

Form III

Darby DeGross

### Proposal of Involvement

#### I. Introduction

- a. The site for my preceptorship is the La Crosse County Health Department. I am working within the Health Education department for Alliance to HEAL as well as Safe Routes to School. Alliance to HEAL is working with the La Crosse County community to address the opioid epidemic and overall substance use in the area. Safe Routes to School is a project to improve walking and/or biking to school for children in the La Crosse County area. They work with local schools to increase the number of children walking and biking to get children outside and more active.
- b. I chose this site because it could give me a wide variety of opportunities in the public health/health education field, and because I have an interest in the opioid epidemic that's currently hitting our community. Aspects/activities from the site that are of interest to me include meetings with professionals in the community (A2H) and community outreach (A2H).
- c. One interesting project that I am excited to participate in is the Overdose Death Review team. This is a grant project that the Health department received that reviews overdose death cases in the community and makes recommendations for systems change based off of the reviews.

#### II. Projected Involvement

- a. Goals

- i. An overall goal I have for my preceptorship experience is to gain a broader knowledge on the role of a county health department within the community it serves. I hope to experience a variety of activities that the health educators at the La Crosse County Health Department plan, coordinate, and implement.

b. Objectives

- i. By the end of the preceptorship experience, I will have assisted in the planning of a health education/promotional activity or program.
- ii. By the end of the preceptorship experience, I will have helped implement an activity or program.
- iii. By the end of the preceptorship experience, I will have helped collect, manage, and analyze data regarding research for our programs at the health department.
- iv. By the end of the preceptorship experience, I will have served as a Health Education/Promotion resource person.
- v. By the end of the preceptorship experience, I will have communicated health education messages to the community.
- vi. By the end of the preceptorship experience, I will have been an advocate for health education and promotion within the community.

c. Procedures

- i. Some activities to accomplish these objectives are
  - 1. Update the Community Resource Guide that contains information of treatment/counseling, support services, and other resources in the area.
  - 2. Assist with entering data from surveys for Sober Living Survey and also Safe Routes to School parent survey.

3. Attend and participate in the Overdose Death Review Team
4. Help create and release media regarding medication disposal, sharps locations, and other information.
5. Help plan and implement the booth at the Health Fair at Mayo Clinic.
6. Assist with the advocacy for adding vaping to the Smoke Free Air Act here in La Crosse.
7. Help plan and attend a Drug Take Back day.

III. Evaluation of Progress

- a. To evaluate my overall progress and accomplishment of objectives I will meet with my supervisor (Al Bliss) once a week for a quick update meeting, and 3 times throughout the semester for a more in-depth discussion of progress. The 3 meetings will land around the time each report is due during the semester.

IV. Special Considerations

- Vacation Wednesday March 18-20