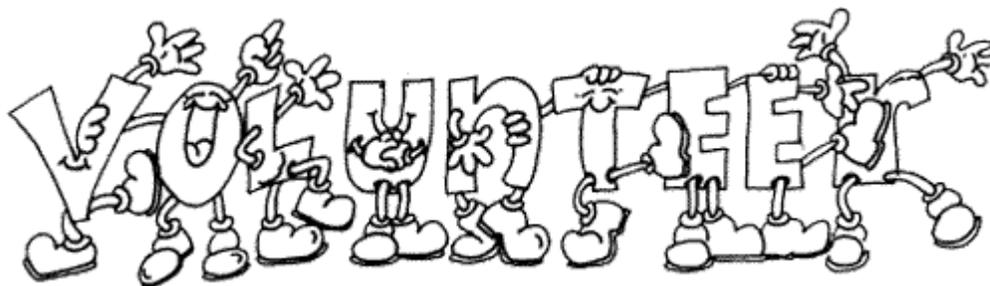


## Students of Rochester Outreach Community Outreach Opportunities



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 should sign-up to work with an agency that matches their interests and professional goals. To receive acknowledgment for your SRO experience you must volunteer a minimum of 20 hours per year. Students interested in pursuing the **longitudinal Community Health Improvement Clerkship** and who want to be considered for the "Distinction in Community Service" designation on your MD diploma, must volunteer a minimum of 140 hours across the four years of medical school using the following breakdown per year. Year 1- minimum of 40 hour; Year 2- minimum of 40 hours; years 3 and 4; minimum of 60 hours across both years.

The Center for Advocacy, Community Health, Education and Diversity will oversee the tracking of hours for each student's community outreach experience. All student volunteers must fill out a Special Elective Drop/Add form.

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

## Students of Rochester Outreach Community Outreach Opportunities

### CHILD/PARENT SUPPORT

#### **Hoops for Health**

Hoops for Health is a program that was developed primarily for children at a high risk for eventually suffering from medical complications associated with excess weight. This program offers a targeted intervention to children at the Enrico Fermi School #17 in Rochester's inner city. Through a two pronged approach, these children are taught many important aspects of good nutrition and healthful living through a comprehensive curriculum that we have developed while simultaneously being encouraged to participate in physical activity through participation in both basketball instruction and competitive play. Students who participate in this program may elect to be involved in either or both aspects of the program.

⌚ Approximately 2.5 hours each week (Friday 3:00 PM - 5:30 PM) and students are free to choose which weeks they will participate.

Location: 156 Orchard Street, 14611

#### **ROK - Reaching Out to Kids**

This program matches volunteers with a pediatric patient to provide support and friendship to children in various stages of cancer treatment, burn treatment and other chronic illnesses. Training is provided.

⌚ Students set their schedules with families, once a week for 1-2 hours.

Location: Strong Memorial Hospital

#### **S.N.A.C.K.S. Serving Nutritious Appetizing Cuisine for Kin of the Sick**

A student group that organizes and prepares healthy meals for the family members of adult inpatients staying in Hope Lodge. (Emily Berkman)

⌚ Students set schedule with S.N.A.C.K.S. student coordinators

Location: Hope Lodge

#### **START (Strong Art)**

An innovative music and arts program for children admitted to the pediatric ward of Strong Memorial Hospital. START (Strong Art) is a unique program designed to expose pediatric patients and their families to artistic pursuits as a form of therapeutic healing and self-awareness. The program is directed and run by students from the University of Rochester School of Medicine and Dentistry, with the hope of fostering a relationship of sensitivity, self-expression, empathy and compassionate healing between future doctors, researchers, nurses and their patients. START also provides activities at the Salvation Army's West Avenue after-school program site.

⌚ Students set schedule with START student coordinators

Location: Strong Memorial Hospital

#### **TIES - Together Including Every Student**

Volunteers work with children/young adults with developmental disabilities (ages 8-21) in extracurricular and community activities. Volunteers are required to attend a 1-hour training workshop presented by TIES Coordinators.

⌚ Time based on participant's choice of activity.

Location: Depends on student assignment

#### **UR Healthy Kids Healthy Future**

The purpose of this group is to promote and educate children about healthy living. Medical students from the University of Rochester will go to local classrooms and will lead and/or moderate discussions, activities, and teach on the subject of healthy living including diet, physical activity, and other pertinent topics. We plan on making these sessions as interactive as possible. Light snacks including vegetables and fruits may be provided at some sessions; pedometers will be given out to promote physical activity. We also plan on meeting with the parent-teach organization in an effort to have the major players in the children's lives in sync to maximize the effectiveness of what they are taught.

⌚ Varies

Location: Varies

## EDUCATION

### **American Cancer Society**

Students participate in a wide variety of community projects including education and prevention programs with the American Cancer Society.

🕒 Set schedule with preceptor.

Location: 1400 Winton Road N, 14609

### **The American Foundation for Suicide Prevention**

The American Foundation for Suicide Prevention ([www.AFSP.org](http://www.AFSP.org)) is dedicated to understanding and preventing suicide through research and education programs. Volunteers can be involved in any aspect of these events.

🕒 Time commitment is variable, and we meet at 7pm on the first Thursday of each month in room 4W301 (the MPH Library) on the 4<sup>th</sup> floor of Helen Wood Hall with additional meetings closer to event dates.

### **American Heart Society**

Students participate in a wide variety of community projects including education and prevention programs with the American Heart Association.

🕒 Set schedule with preceptor

Location: 2113 Chili Avenue, 14624

### **American Lung Association**

Students participate in a wide variety of community projects including education and prevention programs with the American Lung Association.

🕒 Set schedule with preceptor

Location: 1595 Elmwood Avenue, 14620

Location: Schools in Monroe County

### **Community Health Improvement Course- C.H.I.C.**

Students interested in the longitudinal community health improvement clerkship can become involved in existing longitudinal community outreach experiences or create their own experience. Students who pursue the longitudinal Community Health Improvement experience are eligible to receive a Distinction in Community Service on their M.D. diploma if they complete the following:

- A minimum of 40 hours of community service in years 1 and 2 and a minimum of 60 hours across both years in years 3 and 4 with an SRO community outreach agency or an agency that is approved by the Clerkship Director (a total of 140 hours)
- Registration of intent to pursue the longitudinal experience with the clerkship director and co-director of CACHED
- Registration and completion of the C.H.I. clerkship with Pass rating
- Completion of longitudinal research paper that will be reviewed by the C.H.I.C. faculty committee and recommendation for Distinction in Community Service

🕒 To be determined by community preceptor.

Location dependent on project

### **Diabetes Support Group**

Students work as co-leaders in a bi-monthly support program for people who have diabetes. Professional training and supervision are provided.

🕒 Weekday evenings

Location: Anthony Jordan Health Center

### **GAIN- Global AIDS Interest Network**

Work with students, physicians, faculty and community members to raise awareness of HIV/AIDS and provide services to those individuals touched by the AIDS epidemic locally, nationally and internationally. Opportunities will be arranged through pre-existing and new local and international volunteer programs and clinics.

🕒 Time commitment is dependent on the activity selected and the degree of involvement desired.

Location: University of Rochester

### **Global Public Health Student Organization**

GPHSO is looking for new members and volunteers to help in the coordination of medical supplies donations to developing countries, as well as help with various other projects.

🕒 Varies

### **Healthy Signs Student Group**

This student group was created by medical students at the University of Rochester in western New York to help improve health information access for the Deaf community. We understand that the Deaf community faces great challenges when it comes to health information and this site is intended to help bridge that gap.

Healthysigns.org was created by medical students at the University of Rochester School of Medicine and Dentistry in western New York. We are an independent student group with close ties to the Deaf Health Pathway program, Medical Humanities program, Community Health Improvement Clerkship program and the National Center for Deaf Health Research and the University of Rochester ASL program. Our goal in creating and maintaining this site is two-fold. First, we want to provide a frequently updated resource page for online Deaf health resources. Second, and more importantly, we plan to periodically post ASL videos on various relevant health topics. Rather than duplicate some of the great work done on other sites such as DeafMD.org and DeafDoc.org that use a more lecture style format, our videos will portray a conversation as doctor and patient struggle with learning together about these important topics.

🕒 Varies on level of involvement

### **Middle and High School Tutoring and Mentoring Program**

School of Medicine and Dentistry Students provide one-on-one mentoring and tutoring for Rochester City School District middle and high school students who are academically at risk for failing their core subjects.

🕒 U of R Students set schedule with high school student and parent or guardian.

Location: Rochester City School District Schools

### **Nativity Preparatory Academy Math Club**

School of Medicine and Dentistry students tutor 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students who need help with math. Nazareth is an inner-city Catholic School located at 15 Whalin Street.

🕒 1½-hours per week. Days to be determined.

Location: 15 Whalin Street

### **Rochester Psychiatric Center**

Students work one-on-one with an adult at the Rochester Psychiatric Center' in-patient program to develop and implement a nutrition and exercise program for the patient. Students meet weekly to workout and counsel a patient on the benefits of healthy nutrition and exercise. The student and patient track their progress over the academic year.

🕒 Students set schedule with on-site preceptor.

Location: RPC 1111 Elmwood Avenue, 14620

### **Migrant Health Clinic**

This organization provides health, education and other support services for migrant workers in Monroe and Wayne County. The clinic is located within Myers Community Hospital, a 60 minute drive from Rochester. Fluency in Spanish is helpful.

🕒 Students set schedule with on-site preceptor.

Location: 6710 Middle Road, Suite 2100, Sodus, NY 14551

### **Planned Parenthood**

Planned Parenthood is an active organization in our community that is concerned with women's reproductive health. There are multiple volunteer opportunities for medical students including: Clinic security escort, working in outreach and education, or volunteer advocate for Rape Crisis Service. To apply, visit [www.pprsr.org](http://www.pprsr.org) and fill out the easy online volunteer interest form.

### **Sojourner House and Monica Place**

Location: 300 Millbank Street, 14619

#### **Study Buddy Tutoring Program**

Students work one-on-one with children from 1<sup>st</sup> - 6<sup>th</sup> grade on homework and computer games.

🕒 Weekday evenings, 6:00-7:30 p.m.

#### **Women's Group**

Students identify and discuss women's health concerns, i.e., how their diets affect them, abortions, menopause, childcare, and development. Women volunteers only.

🕒 Every other Tuesday evening.

#### **Child Care Program**

Volunteers needed to aid in children's program. Children will be divided into age appropriate groups to participate in activities.

🕒 Mon., Tues., Thurs. Evenings 7:00 – 8:30 p.m., Wed. Evenings 7:30 – 9:00 p.m.

**Health Education for Homeless Women (formerly The Women's Group- Women's Place on Hobart and Sanctuary House on Dewey)**

First and Second year female students visit halfway houses and women's shelters on alternating weeks to discuss women's health issues ranging from nutrition and exercise to diabetes, STDs and OB/GYN issues. This program brings medicine, education and current women's health issues together for women in physical and emotional transition who may not have current access to adequate healthcare or a chance to think about their health and well-being.

Discussions are based on prevention issues adapted from the first and second year coursework and on-line sources.

🕒 Thursday evenings from 6:30 to 8:30.

Location: Hobart Street and Dewey Avenue (addresses are not made public for safety reasons)

**Women's Health Partnership: Mammogram Outreach**

The Women's Health Partnership provides mammogram and cervical exams for economically disadvantaged women. Students will provide follow-up phone calls and data analysis confirming mammogram services for a state project.

🕒 Students set schedule with preceptor.

Location: 111 Westfall Road, 14620

**FAMILY HEALTH**

**Gilda's Club**

A center for patients and their families dealing with cancer. Students have an opportunity to lead Children's Craft Corners, help plan and run many events throughout the year like the golf tournament, fashion show, etc, and also lead various workshops like culinary, arts and crafts, music, dance, exercise, and other events.

🕒 Students set their schedules with preceptor.

Location: 255 Alexander Street, 14607

**Isaiah House**

Community outreach home for the dying. Student volunteers are trained in a four-hour program that includes videos, worksheets, and shadowing an experienced volunteer. Students typically volunteer for two four-hour shifts per month.

🕒 Students set their schedules with preceptor.

Location: 71 Prince Street, 14605

**The Night Off**

The Night-Off Program will be a free in-home babysitting service offered to families with children affected with autism spectrum disorders. Night-Off is a volunteer-based service structured and developed to increase awareness among medical students and service the autism community and its childcare needs, appropriate to the capacity of the program. Training and education will be in the form of lectures and discussions presented by qualified health professionals, including specialists and experienced medical doctors. Once adequate training has been completed, students will go in pairs to families' homes 1-2 times a month during the late-afternoon/evening hours. Student pairs will always include a senior and a junior. The SRO group leadership will be comprised of medical students. Volunteers will include primarily medical students but extend to the undergraduate and nursing students as well to expand the capacity of the program.

**Qualification guidelines:**

Senior member:

- Medical student AND
- Must have attended training/orientation session
- Experience with autism spectrum disorders/developmental disabilities OR
- Students who have completed Developmental Pediatrics elective

Junior member:

- Must have attended training/orientation session
- Medical students/Nursing students/Undergraduate students

Participating families will be provided with guidelines and availabilities of our services. Importantly, they will be asked not to ask our students to babysit on a regular basis (either for free or paid) as this may potentially take away from the volunteers available to other families.

🕒 Varies

Location: Varies

**One-on-One**

A Student run organization in which students spend time with inpatients at Strong Memorial Hospital. While the program was designed with an emphasis on inpatients that appear to lack social and family support, the group is available to any medical inpatient at SMH.

⌚ Students set their schedules with the program preceptor.

Location: Strong Memorial Hospital

**School Physicals**

Under the leadership of URSM&D, medical students provide free school, sports, and work permit physicals to students in the Greater Rochester Area.

⌚ Varies

Location: Strong Memorial Hospital

**U.R. Well Student Outreach at St. Joseph's Neighborhood Center**

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.

⌚ Tuesday evenings from 6 pm-9 pm.

Location: 417 South Avenue, 14620

**U.R. Well Student Outreach at Asbury First United Methodist Church**

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.

⌚ Thursday evenings from 6 pm-9 pm.

Location: 1050 East Avenue, 14607

**U.R. Well Student Outreach at St. Luke's Tabernacle Community Church**

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.

⌚ Wednesday evenings from 6 pm-9 pm.

Location: 1261 Dewey Avenue, 14613

**HOMELESS****Street Medicine Program**

UR HOME (Homeless Outreach Medicine and Education) is a Street Medicine program whose mission is to ensure access to quality medical care for Rochester's unsheltered homeless population, operating under the principle that health care is a basic human right. UR HOME seeks to bridge gaps between the homeless and medical communities through direct street outreach and engagement with homeless people where they live, building relationships and trust, and offering companionship and respect.

⌚ Tuesday and Thursday Evenings

Location: Varies

**Bethany House**

Volunteers participate in activities in support of homeless women, including advocacy, counseling, and cooking.

⌚ Students set their schedules with preceptor.

Location: 169 St. Bridget's Drive, 14605

**Melita House**

Location: 198 Oriole Street, 14613

*A shelter for pregnant teens, teen mothers, and their babies.*

**Babysitting**

We are creating a list of students who would like to be called as needed for babysitting.

As needed.

**House Activities**

We are creating a list of students who would like to be called as needed for a variety of household tasks and activities, such as cleaning, cooking, painting, and crafts.

⌚ As needed.

**Alternatives for Battered Women**

Students partner with ABW to provide education and awareness about domestic violence in the Rochester community.

⌚ Students set schedule with preceptor.

Location: Confidential but in the City of Rochester

**Alternatives for Battered Women Charity Art Auction**

An annual student run event where students donate their handmade items or services to be auctioned off to raise funds and awareness for women and children affected by domestic violence.

⌚ planning begins in August with the auction taking place in October.

Location: University of Rochester

**OTHER****Haiti Outreach Group**

The purpose of this interest group is improve understanding of the health care situation in Haiti, which is one of the poorest countries in the Western Hemisphere, with an infant mortality rate ten times that of the US, and yet only a 3-hour flight from Florida. The group will work closely with Haiti Outreach Pwoje Espwa (H.O.P.E), a nonprofit organization based in Rochester. H.O.P.E recently signed an agreement with the Haitian Ministry of Public Health to provide a comprehensive health care system for Borgne, Haiti, a region comprising 70,000 people. The H.O.P.E website is [www.hopehaiti.org](http://www.hopehaiti.org). The major activity of the Haiti Interest Group will be to provide contacts between University of Rochester medical students and members of the H.O.P.E organization both in Rochester and Haiti. Members will be expected to take an active interest in learning about health problems in Haiti and in improving the health care system in Haiti. Opportunities will be provided for students to work with the H.O.P.E organization in planning the health care system for the Borgne region, in organizing symposiums at the University of Rochester relevant to health problems in Haiti, and in helping to raise funds and collect much-needed medications and supplies to provide to the health-care providers in Borgne. *Students may want to pursue this as a longitudinal project during their 4-week CHIC clerkship.*

⌚ varies.

**INTERVOL**

Students participate in packing parties of unused and recyclable medical supplies at INTERVOL's warehouse on St. Paul Street. INTERVOL collects unused recyclable medical supplies from healthcare organizations in upstate New York. The supplies are shipped internationally to healthcare organizations assisting people in developing and emerging countries.

⌚ Tuesday evenings.

Location: Hart Street, 14605

**In Good Company**

Students develop a long term relationship/friendship with a resident at Monroe Community Hospital, which is a long term facility.

⌚ One hour per week based on the student and patient schedule

Location: 435 East Henrietta Rd., 14620

**Musician's Gift**

Musically inclined students perform monthly at Brightonian Nursing Home

Monthly

Location: Varies

For more information, please contact:  
 University of Rochester School of Medicine and Dentistry  
 The Center for Advocacy, Community Health, Education and Diversity, Room G-9552  
 601 Elmwood Avenue, Box 601  
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