

# SUNY Upstate Center for Civic Engagement

## Signature Programs

<b>Patient Navigation Programs: The concept of patient navigation was founded and pioneered by Harold P. Freeman in 1990 for the purpose of eliminating barriers to timely cancer screening, diagnosis, treatment, and supportive care. Currently the patient navigation model has been expanded to include the timely movement of an individual across the entire health care continuum from prevention, detection, diagnosis, treatment, and supportive, to end-of-life care. Patient navigation has shown efficacy as a strategy to reduce cancer mortality and is currently being applied to reduce mortality in other chronic diseases. (Harold P. Freeman Patient Navigation Institute)</b>			
Program Name	Location	Description	Learning Objectives
Amaus Pediatric Clinic	259 E. Onondaga St Syracuse, NY 13202	Walk-in, primary care facility located at the Cathedral of the Immaculate Conception in Downtown. Patients are people without health insurance or with limited access to health care. Students aid in patient intake and assessment, managing patient flow and referrals.	*Students will develop relationships with people of diverse backgrounds *Students will develop a better sense of themselves as health care professionals *Students will increase social awareness and responsibility *Students will observe interactions between clinic personnel and clients and their families
Helping Hands for Forgotten Feet	122 Dickerson St. Syracuse, NY 13202	Students provide patient navigation under the supervision of attending physicians. Patient navigation includes aiding in patient intake, history taking and assessment (with a focus on foot health), providing health education, and referrals to primary care providers.	*Students will develop relationships with people experiencing homelessness *Students will develop a better sense of themselves as health care professionals and their role in health care delivery *Students will increase social awareness and responsibility *Students will observe interactions between attending physician and homeless clients
Rahma Clinic	3100 S. Salina St. Syracuse, NY 13205	Walk-in, primary care facility for people without health insurance or with limited access to health care. Specialty services such as surgical consults, cardiology, and more, are provided. Students shadow staff and aid in intake,	*Students will develop relationships with people of diverse backgrounds *Students will develop a better sense of themselves as health care professionals and their role in health care delivery *Students will increase social awareness and responsibility *Students will observe interactions between clinic personnel and clients

		assessment, referrals and patient flow.	
<p><b>Community-based Research Projects: Community-based research (CBR) begins with a research topic of importance to the community with the aim of combining knowledge with action to achieve social change (Community-Based Research and Higher Education, Strand et al., 2004, p.3). Students are encouraged to work with community partners to develop research projects under guidance of an Upstate faculty member to learn more about the design and implementation of effective and accurate research that is both rigorous and useful to specific community organizations or public interest constituencies. Findings can be reported through publications and conference presentations.</b></p>			
Program Name	Location	Description	Learning Objectives
Safety Net Clinic Research Experience Project	Clinic Sites & Weiskotten Hall	Students work with an Upstate researcher to conduct surveys and interview patients utilizing local free clinics to gather information about other services this population needs most.	*Students will gain an understanding of the fundamentals of community-based research, *Students will learn about the social, behavioral and economic factors that influence health care access, *Students will increase social awareness and responsibility.
<p><b>Companionship Programs: The purpose of Companionship program is to improve the care, health and wellbeing of patients and reduce loneliness. Volunteers will provide one-on-one time with patients while also providing respite to the caregivers of those patients. Research indicates that friendship contributes to a person's wellbeing: through the provision of companionship in daily life, support during stressful transitions, as well as sustainment of identity under changing circumstances.</b></p>			
Program Name	Location	Description	Learning Objectives
Dialysis Clinic	1127 E. Genesee St Syracuse, NY 13210	Students match to patients receiving dialysis to provide companionship during the process to improve mental health.	*Students will develop relationships with people undergoing treatment for chronic disease, *Students will gain a better understanding of the psycho-social issues that accompany chronic illness, *Students will develop a better sense of themselves as health care professionals and their role in health care delivery, *Students will increase social awareness and responsibility
Geriatric C.A.R.E	Upstate Medical Hospital Geriatric Ward	Students provide companionship for senior citizen (geriatric) patients in the geriatric ward of Upstate University Hospital by playing games, reading books or participating in conversation, to improve	*Students will develop relationships with people of diverse backgrounds and experiences, *Students will develop a better understanding of themselves as health care professionals and their role in health care delivery, *Students will interact with professionals and clients to

		mental health in geriatric patients.	advance the psycho-social-emotional health of the client and the client's family.
Peds Pals	Upstate Cancer Center	Student pairs mentor pediatric patients as they undergo treatment. Activities include accompanying a patient to an appointment, going on outings or visiting during in-patient stays. <b>A two year commitment is required.</b>	*Students will develop relationships with people of diverse backgrounds and experiences, *Students will develop a better understanding of themselves as health care professionals and their role in health care delivery, *Students will interact with professionals, parents and clients to advance the psycho-social-emotional health and academic development of the client.
Peds Relief	Golisano Children's Hospital	Students provide companionship to pediatric patients in order to allow brief respite for parents. Students play games, read books, create art, etc.	*Students will develop relationships with people of diverse backgrounds and experiences, *Students will develop a better understanding of themselves as health care professionals and their role in health care delivery, *Students will interact with professionals, parents and clients to advance the psycho-social-emotional health of the client and the client's family.
<b>Health and Wellness Programs: The World Health Organization (WHO) defines Health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” The National Wellness Institute defines wellness as an active process of becoming aware of and making choices toward a more successful existence.</b>			
<b>Program Name</b>	<b>Location</b>	<b>Description</b>	<b>Learning Objectives</b>
Extended Hands for Adolescent Mothers	667 South Salina St., Syracuse, NY 13208	Extended Hands for Adolescent Mothers (EHAM) partners with the Transitional Apartments and Parenting Center (TAPC), which provides long-term transitional housing for pregnant and parenting adolescent girls and their children. Every month, we host a creative and/or educational session for the mothers to learn helpful life skills, parenting skills, or to reinforce a mentality of positivity	*Students will develop relationships with people of diverse backgrounds and experiences *Students will inform, educate and empower people about health care issues *Students will work with community members to find programs to fit their needs

		through various creative outlets. Each session is an opportunity for the young women to cultivate a foundation for long term goal setting, and to feel supported through their housing transition.	
Rescue Mission Women HEAL	122 Dickerson St. Syracuse, NY 13202	Students coordinate and hold semi-monthly groups with female residents of the Rescue Mission to promote the physical, mental and social well-being of participants through education, relaxation, and a variety of other activities.	*Students will develop relationships with people of diverse backgrounds and experiences, *Students will inform, educate and empower people about health care issues *Students will work with community members to find programs to fit their needs *Students will learn about the social, behavioral, and economic factors that influence health care access.
RISE Women's Empowerment Group	302 Burt St. Syracuse, NY 13202	Students coordinate monthly sessions with female children of the Syracuse RISE program to educate, motivate, and present participants with skills to promote their success.	*Students will develop relationships with people of diverse backgrounds and experiences *Students will have the opportunity to serve as mentors to the girls *Students will share experiences on being a healthcare student
Upstate Folk Art Partnership	302 Burt St. Syracuse, NY 13202	Students help promote the mental and social health of participants, largely refugees from the Syracuse community, using creative arts from a variety of cultures. Students will be able to engage with participants to build cross-cultural and inter-generational relationships as they work with participants to create art and crafts. This experience is open to all students and is a valuable experience to engage with the Syracuse community to make a positive impact.	*Students will develop relationships with people of diverse backgrounds and experiences, *Students will inform, educate and empower people about health care issues.
<b>Mentoring Programs: Children who succeed despite overwhelming personal, economic and social obstacles do so often because of a caring adult in their lives. Mentoring outcomes include greater</b>			

**participation in school, improved attendance, higher graduation and college admission rates, and better overall performance. (New York State Mentoring Program, 2016)**

<b>Program Name</b>	<b>Location</b>	<b>Description</b>	<b>Learning Objectives</b>
CanTeen	6046 State Route 31 Cicero, NY 13039	The CanTeen program meets regularly with students at the Cicero Canteen after-school program to provide meaningful companionship, and engage them in scientific activities.	*Students will learn the qualities of a positive role-model, *Students will use medical knowledge to pique scientific interests from students prior to starting college, *Students will develop the ability to form meaningful connections with adolescent members of the community.
C.H.A.M.P. (Children's Health After School Mentorship Program)	401 South Ave. Syracuse, NY 13204	Student volunteers lead the CHAMP Program which serves to enhance understanding and performance of various fitness activities and healthy behaviors. Youth of all abilities are able to participate. Student volunteers mentor and teach the students techniques and strategies for staying healthy and active.	*Students will educate and empower youth about health issues, *Students will learn about barriers present in the lives of urban youth of diverse backgrounds, *Students will become familiar with various elements of after school programming, *Students will educate and empower youth about health issues, *Students will increase social responsibility, *Students will gain a better understanding of how their power and privilege can be used to help others with less power and privilege
M.E.D.S. (Medical Education for Diverse Students)	SUNY Upstate Medical University	Students facilitate mentoring relationships between Upstate and Syracuse City School District students and provide lessons in medical science, public health, and healthcare career exploration.	*Students will educate and empower youth about health issues, *Students will learn about barriers present in the lives of urban youth of diverse backgrounds, *Students will become familiar with various elements of after school programming, *Students will increase social responsibility, *Students will gain a better understanding of how their power and privilege can be used to help others with less power and privilege.

Reading Buddies	416 E. Raynor Ave. Syracuse, NY 13202	Students are matched with 3rd and 4th grade students from Dr. Martin Luther King, Jr. Elementary School (Syracuse City School District) to practice reading each week throughout the school year. The goals of the program are to increase literacy levels and to instill a passion/love for reading.	*Students will develop relationships with people of diverse backgrounds and experiences, *Students will educate and empower youth about health issues, *Students will become familiar with various elements of after school activities, *Students will increase social responsibility, *Students will gain a better understanding of how their power and privilege can be used to help others.
Syracuse Community Connections	401 South Ave. Syracuse, NY 13204	Students assist with and conduct a variety of after school activities including tutoring, reading, homework help, games, mentoring, and health education. Students also lead the CHAMP (Children's Health After-School Mentorship Program) which serves to enhance understanding and performance of various fitness activities and healthy behaviors. Youth of all abilities are able to participate.	*Students will educate and empower youth about health issues, *Students will learn about barriers present in the lives of urban youth of diverse backgrounds, *Students will become familiar with various elements of after school programming, *Students will increase social responsibility, *Students will gain a better understanding of how their power and privilege can be used to help others with less power and privilege.
YWCA Zonta House Reach One Teach One	401 Douglas Street, Syracuse, NY 13203	The Zonta House in partnership with Girls Inc. coordinates after school programs for young girls in the community. On select Wednesday afternoons throughout the year, Upstate volunteers assist elementary school students with homework and lead fun, interactive science experiments with our participants. As part of this program, volunteers also serve as mentors and role models for the future of our community.	*Volunteers will be exposed to the Syracuse community. *Volunteers will become active members of the Syracuse community. *Volunteers will serve as positive role models of success and inspiration for Syracuse youth. *Volunteers will foster and nurture educational curiosity with program participants. *Volunteers will learn the impact of their position and better understand how they can use their position to benefit others outside of their field.