

The Wellness Station

NC Albert Schweitzer Fellowship Program

Carolyn Kim



2008-2009 Fellows



Karen Isaacs

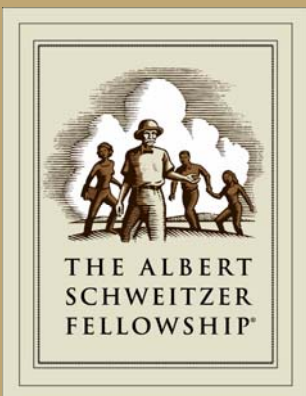
Scope of the project:

Through the support of the North Carolina Schweitzer Fellows Program, our Wellness Station project enabled us to provide individualized health and wellness counseling sessions to 81 low-income adults in Forsyth County. The goal of improving basic health outcomes by targeting health behaviors across the areas of stress management, sleep improvement, diet and exercise modification, and smoking cessation was primarily achieved at Green Street United Methodist Church's free health clinic, and secondarily by training Wake Forest University medical student volunteers at DEAC, the free student-run clinic.



Objectives met:

- Developed specific counseling protocols for patients at free clinics in Forsyth County using secondary data and feedback from local area health providers; incorporated appropriate behavioral tools and strategies that can be tailored to meet individual patient needs.
- Implemented wellness counseling on a weekly basis at Green Street clinic, with a goal of initiating counseling with approximately 70-90 new patients.
- Shared our counseling techniques and strategies more widely in Forsyth County, accomplished by:
 - Liaisoning with DEAC's Health Education Committee co-chairs to further develop the student-run clinic's capacity to carry out wellness counseling.
 - Conducting 2 health education training sessions for 15 medical student volunteers at DEAC; also establishing an accessible video training tool that highlights our counseling techniques for future DEAC health education volunteers.
 - Facilitating the addition of a new wellness counseling station to Wake Forest University School of Medicine's 2009 "Share the Health" health fair; also training 9 volunteers to staff that event by linking wellness topics to the patients' screening results.
 - Conducting 2 training sessions for Wake Forest University undergraduates interested in volunteering at the Green Street health clinic Wellness Station.



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