

# Students of Rochester Outreach (SRO)

## Community Volunteer Opportunities

Students of Rochester Outreach's (SRO) primary goal is to provide medical, graduate and nursing students the opportunity to have hands-~~ons-od~~one-on-one health through

attentive, compassionate listening.

### Health and Incarceration Connection

The Health and Incarceration Connection works to build a connection between medical students and those within the carceral system. Through policy work, community outreach, curriculum development, and a health literacy mentorship program in Monroe County Jail, we work to foster community and trust between ourselves as future healthcare providers and incarcerated/previously incarcerated individuals. SRO hours are provided for Jail Mentorship volunteering. This group meets on a monthly basis. We work on policy projects, including anti-shackling initiatives in Strong Memorial hospital, community building including letter-writing workshops, curriculum building including a phase 1 and phase 2 medical humanities selective, and a health literacy jail mentorship program. We plan to continue each of these projects and expand our work through the guidance of previously incarcerated community members with whom we work.

### Belton Health

This clinic was sponsored through collaboration of SNMA (Student National Medical Association) and LMSA (Latin Medical Student Association). Sessions are held on the 2nd and 4<sup>th</sup> Saturdays at the St. Luke's church on Dewey Avenue. Medical services including work/school physicals and some acute care are provided. The desired outcome is to provide medical care to the uninsured and underinsured Black and Latinx population of Rochester that may otherwise have gone underserved or ignored. The healthcare teams at this site have worked to establish relationships within the community and ultimately redefine healthcare for the City of Rochester. They also have partnered with local Black and Latinx physicians who have knowledge of the gaps in healthcare for people of color and who are motivated to work towards health equity.

### Nativity Prep After School Tutoring

Students volunteer at Nativity Prep, an inner-city Catholic School, helping middle school students with after-school tutoring in math, science, history, English, etc. Other enrichment activities that URSMD students have been involved with at Nativity Prep include after school soccer and basketball. An initial training session is required at Nativity. Volunteering is typically 1.5 hours per week, once per week. Scheduling is flexible and can accommodate students' class and clinic schedules.

### Rochester Human Rights Initiative (RHRI)

RHRI is Rochester's student-run asylum clinic, a chapter of the national Physicians for Human Rights (PHR) program. We provide psychiatric and physical evaluations for refugees and asylum seekers who need medical affidavits as part of their court cases. RHRI works with local legal agencies and immigration attorneys to coordinate and facilitate these evaluations which are performed by trained physicians in the Rochester community. The RHRI leadership board will hold biweekly meetings over the course of the coming year. At any given time, we have between 5-10 active cases that our leaders and our student volunteers are working to coordinate and complete. This year, we also plan to hold workshops for our student volunteers to learn more about asylum medicine and to further hone their affidavit-writing skills.

### ROCovery Wellness

Under the guidance of Dr. Holly Russell, our program provides medical students a hands-on experience to help deliver a series of workshops designed to promote health literacy and wellness

for members of ROCoverly FitnessCenter. ROCoverly fitness center is an organization which provides a supportive environment for people in recovery from substance use disorders (SUDs) to develop skills in order to live a healthy and active life. Through our workshops, we hope to better link those with a history of SUDs to healthcare services and facilitate medical students in learning how to care for patients with a history of SUDs. In addition to planning meetings throughout the year, our group will hold 10 sessions virtually or at ROCoverly Fitness where medical students help lead discussions on various aspects of health, including navigating stigma in healthcare, patient advocacy, nutrition and healthy eating, health screenings, sexual health, and more. Our series includes a variety of speakers, and medical students facilitate a discussion in small groups designed to promote bidirectional learning between them and the participants.

Serving Nutritious Appetizing Cuisine to our Community and the Sick (SNACCS)

Serving Nutritious and Appetizing Cuisine to the Community and the Sick is an SRO that aims to get good, clean food to our community. This year Hope Lodge has reopened after closing during the start of the pandemic. We will begin volunteering again with Cooking Up Hope, a program where volunteers gather to make food for patients and families at Hope Lodge. We are continuing our partn

Medicine, and the Preventative Medicine Residency Programs assist students in providing these services. Twice per week, student volunteers do rounds to encampments in the community to meet people experiencing homelessness where they're at, help provide for basic needs by distributing donations, and fostering trust between the medical community and those experiencing homelessness. Each semester at least three trainings are provided to volunteer students

#### URWell

Our mission is to provide free, high quality health maintenance and preventive services to local uninsured families and individuals in an effort to foster the health of the Rochester, NY community while promoting the spirit of education, social justice, and collaboration.

##### *Asbury First United Methodist Church*

- Thursday evenings from 6-9 pm
- Location: 1050 East Avenue, 14607

##### *St. Joseph's Neighborhood Center*

- Tuesday evenings from 6-9 pm
- Location: 417 South Avenue, 14620

Specialties rotating monthly: Endocrinology, Eye Care, MSK/Ortho once/month, Dermatology, Neurology, Urology, Procedure Night (General surgery)

##### *St. Luke's Tabernacle Community Church*

- Wednesday evenings from 6-9 pm.
- Location: 1261 Dewey Avenue, 14613

#### Refugee Tutoring Alliance

Our purpose is to provide individual tutoring to refugee students of all ages in Rochester. Rochester is home to many refugees, with more settling here each year. Our mentor, Chojoy Schroeder, is a retired RCSD teacher who works with Refugee families to help them settle in Rochester. She works tirelessly to provide these students with educational opportunities so that they can flourish. One program that she started was the Saturday Tutoring at Carlson Library. However, during the pandemic, we had to move this program to zoom. Beginning in September, we are hoping to move back to Carlson. We meet every Saturday from 12pm-5pm, currently on Zoom, but soon to be in person at Carlson library. Chojoy refers students to our group, who we then pair with tutors (mostly UR SMD students) for individual tutoring.

This program has been running for about 10 years. Originally, medical student volunteers were organized by the Refugee Student Alliance, but that group no longer exists. When the pandemic came, we transitioned the tutoring to Zoom.

#### Smoking Cessation Counseling

Using a program model developed by Dr. John Grable, a physician at SMH, our group aims to counsel inpatient individuals who are interested in quitting smoking. Once admitted patients are identified as smokers who want to quit smoking, counselors will interact with the patient directly in the hospital. Counselors will also interface with attending physicians, unit clerks, and nurses on the unit and will have the opportunity to follow -

whoouoho gwho

Additional events include quarterly meetings for the Rochester Model Tobacco Treatment Workgroup, which are dinner meetings where counselors can network and discuss tobacco treatment and research with clinicians in the Rochester area.