



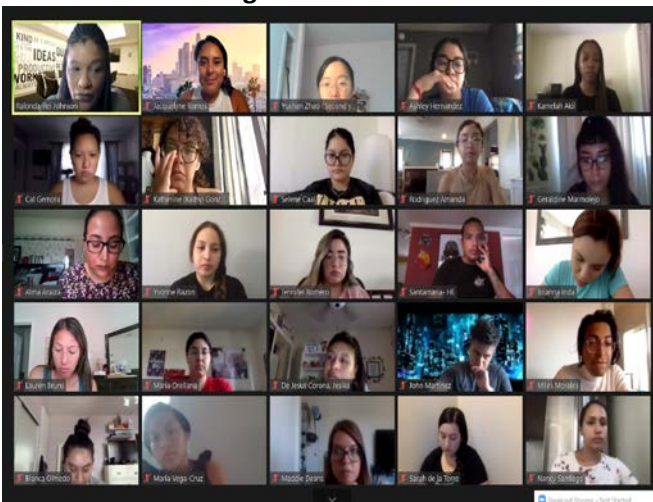
**Greetings!**

This Wellness Bulletin reports on the activities and work of the Student Assistants. Student Assistants include students, who are currently enrolled in the Field Internship Program (Cohort 4) and students from Cohort 3. Cohort 3 students lead the work of various teams to support attainment of ECHO-LDPP grant deliverables, under the supervision of different program administrators. Cohort 4 students attend the Community Health Worker and Field Internship classes and participate on teams. Anabelia Luna, Yvonne Razon and Briana Inda have important roles as members of the administrative support team. Here is a list of the Students Assistant teams:

- Administrative Support*
- American Indian Alaska Native Issues*
- Child and Youth Book Club*
- Developmental Disabilities*
- Family and Child Oral Health Activities*
- Nutrition*
- Peer Mentoring Program*
- Psychosocial Assessment Pilot*
- Research*
- Resource Development*
- Wellness Activities*

In addition to these team assignments, student assistants make additional contributions in developing outreach and internal/external communication materials, managing logistics for events and providing support as needed (and often last minute or on a deadline) to the administrative team. We salute the leadership of Mrs. Ramos in managing and coordinating the efforts of the Student Assistants with the support of Miss Jessly Rosales (Cohort 2)!

**Our Thoughtful Student Assistants**

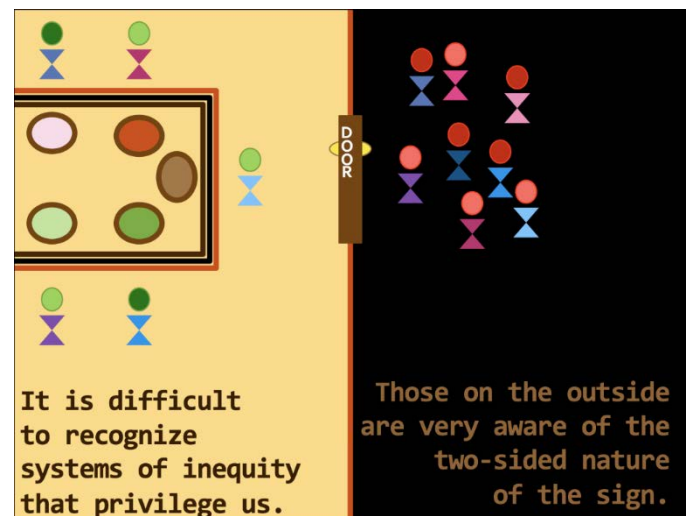


**Student Assistants/Health Educators**

**Attend NYU Training**

Several student assistants, Health Educator Team Leads and health educators participated in a week-long course offered by the New York University’s School of Global Health, “Through the COVID-19 Magnifying Glass: An Examination of Racial and SES Disparities in the U.S.” Public health professionals discussed the biology, clinical manifestations, and relevant measurements of the COVID-19 disease. The prevalence of racial, ethnic, and socioeconomic disparities within the United States was reviewed. Protective health factors, such as nutrition and exercise, were reviewed as determinants of health outcomes.

NYU’s School of Global Health is studying systemic racism’s role in health outcomes; specifically, in COVID-19 cases and mortality. The category of race/ethnicity are often misused or left out in health studies. This course demonstrates the importance of breaking down broad categories, such as race/ethnicity into smaller subpopulations in order to develop best practices for addressing COVID-19 related health disparities and developing knowledge to critically analyze and address systemic racism.



*Dr. Camara Jones’s Dual Reality: A Restaurant Saga.*

Dr. Camara Jones explained how systemic racism a barrier in the story, Dual Reality: A Restaurant Saga. This helped to understand “privilege” and inequity. Dr. Derek Griffen, Vanderbilt University, discussed how race influences the allocation of resources and health outcomes.



Although this course highlighted COVID-19's impact on people of color, the course theme resonates with ECHO goals to address oral health disparities and improve oral health in communities of opportunity. The themes of the course that emphasized the importance of the importance of context and the environment parallel the whole child, whole family, whole community approach of ECHO.

Both ECHO and NYU recognize that people of color living in communities of opportunity survive increased health risks and battle limited health access. This course inspired us to more study about how oral diseases are racialized. We have course have been meeting weekly to discuss the presence of systemic racism in oral health settings across Los Angeles. Together, we are brainstorming strategies to identify racism in order to address the systems that are barriers to optimal oral health for our communities. Our goal is apply the lessons of Dr. Camara Jones to open doors for all members of our community to have access to healthy smiles and health resources.

By focusing on the importance of strengths-based and culturally informed approaches to community practice, we can incorporate the knowledge gained through this training to further inform our work in the communities of opportunity we serve.

(This submission was edited for print.)



**Student Assistant Reflections**

We asked student assistants to share their thoughts about the following: 1) a memory or impression, 2) an activity that they enjoyed, 3) something about the experience that was LOVED; 4) a challenge, and 5) a great memory! Here are some responses. Enjoy!

**Jessly Rosales – Cohort 2:**

1. Going out into the field! Specifically, a toy drive we did in Glendale where I worked alongside Wendy Avila and other Student Interns. We saw over 100 (possibly even 200) children and parents that day. A challenging day, however, we all came together to figure out effective strategies to keep our lines moving and have the children see by our dental providers. To this day this continues to be one of my favorite events I participated in!
2. I enjoyed the opportunity I had to interact with our community members. Being able to provide access to a service and resources many don't have the time or opportunity to seek was so rewarding.
3. I loved the tight knit community we built within our cohort "The Fluoriders" and ECHO-LDPP Administration/Staff. A work environment, such as this one, can often be a challenge to find so, to have had this be my first work experience was truly a blessing!
4. Being my first work experience, a challenge I faced during the beginning of the internship was time management. I had a hard time figuring out a good balance of time for schoolwork and fieldwork hours. However, with the support of ECHO supervisors and other staff, I was able to find a healthy balance for school and work.
5. Remaining close friends with 4 wonderful people from my cohort. #Fab5!







**Karina Amor – Cohort 2:**

1. Going out to the field and allocate resources to families.
2. I enjoyed helping others and learning more on health disparities.
3. I loved how close my cohort and I got.
4. A challenge would have to be the language barrier; Not being able to translate certain words.
5. I remain friends with some people from my cohort #Fab5.

**Markeisha Jackson – Cohort 3:**

ECHO-LDPP has made a huge impact on my personal and professional life. It is because of this internship that I have an increased sense of self-awareness, cultural awareness, and social awareness. Although it was sometimes challenging for me to navigate life experiences and work, ECHO-LDPP has been supportive in helping me stay afloat. I love most that I was privileged to develop relationships, and meet many amazing people in the community, in the office, and in my cohort.



**Melissa Rios – Cohort 3:**

1. Overall, my experience with ECHO has been amazing. One of my favorite memories was going to the Pow Wow in grand park and serving the Native American Community. It was an enriching opportunity to go out and learn about a culture other than my own.
2. One thing I really enjoyed about ECHO is the sense of community. ECHO is like a big family. If I had any questions or concerns, I never hesitated to ask, there is always someone to help you, especially my peers in my cohort and Field Supervisor.
3. One thing that was challenging for me was public speaking, but Echo has help me work outside my comfort zone. Having the opportunity to practice

my public speaking skills has helped defeat my fear of giving presentations.

4. I most enjoyed serving the community hands-on, whether it be at a WIC site, Preschool, or Elementary School. Being able to provide oral health education and seeing the reactions of the individuals we serve, seeing the smiles as they receive their new toothbrush, or learn about flossing. knowing that I am contributing to help stop oral health disparities was a reward within itself.

**Alejandra Illingworth – Cohort 3:**

One impression from my experience with ECHO is the aspect of becoming part of a family on Cal State LA’s campus. I really enjoyed meeting so many people from different majors that I would not have crossed paths with if it were not for ECHO. I was even more connected with people in my major. I loved creating friendships with the people in my cohort, as well as other members of the team. At first, it was challenging to find a clear connection of oral health to communication disorders and Speech-Language Pathology, however as I went through the trainings, the connection became more and more clear to me. My favorite memory is our team field trip to The Broad.



**Fidel Valtierra-Parra – Cohort 3:**

ECHO is a great program because they care about the community being served. I enjoyed going out on the field and watching the children learn about oral health and love the dedication that every person brought to the program. A challenge would be not knowing much about oral health but grateful I was given the opportunity to learn. A great memory would be seeing the children learn about oral health and not being afraid when having a dental screening.



**Wendy Hernandez – Cohort 3:**

1. My experience with ECHO has been an overall amazing experience. The best memory I have was going onto campus and promoting ECHO’s work and surveying Cal State LA students. I was given the opportunity to step out of my comfort zone and talk to strangers. I enjoyed the reactions of the students when they learned that they had to floss before they brush. The amount of students that didn’t know that and even myself still surprises me.
2. One thing I enjoyed being with ECHO was the feeling and having each other’s back. If I ever had a question or concern, I felt comfortable asking anyone around me. I enjoy that ECHO emphasizes teamwork and working together.
3. The one thing that was challenging for me during ECHO was putting myself out there. I have always been shy, and it takes me some time to really feel comfortable talking to strangers. Having a cohort and supervisor really helped me bloom and create amazing relationships.
4. Overall a great memory with ECHO is going out in the community with the members of my cohort. We all have created amazing relationships within the cohort and feel like a family. I enjoyed working with them and learning with them when we got to go out to the field and helps other. I enjoyed the memories teaching the children about oral health and seeing their face light up when they would receive a toothbrush or toothpaste. Knowing that I shared my knowledge with the family and children made me feel a warmth in my heart.

**Monica Alferez-Merino – Cohort 3:**

1. My impression about my experience was eye opening and humbling.
2. I enjoyed working alongside motivated and high achieving scholars that share the same passions as I do.
3. I loved that my cohort got close with one another, I can confidently say they have become my lifetime friends.
4. Working virtually was a challenge at first but my team was always there to help me in everything.
5. One great memory was the holiday party last year, my cohort really bonded, and I loved the white elephant game, it was so fun.

**Tanya Hahni – Cohort 3:**

The ECHO-LDPP internship experience provided me with tools that support me in my journey to becoming a Speech and Language Pathologist. I feel so fortunate to have been chosen to participate in this program because it gave me the opportunity to practice communicating with the public in a professional manner and presenting educational materials that are positive and engaging. One of the most valuable experiences I had during my internship was the chance to give an oral health presentation to a group and receive constructive feedback on how it could have been more effective. The quality of the feedback paired with a supportive learning environment allowed me to develop presentation skills in a meaningful way.



**Wellness Meme of the Week:**

**Zoom Meeting**

Audio only

With video

