



# Summer at Central Shenandoah

Central Shenandoah Health District  
Population Health Intern 2023  
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## Harm Reduction!

With the opioid overdose epidemic being a grave public health emergency, I was humbled to learn all summer long from those doing incredible work in the world of harm reduction. I shadowed harm reduction clinics and participated in coalition meetings. Becoming trained as both a lay rescuer and an official REVIVE! trainer equipped me with the skills to provide training support at REVIVE! tabling, and to offer education to community members about fentanyl test strips and other drug safety measures. I was reminded that harm reduction is love!



**REVIVE!**  
OPIOID OVERDOSE AND NALOXONE EDUCATION FOR VIRGINIA

## Maternal and Child Health!

In efforts to address higher rates of infant mortality in CSHD, I spent the summer creating a comprehensive safe sleep toolkit. This toolkit acts as a foundation in the re-launching of CSHD's maternal and child health program and the establishment of it's first ever safe sleep program. The toolkit is equipped with local data, resources, and educational material. It contains an outreach portion, providing staff with ready-to-use educational handouts, sample social media posts, and newsletter excerpts.

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## Community Engagement!

I have come to understand the work of Population Health to be authentically and consistently showing up for, investing in, and celebrating the community and all those who call it home. I was honored to take part in so many incredible community efforts over the course of the summer. Highlights include:

- Ride to End Suicide
- Prevention Forum Planning
- EMBRACE Community Center
- Augusta Health Mobile Clinic
- Futuro Latino Coalition
- Community in Motion bus
- Strength in Peers mobile unit
- Re-entry Council Coalitions
- Harm Reduction Outreach Network
- Healthy Community Collaborative
- REVIVE! Office Hours
- Bath and Highland community assessments and outreach



## Clinical Experience!

I spent a great deal of time in clinical settings, shadowing and learning from public health nurses; figures foundational to the success of public health. Shadowing at several different STI clinics across the health district equipped me with knowledge of sexual health in the local context. I witnessed nurses treat patients with compassion and dignity, and noted their unique and incredibly important role in, all at once, affirming, educating, healing, and empowering their patients. A day spent at a "back-to-school" immunization clinic emphasized the intricate and absolutely critical work of immunizing, efforts that are the backbone of healthy communities, but which rarely get the spotlight.



"This is a place of affirmation"

Six community partnerships formed

200 safe sleep packs distributed

## Community Partnerships + Resource Distribution

Thanks to Title IV funding, CSHD received a substantial supply of safe sleep resources. In an effort to equitably distribute these resources, I collaborated with organizations in the health district already embedded in their communities providing MCH services. Through these new partnerships, over 300 safe sleep resources went directly into the hands of the community!

100 Cribettes distributed

## Incredible Team!

I had the privilege of working alongside an incredibly dynamic, passionate, and dedicated Population Health team. I witnessed this team lead daily with compassion, enthusiasm, and genuine concern and love for the communities they serve. They taught me how foundational trust building is in community efforts, the importance of accessibility and language in resource distribution, and that finding and creating joy in your everyday work is the key to a thriving workplace. I am certain what I learned from these individuals will stay with me for years to come.

