

ABSTRACT

- Building Hope Community Life Center is a faith-based non-profit organization founded in 2001 for youth and family development designed to serve the community
- Our summer camp workshop series at Building Hope Community Life Center is a collaborative effort designed to expose minority youth in the community to mentors, careers, and opportunities to gain exposure to fields in healthcare while also promoting health and wellness in adolescents
- Youth with mentors are 55% more likely to enroll in college, 78% more likely to volunteer in communities and 130% more likely to be in a leadership role on teams and in clubs



PROGRAM ACTIVITIES

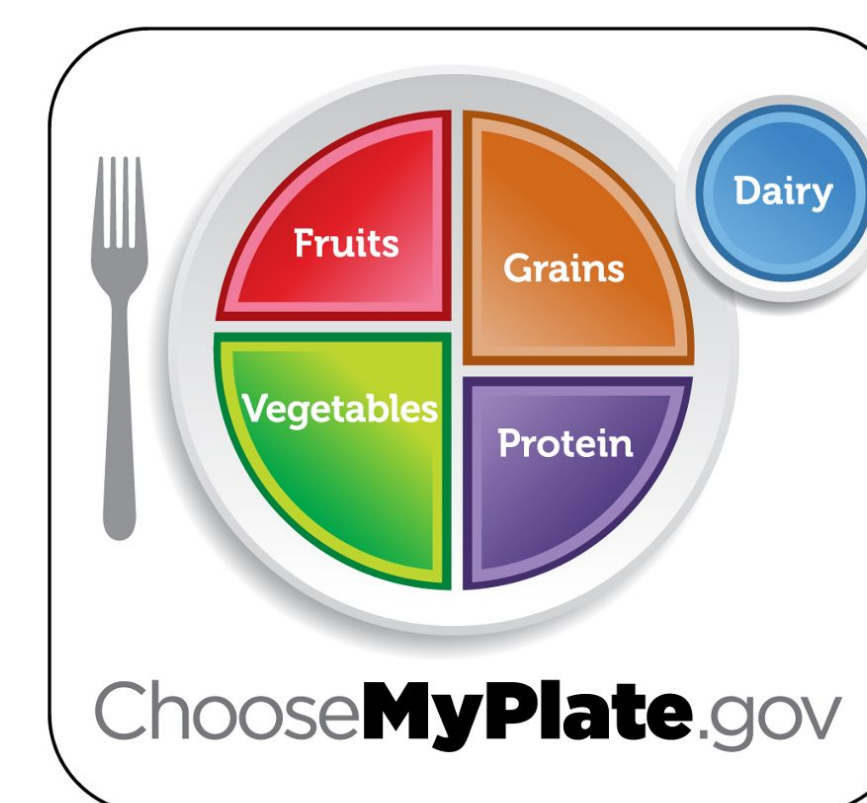
Career Exploration



- Hi-fidelity manikin tour
- SAM heart and lung sounds
- Stop the Bleed Simulation
- The Country Museum Session

Nutrition Mentorship

- Body Composition Activity
- Food Group Relay
- Sugar Content Activity



Mental Health Mentorship



- Mental Health Lesson
- Build-Your-Own Mindfulness Jar

METHODS

- We worked with 18 students ages 11 to 16 utilizing open discussions and hands-on learning activities to teach the children about the various topics of focus to successfully expose students to healthcare careers and review relevant adolescent health concerns
- Students were able to connect with students in professional programs for educational advising now and in the future

RESULTS / DISCUSSION

- We will include more community partners to collaborate for service projects.
- We will continue to curate lesson plans for next summer that target our goals and maintain the project's mission. The lesson plans will be assessed with community partners to address improvements

Future topics of discussion include:

- Professor led topics such as pathology and neurology
- Dental and physical therapy

ACKNOWLEDGEMENTS

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PROJECT GOALS

- Increase the youth exposure to healthcare careers and professions in STEM
- Improve minority physical health and mental health through interactive programs and projects

