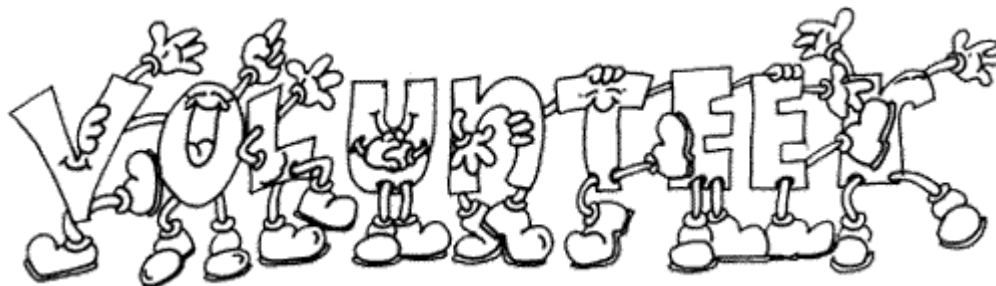


## Students of Rochester Outreach Community Outreach Opportunities



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 hours; 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 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**

### **C.H.I.L.D. - Children Helped in Illness, Loss or Death, Inc.**

Student and community volunteers work as co-leaders in a weekly support program for children whose family member have a serious illness or have died. Professional training and supervision are provided.

⌚ Weekday evenings in October and March for 10-weeks each

Location: Varies by host site

### **Compeer Inc.**

Compeer is a pioneer in mental health advocacy and a non-profit organization that matches community volunteers in supportive relationships with children and adults receiving mental health treatment. The agency's programs and services empower people to combat the effects of mental illness from loneliness to isolation and low self worth.

The programs you can get involved in are:

1:1 youth and adult mentoring friendships

Mentoring Children of Promise ( children with a parent in prison)

Recreation Mentoring (Recreation and Social Skill building for youth)

Juvenile Drug Court Mentoring

Group matches

Supportive Partners for Recovery

Skill building ( computer literacy, health, nutrition, art)

⌚ Opportunities are flexible to fit any schedule. For more information go to our website: [www.rochester.compeer.org](http://www.rochester.compeer.org). or call 585 546-8280.

### **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

### **KNIT Knitting Needles In Therapy**

A program designed to teach pediatric hematology patients and their families how to knit. Knitting is a quiet, meditative activity that helps the patients relax. Student volunteers teach their patient how to knit as well as provide companionship. Training is provided.

⌚ Students set their schedule with the patients and families.

Location: Strong Memorial Hospital

### **Project FIRM (Family-based Insulin Resistance Management)**

Project Firm is a nutrition and exercise intervention program and study for overweight and obese children in the city of Rochester. Medical students can present pediatric obesity issues at area health fairs and may also be assigned a family and go through the five session interventional program with them. During the sessions, medical students will administer surveys, observe kitchen contents, go grocery shopping and observe the family prepare a meal. Also the medical students will go through each session's educational components with both the child and parent/guardian. The contact person is Julie Hugo.

⌚ Time commitment is about 8 hours over the course of 5-10 weeks (each session is approximately 1-1 1/2 hours in length).

### **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

**Therapeutic Riding Program at Heritage Christian Stables**

This program provides therapeutic horseback riding lessons to people with developmental disabilities. Volunteers initially function as "side walkers" and move up to "horse handlers".

🕒 Set schedule with preceptor

Location: 1103 Salt Road, Webster 14580

**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

**TOP- Teen Partners**

TOP Teen Partners is a group of medical students working to reduce risky behaviors in urban youth. It is a great opportunity for medical students to work with teens in a longitudinal fashion and learn effective ways to approach problem behaviors. Medical students will partner with Youth Group leaders in 5 Rochester City Recreation Centers to implement the Teen Outreach Program, a nationally-validated intervention which combines a discussion-based curriculum with community service. Medical students would help to lead the discussion component of the curriculum, addressing areas such as puberty, healthy relationships, pregnancy and how to prevent it, and sexually transmitted diseases. Youth group leaders at the recreation centers would be part of these discussions and also would coordinate the community service component of the program.

🕒 Time commitment involves a full-day training session, and then one afternoon per week leading group discussions.

We estimate that medical students would be involved 3 afternoons per month, and a consistent group of medical students would interact with a youth group over the course of the school year.

**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

**Apple Wars**

A childhood obesity prevention program targeted at fourth and fifth grade students. Its aim is to prevent childhood obesity by encouraging healthy eating choices and physical activity. The program educates children about healthy eating choices and provides ideas for incorporating physical activity into daily life. More than that, it aims to promote attitude change so that students are motivated to develop healthy habits at a young age.

⌚ During the school day Monday-Friday.

Location: Schools in Monroe County

**Community Health Improvement Clerkship- 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 an Honors or High 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

**Freedom Schools**

The mission of Northeast Area Neighborhood Development (NEAD) Freedom School is to leave no child behind and to ensure every child a healthy start, a head start, a fair start, a safe start and a moral start in life and successful passage to adulthood with the help of caring families and communities. NEAD Freedom School provides a strong, effective voice for all the children of America who cannot vote, lobby or speak for themselves. We pay particular attention to the needs of poor and minority and those with disabilities. Freedom School, in partnership with the Children's Defense Fund, educates the nation about the needs of children and encourage preventive investment before they get sick, into trouble, drop out of school, or suffer family breakdown. Medical students provide mentorship, tutoring and health screenings to children at the Freedom Schools.

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

Location: Freedom Schools

**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

**Hadassah's "Check It Out" Program**

Hadassah is a Jewish women's organization whose primary foci are health education, social action and advocacy, and leadership training. "Check It Out" is an education program targeted at high school students to teach them about breast and testicular cancer. Working with a team from Hadassah, student volunteers are trained to teach the self-examination portions of the program to high school students in the Rochester area.

⌚ Approximately once a month for three hours, during the school day.

Location at schools throughout Monroe County

**Environmental Health Outreach (formerly Get The Lead Out- GLO)**

This project focuses on the community surrounding School #17 and the Orchard Street Health Clinic in the city of Rochester. Student volunteers work in pairs, along with a certified lead assessor, a physician and a community member, with a select number of families to identify the lead hazards in each family's home. Based on this assessment, the team will devise an individualized plan to change the home environment and family habits in an attempt to reduce the child's risk for lead poisoning.

⌚ 3-5 hours per week

Location dependent on project

**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

**Nazareth Middle School 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 on Lake Avenue.

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

Location: 1001 Lake Avenue, 14613

**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.

**Saturday School Program**

The Saturday School program provides individualized tutoring and mentoring for students K-6 who are at risk of failing reading and math in the Rochester City School District.

☎ Saturday's 9:30 am-11:30 am

Location: School #7, 31 Bryan Street, 14613

**Student Advocacy and Education Group in Epilepsy at Strong**

This group was formed for the purpose of helping students to pursue an interest in epilepsy, while also actively participating in and contributing to the community of people with epilepsy. Students will:

- Learn about the biological mechanisms behind different forms of epilepsy and the biopsychosocial issues associated with having epilepsy (Journal Club, Guest Speakers)
  - Destigmatize the condition of epilepsy and increase epilepsy awareness by talking to the community at large at educational programs (Giving presentations as a H.O.P.E. [Helping other people with Epilepsy] mentor)
  - Gain Volunteer experience through the Epilepsy Foundation's programs or fundraising events {Some examples include CAMP EAGR (a one-week local overnight camp for kids with epilepsy), the Chocolate Ball, the Walkabout at Marketplace Mall, and Gardenscape}
  - Educate and work with persons with epilepsy of all ages (CAMP EAGR, workshops, Conferrences)
  - Develop educational programs and/or fundraisers for the Epilepsy Foundation
  - Gain Medical Experience by working with physicians and caregivers in the Strong Epilepsy Center
  - Fulfill your CHIC requirement in unique ways
- ☎ Varies

**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.

**Tar Wars**

Tar Wars is a tobacco-free education program for 4<sup>th</sup> and 5<sup>th</sup> grade students. The lesson plan consists of a pre-activity exercise, a classroom presentation and a follow-up poster contest. Student volunteers help to increase the knowledge of the short-term effects and image-based consequences of tobacco use, illustrate the cost of using tobacco, help identify why people smoke, and prompt them to think critically about tobacco advertising and how the tobacco industry markets their products to youth.

☎ Varies depending on school and volunteer and teacher availability.

Location: Elementary Schools in Monroe County

**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

**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

**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 6pm – 9pm.

Location: 1050 East Avenue, 14607

**HOMELESS****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

**Salvation Army**

Students occasionally partner with the Salvation Army on community outreach projects such as serving Thanksgiving dinner to their client population, working in Santa's workshop during the holiday season, as well as other outreach opportunities with children and the homeless.

⌚ As needed

Location: 10 Franklin Street, 14604

**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

**Operation Smile**

A student run organization committed to raising awareness and funds to help provide reconstructive surgery and related healthcare to indigent children and adults in developing countries and the United States. The U of R student chapter sponsors an annual 5k run to raise funds for the national private, not-for-profit volunteer medical services operation.

⌚ Varies.

Location: University of Rochester

**Rochester Roots**

Rochester Roots School-Community Garden Program is a partnership of students, parents, teachers, master gardeners, and community partners who seek to develop a comprehensive outcome-based social, educational, and workforce development training program for youth, using urban agriculture as the vehicle. It is part of a national movement of school-community gardens integrating culture, nutrition, gardening and ecology studies, and community and work force development. Through field trips, workshops, hands-on gardening, and entrepreneurial training, the community assists the program staff in teaching students about a sustainable food system.

⊕ To be determined by community preceptor

**Senior Connection**

Planned trips to various nursing homes in the Rochester area 1-2x per month, ~2-4 hours each time. We bring cookies, cake, drinks, etc and chat, play cards and board games with the residents.

⊕ To be determined by community preceptor

**Strong Stories**

Strong Stories is an innovative 30-minute television program coordinated and written by medical students at the University of Rochester School of Medicine and Dentistry and produced in partnership with WXXI Public Broadcasting. The format of each video is to educate the community around a specific health topic through the stories of patients and the physicians who treated them. A medical student, with the guidance of the Student Oversight Committee will identify a specific health topic, develop the video concept, identify the patients and physicians, facilitate the interviews and provide on-air talent. The URMCM Faculty Advising Committee will review the accuracy and appropriateness of the content of each 30-minute program. WXXI Public Broadcasting will provide technical expertise, broadcast time, production services, coordination, and liaison support to ensure that the program meets key broadcast quality specifications including but not limited to length, content interest, production values and editorial guidelines.

⊕ Varies.

Location: Varies

For more information, please contact:  
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