Nov 4th, 8:30 AM - 3:30 PM

Eat Walk Sleep Discuss: Building a Multi-Dimensional Participatory Relationship

Heather-Lyn Haley  
*University of Massachusetts Medical School*

Suzanne B. Cashman  
*University of Massachusetts Medical School*

Michael A. Godkin  
*University of Massachusetts Medical School*

See next page for additional authors

Follow this and additional works at: [https://escholarship.umassmed.edu/chr_symposium](https://escholarship.umassmed.edu/chr_symposium)

Part of the [Community Health and Preventive Medicine Commons](https://escholarship.umassmed.edu/commhealth-preventmed), and the [Medical Education Commons](https://escholarship.umassmed.edu/medical-education)

---

Haley, Heather-Lyn; Cashman, Suzanne B.; Godkin, Michael A.; Walsh, Meredith; Maung, Nang; Lim, Toy; Tracy, Sarah; Savage, Clara; and Madison, James II, "Eat Walk Sleep Discuss: Building a Multi-Dimensional Participatory Relationship" (2011). *Community Engagement and Research Symposia*. 8.  
[https://escholarship.umassmed.edu/chr_symposium/2011/posters/8](https://escholarship.umassmed.edu/chr_symposium/2011/posters/8)

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Community Engagement and Research Symposia by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.
A multi-faceted relationship has developed between UMass Worcester and the Worcester Refugee Assistance Project (WRAP). The relationship has its roots in student engagement, and has grown to include faculty, students and community members in a range of community-based participatory activities, which can be shaped in response to needs as they are identified and defined.

WRAP member Yaw Yaw takes an aerobic exercise at Teen Health Night.

A Burma Youth Organization member teaches community adults about accessing oral health resources in Worcester and the importance of taking care of our mouths.

A PA student, premed student, and group of UMass Med students from several learning communities volunteer at Family Health Night for refugees from Burma, funded through Learn and Serve MLK Semester of Service student award.

Eat Walk Sleep Healthy Living Curriculum has been adapted from Khmer using community-based participatory research methods with WRAP advisory board and community members, UMMS faculty and students, and Common Pathways.

A PA student, premed student, and group of UMass Med students from several learning communities volunteer at Family Health Night for refugees from Burma, funded through Learn and Serve MLK Semester of Service student award.

Eat Walk Sleep Healthy Living Curriculum has been adapted from Khmer using community-based participatory research methods with WRAP advisory board and community members, UMMS faculty and students, and Common Pathways.

Student learning community sponsored volunteer service for social healthy activity events – ice skating, rock climbing, costume drive and party for Halloween.

Common Pathways is the Community Health Network (CHNA) for Central MA, a local coalition of public, non-profit, and private sectors working together to build healthier communities through community-based prevention planning and health promotion. They sponsored two summer conversation series designed to strengthen communities and enhance self-efficacy. They also worked to develop an Eat Walk Sleep curriculum adaptation project, where they provided crucial assistance with adaptation and the intervention process.

Funded research on adaptation of healthy living curriculum originally developed by Cambodian community to meet needs of WRAP members.

Common Pathways is the Community Health Network (CHNA) for Central MA, a local coalition of public, non-profit, and private sectors working together to build healthier communities through community-based prevention planning and health promotion. They sponsored two summer conversation series designed to strengthen communities and enhance self-efficacy. They also worked to develop an Eat Walk Sleep curriculum adaptation project, where they provided crucial assistance with adaptation and the intervention process.

Funded two student fellowships at WRAP.

Funded research on adaptation of healthy living curriculum originally developed by Cambodian community to meet needs of WRAP members.

Sponsored two student fellowships at WRAP.
<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spring 2010</strong></td>
<td>Meredith Walsh (GSN GEP2) begins the Burma Youth Organization (BYO), a youth development project for refugees from Burma ages 15 to 24. The goal of the program is to help participants gain life skills that will help them with schoolwork, employment, higher education and other paths to successfully navigating American life with their dual identities. As a founding board member of WRAP, she also helps develop advisory committee comprised of refugees. A soccer team is also formed, meeting twice a week, bridging regional differences between refugees and proving plenty of volunteer work driving kids to games. Nang Maung (GSBS) uses her Schweitzer project to promote self-reliance among refugees from Burma living in Worcester by empowering them with language skills, information and confidence to access services available to them. In addition to teaching literacy and homework help classes to this refugee population, she is working to implement lesson plans and spoken English exercises focused on topics most relevant to survival and adjustment in the United States. She is also working with BYO teenagers to lead future ESL classes.</td>
</tr>
<tr>
<td><strong>Summer 2010</strong></td>
<td>Meredith Walsh as L&amp;S liaison begins Family Mentoring Program, ESL and tutoring, drivers’ education classes, and a weavers’ group. Liaisons from several agencies meet regularly; this cross-agency work creates connection, info/resource-sharing between WRAP and African Children’s Education Program. Family mentors identify need for education re: healthy foods vs local habits. Learn and Serve MLK Semester of Service Student award. Nang Maung (GSBS), Sarah Tracy (MS2) and Michael Richardson (MS2) work with BYO to plan and host Family Health Night. More than 150 members of the Burmese refugee community come to learn about family planning, nutrition, oral health, fitness and bicycle safety. BYO teens experience leadership and volunteerism firsthand.</td>
</tr>
<tr>
<td><strong>Fall 2010</strong></td>
<td>Summer Community Conversation series: three conversations for professionals re: refugee mental health needs and resources. Leads to formation of working groups on: public awareness, transportation, mental health training. Collaboration on Eat Walk Sleep grant: Provided administration and input for EWS adaptation process. Co-led EWS pilot sessions/focus groups, transcribed recordings.</td>
</tr>
<tr>
<td><strong>Winter 2010</strong></td>
<td>Working group on MH collaborates with Natl Assoc of Social Workers and FHWC to host training for MH professionals on mental health issues for trauma survivors. Working group on Community Awareness displays info about local refugees at SART on the Street Festival. Students assigned to mentor WRAP families, joining them for home, school and clinic visits, providing help navigating other systems (housing, education), shared meal.</td>
</tr>
<tr>
<td><strong>Spring 2011</strong></td>
<td>UMMS and GSN Curriculum provide opportunities for student engagement and community service. Students mentor WRAP families. UMMS students conduct lit review on refugee mental health programs for local CHC.</td>
</tr>
<tr>
<td><strong>Summer 2011</strong></td>
<td>GSN students Toy Lim and Meredith Walsh began a pilot qualitative study of mental health perspectives among refugees from Burma in Worcester - daily stressors, how they define mental health wellbeing and/or adversity. With the results of this study Lim and Walsh aim to inform service providers, clinicians, and agencies to offer more targeted and appropriate services for these vulnerable populations. Sponsors Ice Skating Party, introducing refugee community to health physical activity for the winter months. Nang Maung as L&amp;S liaison strengthens ESL classes, peer tutoring, and relationship with Mass College of Pharmacy and Health Sciences, which now places pharmacy student service learners at WRAP in the fall and PA students in the spring. Program now includes babysitting classes.</td>
</tr>
<tr>
<td><strong>Fall 2011</strong></td>
<td>UMMS students conduct lit review on refugee mental health programs for local CHC.</td>
</tr>
</tbody>
</table>