

International Institute of Minnesota Preceptorship

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## Introduction to Site/Rational for Selection:

The International Institute of Minnesota is a refugee resettlement organization which provides services to New Americans in order to make the transition to a new life as smooth as possible. It is located in the diverse city of St. Paul, Minnesota. Various departments are present at the Institute, each of which contributes to helping new Americans transition to living the best life possible in the Twin Cities area. Some of the services offered include language and citizenship classes, safe housing placement services, and health services including public health work. The Institute's work shows that celebrating one's differences is what makes a community stronger. Various cultures are present at the Institute, so having an open mind on other's cultural practices is a must.

When I heard that the Institute was a possibility for a preceptorship site, I was immediately interested. A good family friend had taken language classes at the Institute and had positive feedback on the classes as well as the organization. When I learned more about the Institute and its mission, I knew this was the site I was meant to be at. I wasn't sure what type of work I was hoping to do for my preceptorship, but knew I wanted to work with underserved communities such as with people of color or new immigrants. My time at the University of Wisconsin – La Crosse really woke me up to how much education is needed on communicating respectfully with people from all backgrounds, such as one's race, religion, or sexual orientation to name a few examples. My privileges being from an English speaking family, having lived in the United States a majority of my life, and being from a middle class family are privileges that allow me to go around in society not worrying about communicating with others or where my next meal will come from. Helping new Americans start their new lives

is something I am excited to be a part of, and I'm ready to help these people live a happy and healthy life.

Being recently done taking classes at University of Wisconsin – La Crosse, this has broadened my horizons on the direction public health is going in. It's important to realize that some communities may not practice traditions that others do. There is no one single public health intervention that is appropriate for all settings. I am interested in how I could be of help when it comes to educating others on the benefits of practicing healthy behavior, whether it's healthy dental practices, the benefits of vaccines and breaking any myths, or educating on the effects diseases such as HIV have on one's life and how to prevent such diseases. I also want to learn more about other cultural habits that promote health or learn how unhealthy health practices could be changed, such as Female Genital cutting, as the Institute has a group who discusses this regularly. The Cultural Orientation class, which teaches tips on how to live life in Minnesota goes over various aspects of life such as how to dress warm, as many clients are from warm climates where the weather is never cold. Or how to safely use a stove is also taught since many cultures do not use stoves like in the United States. As I mentioned earlier, working with a group of diverse people is a passion of mine which is what the Institute offers. I am open to any work the Institute feels I could be of help with. Although it may not be directly linked to the Public Health department, I would also love to help out with some English classes. The United States doesn't have an official language but is primarily English dominant, so knowing some English to help get around town is helpful. Any other miscellaneous work such as filing paperwork, or work that is more physical including setting up apartments or moving furniture I would love to help with.

Project Involvement:

Goal: To practice the Seven Areas of Responsibility for Health Educators in all activities at the Institute

Goal: To assist clients in their new home in Minnesota while promoting the profession and obeying the code of ethics

Objectives: By the end of this preceptorship experience, I will gain confidence in planning and implementing health education activities individually and in group work settings

Procedures:

- I will work with groups, voicing my own opinions but also listening to others on the best possible interventions
- I will use planning models and evidence based strategies for activities, while being culturally competent to the target populations and knowing the barriers to implementing an intervention

By the end of the preceptorship experience, I will be able to explain and promote the Health Education Profession in a positive manner to those who may not be familiar with the profession.

Procedures:

- I will engage in activities which may be outside my comfort zone, but important in the public health profession

- I will use a variety of methods to deliver a positive health education experience
- I will take into account feedback, positive and negative and adjust programs accordingly

By the end of the preceptorship experience, I will develop my communication skills to be able to communicate with people of all backgrounds, and develop my leadership skills; emerging as a leader and a positive voice for the health education profession.

Procedures:

- I will engage in regular conversation with people at the Institute
- I will use Motivational Interviewing to help people succeed in thinking about how they can practice healthy behavior for the healthiest life possible

Evaluation:

From my few weeks I've been at the Institute, tracking progress will not be any concern. My supervisor's office is just across from the desk I sit at, and I am surrounded by several other awesome individuals who are all helpful as well if my supervisor isn't around. I don't want to commit to a timeframe in evaluating my progress. I would rather just meet up at convenient times when I complete a project or if I feel anything needs further discussion. It is easy to meet up spontaneously with my supervisor if she is around or setting up a meeting time is very easy too, as meetings are always taking place throughout the day. Any feedback on work is appreciated whether good or what could be improved.

