engaging with underserved communities, I became aware of the severity of healthcare disparities and the challenges faced by Hispanic/Latine populations in Richmond City.