

**Wright State University Boonshoft School of Medicine (BSOM) Biennium 1
Service Learning Student Initiated Elective (SL SIE)
Service Learning SIE Proposal Cover Page**

Name of BSOM Medical Student E-mail Address

Rebecca Beesley, beesley.3@wright.edu
Nicole Craker, craker.2@wright.edu

Title of SL SIE
STEPS Service Learning

Dates of SL SIE Total Service Learning Hours
Dates will vary upon enrollment
Total Hours: 18

Mailing Address of SL SIE Community Site
St. Vincent de Paul Gateway Men's Shelter
1921 S Gettysburg Ave.
Dayton, OH 45417


BSOM Academic Faculty Name, Department and E-mail Address
Dr. Paul Hershberger
Department of Family Medicine
Paul.hershberger@wright.edu

Community Faculty Name and E-mail Address
Lakais Bailey
lbailey@stvincentdayton.org

Community Site Supervisor Name and E-mail Address
STEPS Executive Committee co-chairs
beesley.3@wright.edu and craker.2@wright.edu

Signature of Boonshoft School of Medicine Academic Faculty Date

 2/15/14
Signature of Community Site Supervisor and Date

 2/15/14
Signature of Community Faculty and Date

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BSOM Academic Faculty Name, Department and E-mail Address

Dr. Paul Hershberger

Department of Family Medicine

Paul.hershberger@wright.edu

Community Faculty Name and E-mail Address

Joshua Alpert

jalpert@stvincentdayton.org

Community Site Supervisor Name and E-mail Address

Lakais Bailey

lbailey@stvincentdayton.org

Signature of Boonshoft School of Medicine Academic Faculty Date

 2-7-14

Signature of Community Site Supervisor and Date

Signature of Community Faculty and Date

Instructions for SL SIE Submission: all SL SIE proposals must be submitted to the B1 Electives Subcommittee for approval at least 60 days prior to start of elective. Submit proposal, including signed proposal cover page and Service Learning Acknowledgment of Medical Risk Form, to Carla Lachecki, (electronically to carla.lachecki@wright.edu or hard copy to Student Affairs, 190 White Hall).

NOTE: This form is for domestic SL SIEs only. International SL SIEs require different forms.

**Wright State University Boonshoft School of Medicine (BSOM) Biennium 1
Service Learning Student Initiated Elective (SL SIE)**

1. TITLE OF SL SIE: STEPS Service Learning
2. SCHOOL OF MEDICINE DEPARTMENT: Department of Family Medicine
3. DIRECTOR & FACULTY:

Academic Faculty: Dr. Paul Hershberger
Community Faculty: Lakais Bailey
Community Site Supervisor: STEPS Executive Committee Chair
4. TIME & LOCATION: 1st and 3rd Saturdays of each month, 8:00am-12:00pm
5. TOTAL NUMBER OF SERVICE LEARNING HOURS: 18
6. NUMBER OF STUDENTS: *(Please list all students and their e-mail addresses who will be participating in this SL SIE module. Please note that each student must submit required paperwork individually):*
 - 1.
7. SERVICE LEARNING ELECTIVE DESCRIPTION:

Students Teaching Educational Plans for Success, also known as STEPS, is an interdisciplinary initiative that brings together students from different professional disciplines. STEPS currently serves at the St. Vincent de Paul Gateway Men's Shelter and provides the residents with an opportunity to get their vital signs checked as well as discuss health goals. STEPS uses motivational interviewing to work with the residents to develop strategies to reach their goals.
8. LEARNING METHODS:
 - a. Orientation: Students will be required to participate in an orientation that introduces them to STEPS. At this time logistics of the morning session and a

review of interviewing skills will be conducted. Students will also be oriented to the facilities of the Gateway Men's Shelter on their first visit to the shelter.

b. **Direct Service:** Students will volunteer at St. Vincent de Paul Gateway Men's Shelter where they will:

1. Take residents' weight, calculate BMI, take blood pressure, and measure glucose levels.
2. Interview residents using a motivational interviewing approach.
3. Discuss with residents examples of healthy lifestyle choices.
4. Discuss with and provide residents a healthy snack recipe.

c. **Non-Direct Services:**

Prior to attending a STEPS session, volunteers will need to read through the volunteer packet provided to them. This will discuss St. Vincent de Paul and some commonly asked questions. They will also need to attend one of the motivational interviewing training sessions that are offered throughout the year.

d. **Reflection Activity:**

Students will write a reflection paper after completing 12 hours of direct service. The paper is to include what the student experienced while volunteering at STEPS and how they feel this experience might make them a better physician in the future.

9. LEARNING OBJECTIVES

a. **Learning Objectives**

- 1) Students will learn the techniques of motivational interviewing and begin to apply them to resident encounters.
- 2) Students will gain experience working with a vulnerable population and better understand the difficulties they face in meeting their health goals.
- 3) Students will learn about the importance of preventative health and ways to facilitate conversations about preventive health.

b. **Service Objectives**

- 1) Men at the Gateway Men's shelter often do not have access to medical professionals in order to voice their health concerns and would benefit from time spent with someone able to listen to those concerns.
- 2) St. Vincent de Paul is looking for people to positively interact with their residents and encourage them to continue working towards the goal of moving out of the shelter. The residents may benefit from someone encouraging them to reach their goals.
- 3) Men at the Gateway Men's shelter often have concerns and stressors that take precedent over planning for their future health. The men may benefit

from having conversations about preventative health to best prepare for a healthy life upon moving from the shelter.

c. Service Learning Objectives

- 1) Students will gain experience with motivational interviewing and will help the residents of the shelter by listening to their health goals and needs.
- 2) Students will gain experience working with a vulnerable population and learn more about the difficulties residents face in reaching their health goals while providing encouragement to residents.
- 3) Students will learn the importance of and ways to facilitate conversations about preventative health while helping the men of the St. Vincent DePaul Gateway Men's Shelter develop and understand preventative health goals.

10. EVALUATION:

a. Total SL hours= 18

Orientation (introduction) = 1

Direct Service= 12

Non Direct Service (motivational interviewing training, handbook) = 3

Reflection (reflection paper)= 2

- b. Students will submit Service Learning Verification form to Student Affairs when they have completed their participation in the STEPS Service Learning.
- c. After the reflections are completed, the students will submit them to Carla Lachecki.