



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

Students of Rochester Outreach (SRO) Community Volunteer Opportunities

Students of Rochester Outreach's (SRO) primary goal is to provide medical, graduate and nursing students the opportunity to have hands-on experiences with groups that are economically underserved and disadvantaged. The emphasis at all sites is to establish relationships with agency clients and to develop an appreciation for the social and cultural dimensions of health through attentive, compassionate listening.

Students interested in pursuing the longitudinal "**Distinction in Community Health**" designation on their MD diploma, should register for INT500 to learn more. (This does not obligate students to complete Distinction.) For Distinction, students **must volunteer a minimum of 140 hours** across the four years of medical school using the following breakdown per year. **Phase 1: minimum of 40 hour; Phase 2: minimum of 40 hours; Phases 3 and 4: minimum of 60 hours across both years.** For Candidates for Distinction, SRO hours should eventually be spent towards a community health improvement project that will be presented to the Committee for Distinction in Community Health.

The Office of Medical Student Enrichment Programs (OMSEP) will oversee the tracking of hours for each student's community outreach experience. All student volunteers must register for SRO500 on MedSIS. Students participating in Street Outreach, Belton Health and/or URWell **MUST** register for SRO595 to be covered under school liability. Any students registered through either course, must provide documentation of hours volunteered at the end of the academic year.

The outcomes for the program are as follows:

- **Understand** the social, political and economic determinants of health and disease in our community
- **Interact** with individuals needing support and friendship without the pressure of solving a medical problem
- **Learn** as a member of a multi-disciplinary team that includes educators, social workers, nurses and community activists
- **Serve** the community

For more information, please contact:

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Office of Medical Student Enrichment Programs
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Health and Incarceration Connection

The Health and Incarceration Connection works to build a connection between medical students and those within the carceral system. Through policy work, community outreach, curriculum development, and a health literacy mentorship program in Monroe County Jail, we work to foster community and trust between ourselves as future healthcare providers and incarcerated/previously incarcerated individuals. SRO hours are provided for Jail Mentorship volunteering. This group meets on a monthly basis. We work on policy projects, including anti-shackling initiatives in Strong Memorial hospital, community building including letter-writing workshops, curriculum building including a phase 1 and phase 2 medical humanities selective, and a health literacy jail mentorship program. We plan to continue each of these projects and expand our work through the guidance of previously incarcerated community members with whom we work.

Nativity Prep After School Tutoring

Students volunteer at Nativity Prep, an inner-city Catholic School, helping middle school students with after-school tutoring in math, science, history, English, etc.

Other enrichment activities that URSMD students have been involved with at Nativity Prep include after school soccer and basketball. An initial training session is required at Nativity. Volunteering is typically 1.5 hours per week, once per week. Scheduling is flexible and can accommodate students' class and clinic schedules

Rochester Human Rights Initiative (RHRI)

RHRI is Rochester's student-run asylum clinic, a chapter of the national Physicians for Human Rights (PHR) program. We provide psychiatric and physical evaluations for refugees and asylum seekers who need medical affidavits as part of their court cases. RHRI works with local legal agencies and immigration attorneys to coordinate and facilitate these evaluations which are performed by trained physicians in the Rochester community. The RHRI leadership board will hold biweekly meetings over the course of the coming year. At any given time, we have between 5-10 active cases that our leaders and our student volunteers are working to coordinate and complete. This year, we also plan to hold workshops for our student volunteers to learn more about asylum medicine and to further hone their affidavit-writing skills.

ROCovery Wellness

Under the guidance of Dr. Holly Russell, our program provides medical students a hands-on experience to help deliver a series of workshops designed to promote health literacy and wellness for members of ROCovery Fitness Center. ROCovery fitness center is an organization which provides a supportive environment for people in recovery from substance use disorders (SUDs) to develop skills in order to live a healthy and active life. Through our workshops, we hope to better link those with a history of SUDs to healthcare services and facilitate medical students in learning how to care for patients with a history of SUDs. In addition to planning meetings throughout the year, our group will hold 10 sessions virtually or at ROCovery Fitness where medical students help lead discussions on various aspects of health, including navigating stigma in healthcare, patient advocacy, nutrition and healthy eating, health screenings, sexual health, and more. Our series includes a variety of speakers, and medical students facilitate a discussion in small groups designed to promote bidirectional learning between them and the participants.

Serving Nutritious Appetizing Cuisine to our Community and the Sick (SNACCS)

Serving Nutritious and Appetizing Cuisine to the Community and the Sick is an SRO that aims to get good, clean food to our community. This year Hope Lodge has reopened after closing during the start of the pandemic. We will begin volunteering again with Cooking Up Hope, a program where volunteers gather to make food for patients and families at Hope Lodge. We are continuing our partnership with Street Outreach to make sandwiches for the volunteers to give out on rounds. We are also partnering with the URWell Asbury Clinic to create a food pantry and food insecurity screening program. We have also started initiatives to volunteer at the Rochester Community Garden, as well as to clean and restock community food stands. We will volunteer once a week to cook a meal for guests at Hope Lodge. We will have weekly or biweekly meetings to make sandwiches for Street Outreach depending on the need and will also package meal kits for the URWell food pantry. In addition, we will organize monthly events to volunteer at the community garden and clean community food stands.

Strong Art (StArt)

StART is a volunteer program that works closely with Child Life at Golisano Children's Hospital to organize creative activities for children and adolescents. While there are still some restrictions on what we can do in-person with the children due to precautions with the pandemic, we will create craft kits, such as snowflake cutting and finger knitting, that can be distributed throughout the hospital by Child Life, as well as continue the annual trick-or-treating and caroling initiatives. Depending on the restrictions due to COVID, we will have weekly or bi-weekly meetings to make craft kits, and hopefully do crafts in-person with the kids. In October, we will participate in the reverse trick-or-treat event held by Golisano. In December, we will collaborate with the medical student acapella group On-Call to carol throughout Golisano. In the Spring, we will hold a reverse egg hunt.

UR Street Outreach (SO)

Street Outreach is a student outreach group at the University of Rochester School of Medicine & Dentistry and the University of Rochester School of Nursing that focuses on supporting individuals currently experiencing homelessness in the City of Rochester as future physicians, nurses, and social workers. The purpose is to serve as a bridge between the medical community and the community of individuals experiencing homelessness in Rochester and help meet basic needs for those experiencing homelessness. Physicians from the areas of Family Medicine, Internal Medicine, Emergency Medicine, and the Preventative Medicine Residency Programs assist students in providing these services. Twice per week, student volunteers do rounds to encampments in the community to meet people experiencing homelessness where they're at, help provide for basic needs by distributing donations, and fostering trust between the medical community and those experiencing homelessness. Each semester at least three trainings are provided to volunteer students

URWell

Our mission is to provide free, high quality health maintenance and preventive services to local uninsured families and individuals in an effort to foster the health of the Rochester, NY community

while promoting the spirit of education, social justice, and collaboration.

Asbury First United Methodist Church

- Thursday evenings from 6-9 pm
- Location: 1050 East Avenue, 14607

St. Joseph's Neighborhood Center

- Tuesday evenings from 6-9 pm
 - Location: 417 South Avenue, 14620
- Specialties rotating monthly: Endocrinology, Eye Care, MSK/Ortho once/month, Dermatology, Neurology, Urology, Procedure Night (General surgery)

Maplewood YMCA

- Wednesday evenings from 6-8 pm.
- Location: 25 Driving Park Avenue, 14613

Refugee Tutoring Alliance

Our purpose is to provide individual tutoring to refugee students of all ages in Rochester. Rochester is home to many refugees, with more settling here each year. Our mentor, Chojoy Schroeder, is a retired RCSD teacher who works with Refugee families to help them settle in Rochester. She works tirelessly to provide these students with educational opportunities so that they can flourish. One program that she started was the Saturday Tutoring at Carlson Library. However, during the pandemic, we had to move this program to zoom. Beginning in September, we are hoping to move back to Carlson. We meet every Saturday from 12pm-5pm, currently on Zoom, but soon to be in person at Carlson library. Chojoy refers students to our group, who we then pair with tutors (mostly UR SMD students) for individual tutoring. This program has been running for about 10 years. Originally, medical student volunteers were organized by the Refugee Student Alliance, but that group no longer exists. When the pandemic came, we transitioned the tutoring to Zoom.

Smoking Cessation Counseling

Using a program model developed by Dr. John Grable, a physician at SMH, our group aims to counsel inpatient individuals who are interested in quitting smoking. Once admitted patients are identified as smokers who want to quit smoking, counselors will interact with the patient directly in the hospital. Counselors will also interface with attending physicians, unit clerks, and nurses on the unit and will have the opportunity to follow-up with their patients over the phone after discharge. Initial training is two 1-hour sessions, after which counselors meet with Dr. Grable on an as-needed basis.

Additional events include quarterly meetings for the Rochester Model Tobacco Treatment Workgroup, which are dinner meetings where counselors can network and discuss tobacco treatment and research with clinicians in the Rochester area.

Rochester Young Scientists Club

The Rochester youth science club (RYSC) is a community outreach program that serves under represented and financially disadvantaged youth (5-6th grade) in exploring scientific concepts and careers through weekly activities. The RYSC partners with 3 RCSD schools serving 20 kids from each and runs for 8-9 sessions every year.

Saturday, October 15th – Introduction to the Scientific Process; Saturday, October 29th – Mini Medical School run by URMC physicians; Saturday, November 19th, December 10th, January

14th, – Experiment #1,2,3
Saturday, January 21st - Individual Project Day #1 hypothesis/Research;
Saturday, February 4th - Individual Project Day #2 Conducting Experiments/Collecting Data;
Saturday, February 11th – Individual Project Day #3 Making Presentations/Posters; Saturday,
March 25th - STEP community day / Poster Presentation Day!