



South Heartland District Health Department

INTERNSHIP OPPORTUNITY

Mission Statement:

The South Heartland District Health Department (SHDHD) is dedicated to preserving and improving the health of the residents of Adams, Clay, Nuckolls, and Webster Counties. We work with local partners to develop and implement a Community Health Improvement Plan and to provide other public health services mandated by Nebraska state statutes.

Recent or current activities and projects include Pool Cool Sun Safety, Worksite Wellness Promotion, Ebola Planning & Preparedness, Disease Investigation and Health Surveillance, Vaccination Clinics, Workplace Wellness programs, Coordinated School Health, Chronic Disease Prevention (Diabetes, Hypertension, Cardiovascular Disease), and Radon Awareness, Safety, and Testing program.

Priority Areas:

Based on our most recent community health needs assessment, South Heartland and our partners and stakeholders identified 5 health improvement priorities: Obesity, Cancer, Mental Health, Substance Abuse, and Access to Health Care.

Eligibility:

Internship opportunities are available for students majoring or interested in fields such as (but not limited to): Public Health, Health Promotion & Management, Health Administration, Communications, Exercise Science, Data Management, Education, Sociology, Biology, Nursing, Medicine, Public Policy, or Spanish.

Areas of Focus:

Our goal for the SHDHD intern training program is for students to gain a foundation and basic knowledge of Public Health. Students will also gain understanding of the functions and services that are offered by SHDHD. Internship opportunities may include but are not limited to activities and projects in the following areas:

Health/Wellness Education

Interns will work closely with the Wellness Coordinator to develop, implement, and evaluate programs that promote healthy lifestyles among the residents in the four-county District. Topics could include: worksite wellness, Scrubby Bear, physical activity, healthy eating, distracted driving, fall prevention, substance abuse, mental health and more... and could target a range of ages from elementary children to older adults. Potential projects may include developing physical activity or nutrition programs, health education presentations or health promotion videos, health literacy projects, brochures or other resources, or program evaluation tools and surveys.

Public Health Environmental Risk and Emergency Preparedness

Interns will work closely with the Public Health Risk Coordinator on public health emergency preparedness and environmental risk activities. Potential projects may include preparing risk communication kits, assisting with emergency exercise planning and implementation, assisting with environmental risk projects involving smoke-free environments; radon, lead, and water safety; and developing public education programs in the areas environmental risk and emergency preparedness.

Chronic Disease Prevention (Prevention Connection Program)

Interns will work closely with the Chronic Disease Prevention or Wellness Coordinator on strategies to prevent hypertension, diabetes, cardiovascular disease and obesity and focusing on health care settings or community settings. Potential projects may include working with SHDHD team and pharmacists on blood pressure education,

helping identify and promote community physical activity venues in target communities, or assisting in implementing healthy grocery/convenience store and vending policies.

Disease Control & Prevention and Health Surveillance

Interns will work closely with the Surveillance Coordinator or the Immunization Clinic Coordinator on disease prevention with Vaccine for Children program, or surveillance and reporting for hospital influenza-like illness admissions and school surveillance programs. Potential projects may include working with or preparing health literate disease fact sheets, developing public education disease programs, developing and conducting surveys, and data management and statistical analyses.

Cancer Prevention

Interns will work closely with the Every Woman Matters Coordinator and the South Heartland Cancer Coalition on prevention activities for breast, prostate, colon, lung, cervical or skin cancer. Potential projects may include developing health literate educational videos, presentations, or other educational materials to promote cancer screening; or assisting with planning and delivery of cancer screening events.

Minority Health Education & Outreach

Interns will work closely with a Community Health Worker or Minority Health Educator on writing and designing educational programs and tools directly targeting ethnic minority populations (Hispanic, Asian). Projects may include developing informational resources and health education presentations to provide to minority populations.

Accounting or Business Administration; Policies and Planning

Interns will work with the Finance and Operations Manager or the Standards and Performance Manager to learn about public sector business and accounting practices and/or performance management systems. Intern projects might involve data and information management, quality improvement or performance improvement, or policy and plan development and implementation.

In Addition: All intern positions will also have opportunities to work with and/or observe the Executive Director, Standards and Performance Manager, and other staff in order to gain knowledge about various SHDHD programs/activities.

Expectations:	Students are expected to follow conditions of employment at SHDHD and meet expectations placed on them during the orientation, where intern and supervisor will develop a work plan. This work plan will include the project descriptions and expectations, hours on project, and a timeline to meet established benchmarks of the project(s).
Work Schedule:	Work schedules will be determined by the Executive Director and the student. Minimum hour requirements will be determined based on number of credit hours expected.
Compensation:	Internships offered by SHDHD are unpaid. We will work with the student and his/her school to assist the individual in receiving college credit. Internships may be arranged for 1 or more semesters. SHDHD offers many opportunities to increase your knowledge of public health as well as foster personal development. This will not only benefit your growth at our department but will provide an opportunity to build skills that will impact your future career opportunities.
Submission:	If an internship offered by South Heartland District Health Department appeals to you, contact Career Services at your institution or contact SHDHD directly. To be considered for an internship, students will be required to submit an application and resume.
Questions?	Michele Bever, PhD, MPH, Executive Director, SHDHD 402-462-6211 or 1-877-238-7595 or mail@shdhd.org 606 N. Minnesota Ave, Suite 2, Hastings, NE 68901

**APPLICATION FOR INTERNSHIP
SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT**

Name: _____ email: _____

School Address: _____

Phone: _____ Anticipated Date of Graduation: _____

Major: _____ Cumulative GPA: _____

Date Available to Begin Internship: _____ # of Hours Available Per Week _____

What is your career goal? _____

How will this internship help you reach your career goal? _____

Describe the qualities that make you a candidate for this internship? _____

I am most interested in (please rank, with 1=most interest and 6=least interest):

- Health & Wellness Education
- Public Health Environmental Risk and Emergency Preparedness
- Chronic Disease Prevention
- Disease Control & Prevention and Health Surveillance
- Cancer Prevention
- Minority Health Education
- Accounting & Business Administration; Policies and Plans

Signature of Applicant

Date

Please Return Completed Application and a Copy of Your Resume to Career Services at your institution or to
South Heartland District Health Department: mail@shdhd.org

Updated 04.2018 SHDHD