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VDH Internship Academy 2024: Cohort 2

Drew Wood, MSW/MPH Candidate

Mt. Roger's Health District: Population & Community Health



Projects Overview

Telling the community's story (Phase II of the MAPP 2.0 Process) of the Mount Rogers Health District (MRHD): Phase II advances Mt. Roger's comprehensive community health assessment and strategic planning efforts.

- I surveyed community members about their health concerns and needs and assisted with data entry of community assessments in Redcap

Mount Rogers Health District Baby Care Program: The program coordinates Registered Nurses to educate mothers about the development of their babies and connect them with appropriate medical care through home visits, case management, and emotional support.

- I worked on advancing program evaluation efforts by:
 - Analyzing data collected from the program in Excel and working to identify gaps in service provision

Future Goals

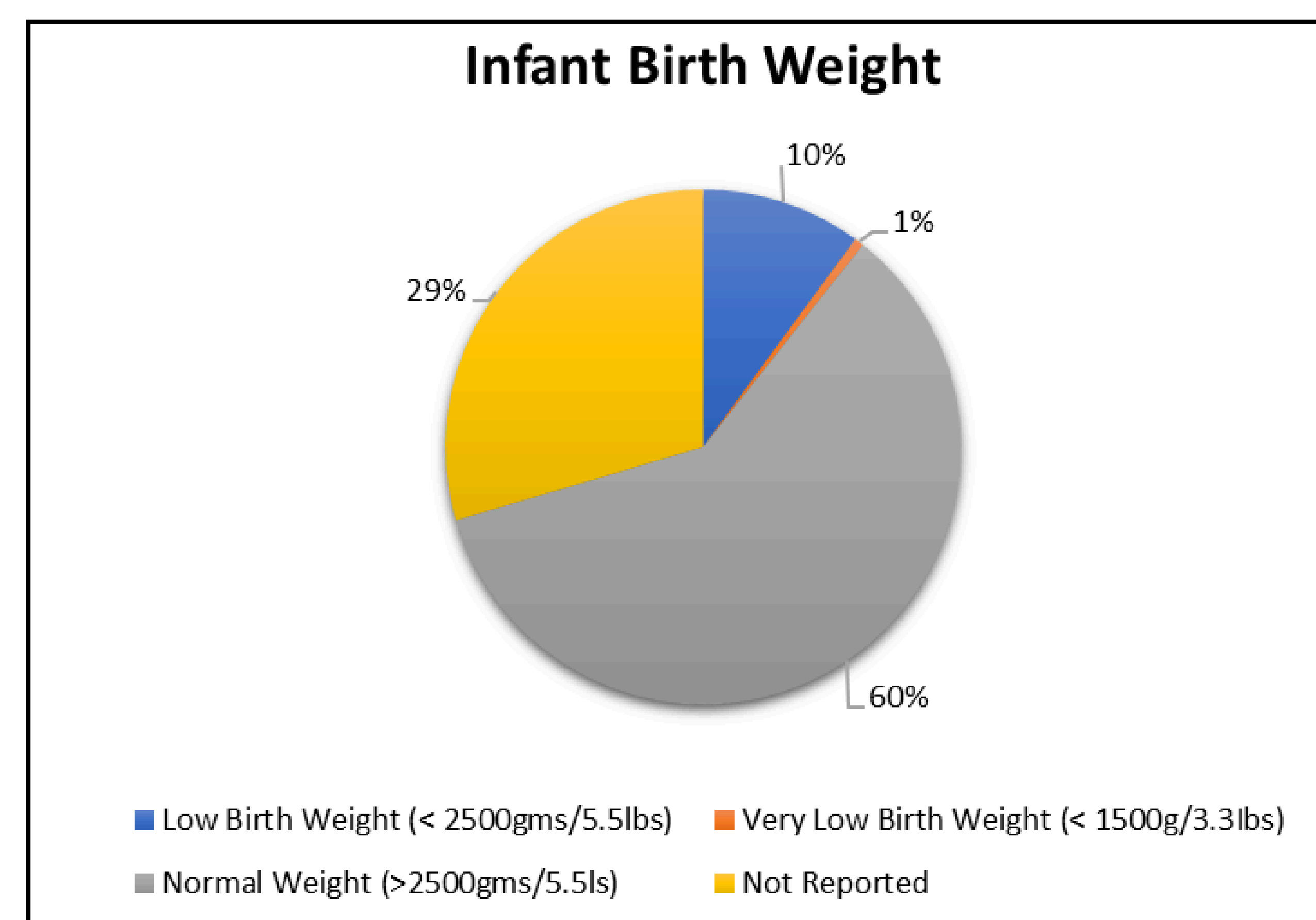
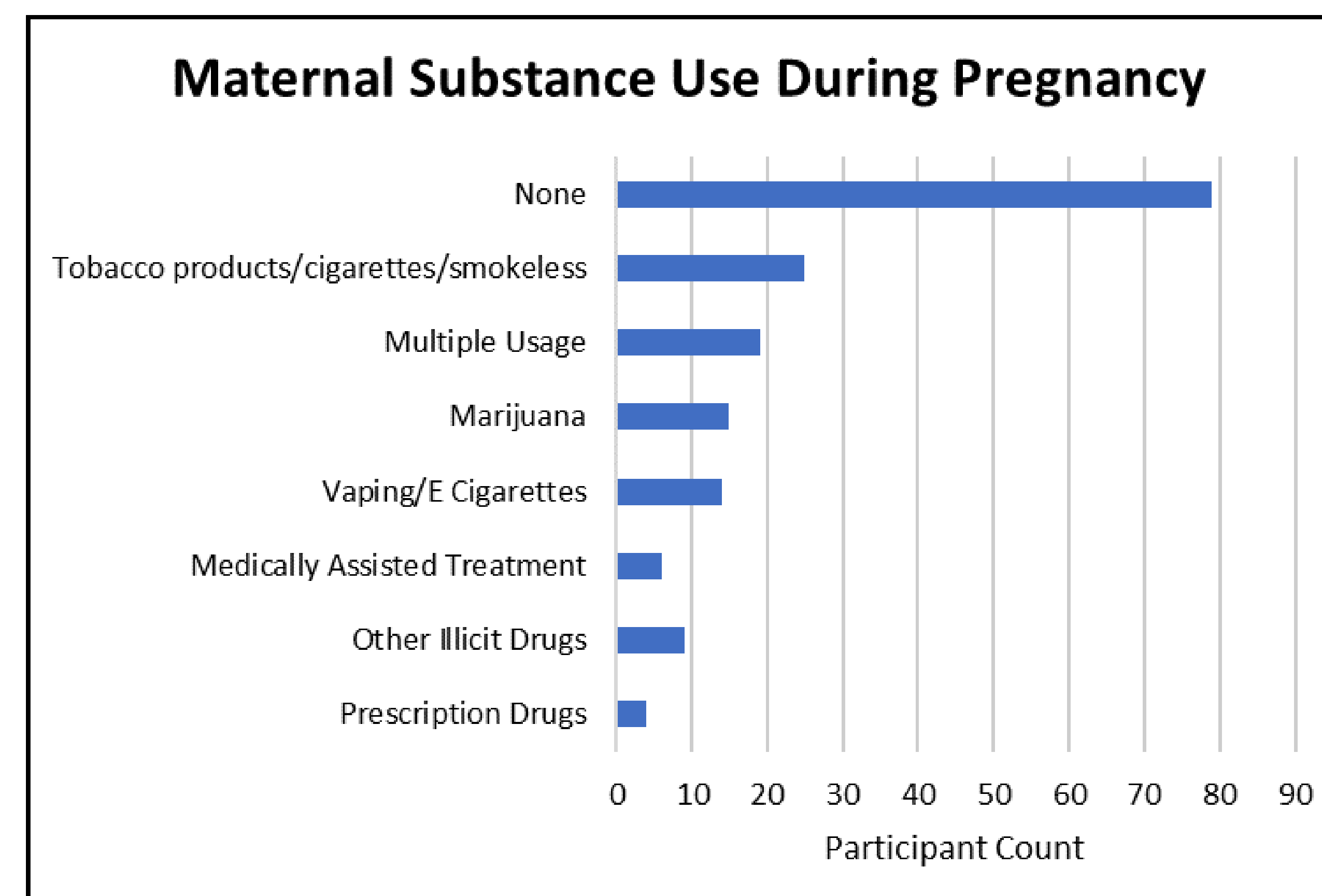
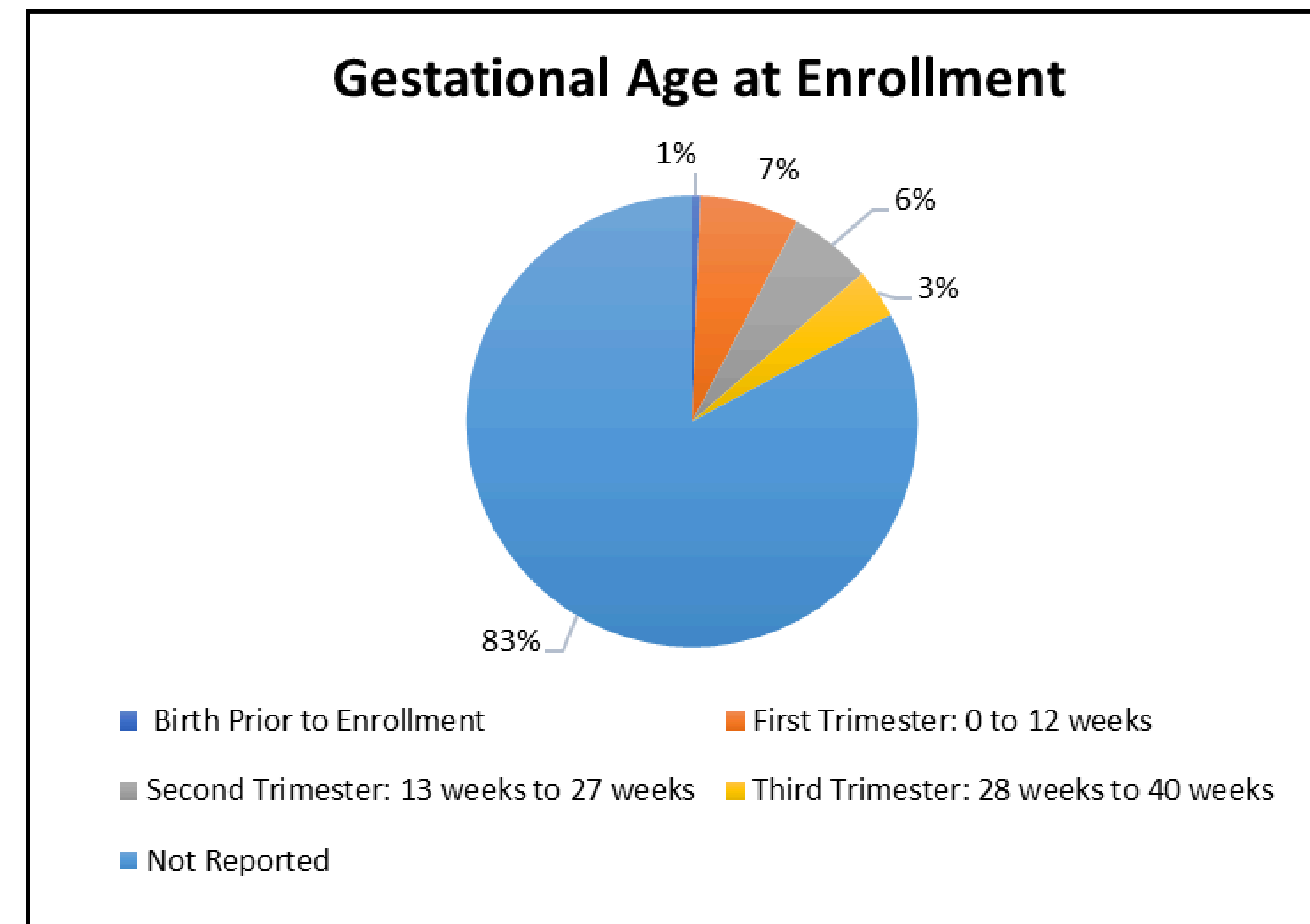
This internship has started me on the path towards a career in Public Health that I definitely want to continue on.

I plan to:

- Finish my MSW/MPH in Dec. 2025
- Look for more work opportunities in Public Health that align with my interests to tap into both my analytical and community oriented sides



Governor Bill Signing at Abingdon High School



Day to Day Activities

Community Outreach

- Assisted with promoting awareness about health department resources through tabling at community events

Shadowing

- Gained perspective on the Baby Care Program and how registered nurses work within the program

Resource Availability & Strategic Planning

- Helped with Population Health and Emergency Preparedness efforts to understand available resources for planning purposes through cataloging materials for inventory creation



Five Bridges Mental Health Wellness Fair

Challenges Faced & Lessons Learned

My challenges were learning to:

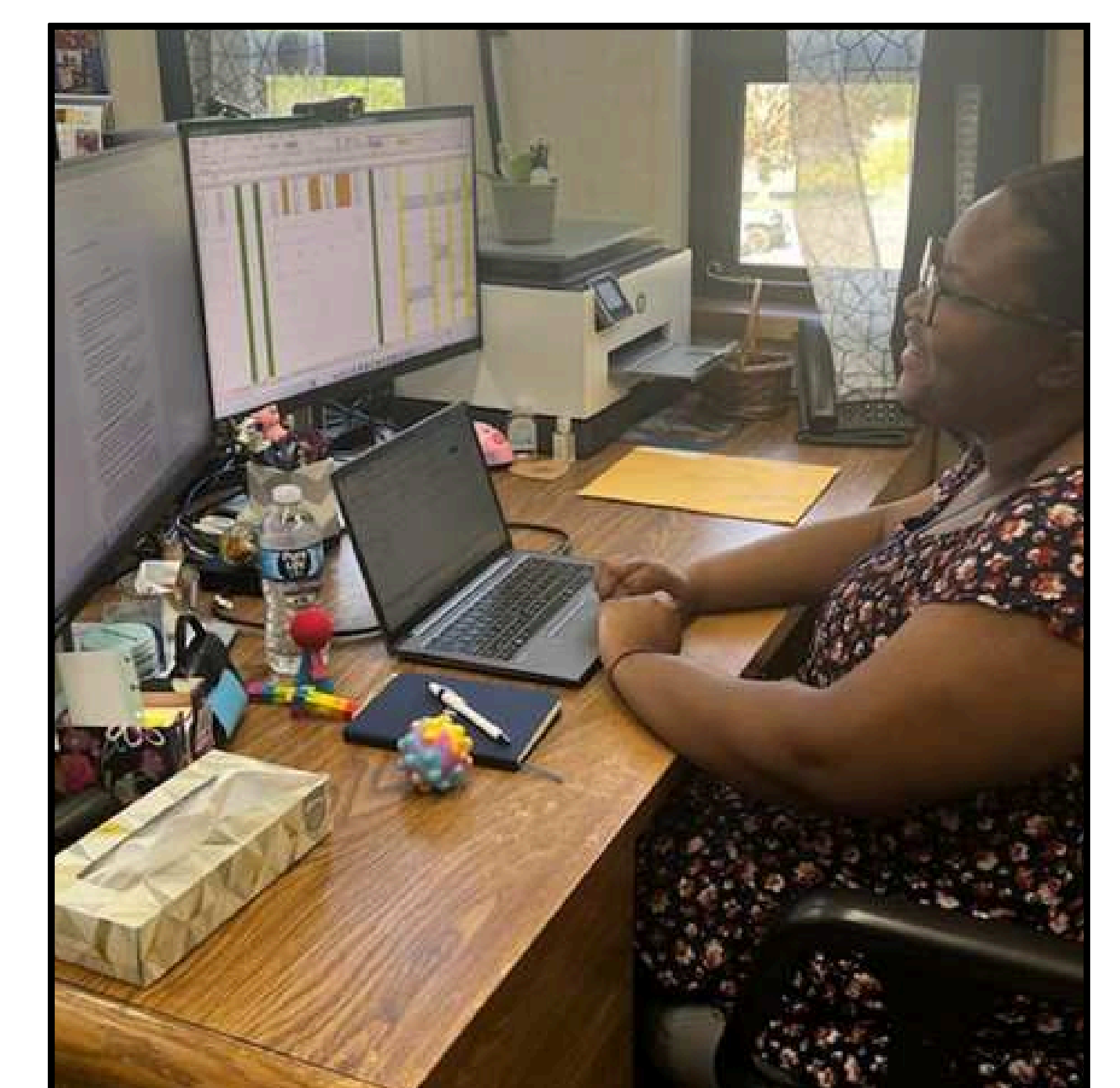
- Be outside my comfort zone and in a new work setting
- Navigate bureaucratic systems

Lessons I learned were:

- To enhance my critical thinking and communication skills
- The importance of promoting health education within communities
- How data can be used to amplify needs within communities and programs

Special Thanks

I am incredibly thankful to Brianne Kilbourne, Donna Surber, Meagan Helmick and all the wonderful health department staff within Mt. Roger's for teaching me so much during my internship. I am also grateful to Jeff Stover, Felicia Baez, and Bridget Cochran for providing me with this one-of-a-kind job experience.



Mt. Roger's Health District Office