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

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

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**Repository Citation**
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.  
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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.
**Schweitzer Fellowship supports student engagement**

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.

**Corporation for National and Community Service Learn and Serve UMass grant supports WRAP capacity-building, especially ability to use volunteers from UMass and other schools**

Meredith Walsh as L&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.

Nang Maung as L&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. WRAP programs now include babysitting classes.

**Common Pathways Community Health Network Area supports community connections**

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.

Summer Self-Sufficiency Workshop series teaches refugees to map resources in relation to WRAP center and discusses housing and healthcare systems.

Working group on MH collaborates with Nal Assoc of Social Workers and FHcw to host training for MH professionals on mental health issues for trauma survivors.

Working group on Community Awareness displays info about local refugees at START on the Street Festival.

Collaboration on Eat Walk Sleep grant: Provided administration and input for EWS adaptation process.

Co-led EWS pilot sessions/focus groups, transcribed recordings.

**UMMS and GSN Curriculum provide opportunities for student engagement and community service**

<table>
<thead>
<tr>
<th>Multi-cultural Pathways</th>
<th>Population Health Clerkship</th>
<th>Quinsigamond House</th>
<th>Prevention Research Center</th>
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</thead>
<tbody>
<tr>
<td>Students assigned to mentor WRAP families, joining them for home, school and clinic visits, providing help navigating other systems (housing, education), shared meal.</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.</td>
<td>Sponsors Ice Skating Party, introducing refugee community to health physical activity for the winter months</td>
<td>Student discovers community need for healthy living curriculum</td>
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<td>Students mentor WRAP families</td>
<td>UMMS students conduct lit review on refugee mental health programs for local CHC</td>
<td>Sponsors Halloween Costume Drive and party, educating refugee families about otherwise confusing local customs</td>
<td>Student identifies Eat Walk Sleep flipchart used with Cambodian community in CT</td>
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<tr>
<td>Supports MLK Project Family Health Night, helping BYO plan and securing resources to give away bike helmets and toothbrushes</td>
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<td>Eat Walk Sleep Curricular Adaptation Study funded</td>
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<td>Curriculum adapted by working closely with community members</td>
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**Timeline: How our Relationship has Grown**

<table>
<thead>
<tr>
<th>Spring 2010</th>
<th>Summer 2010</th>
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<th>Winter 2010</th>
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