

Summer Internship Report 2017

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Hometown: Dallas, Texas



**Yale Child Study Center
New Haven, Connecticut**

Provide an overview of the organization/research project and a summary of your responsibilities, tasks, and/or projects.

This summer I was an intern at the Yale Child Study Center specifically working under Erin Warnick at the Outpatient Clinic on Temple Street. I worked on helping the clinic prepare for their incoming fellows as well as helping them transition away from the leaving fellows. I helped organize and create the orientation binders as well as attended to data projects that also assisted in this transition. During my time, I helped with a variety of data sets and online databases to help alleviate some of the workload during this transition period to new fellows. I think during this time of transition my organizational tools were most appreciated. Further, I independently worked on a literature review assessing the research behind financing pediatric mental health care. Similarly, over the course of the summer, I also attended weekly round meetings 2-3 times a week where clients were discussed and treatment plans were established (I enjoyed this activity by far the most).

During your internship, what did you accomplish or how did you make a difference? In what ways did you grow in your professional and technical skills?

I am leaving this summer with a much broader knowledge of the healthcare system as well as a gained respect for the administrative side of health care. While I appreciate the technical and computer skills that I gained over this time period, I most enjoyed the clinical rounds. My greatest take away from the outpatient clinic was the harmony of the psychiatrists, APRNs, social workers, therapists, and public health managers. I found that I work best when I am around others and my most creative work or important insights typically derive in group settings. I have come to love and appreciate the collaborative work that goes into planning, treating, and advocating for a client.

Describe a problem that you helped to solve at your internship. What skills or knowledge from your education at Sewanee helped you address the problem?

I think I was most challenged in my internship because I knew so little about the topic I was researching and the administrative operations of an outpatient clinic. All of my extensive areas of knowledge neuroscience, biology, and psychology were only applicable in presentations, clinical rounds, and on occasion within the data sets. The research skills I have attained at Sewanee greatly helped me move forward throughout my internship and the sociology class I had taken in the spring was the most applicable academic material I had received when coming into this independent healthcare research focused internship.

In what way were your teamwork skills strengthened?

For the greater part of the summer, my efforts were very individual. On almost no occasion did I get to work with another human, besides observing the clinical rounds. This alone time and individual work forced me to recognize the importance of individual work and the way that the whole system relies on completing your part of the job. I valued this and had a lot of diligence in my individual work; however, I do think that I work best with people.

How did your internship affect your career plans?

I am certain I want to work within team members of people. I am most efficient, creative, and comfortable in these settings. Also, working with an Epidemiologist exposed me to the importance of studying public health. As I seek a health related field, I really want a broader understanding of public health and the intricacies of our public health system. I think I may consider looking into broadening my education with a masters or even a Ph.D. program in one of these humanities focused fields rather than continuing straight into a professional program.

In what ways did your internship cause you to encounter people of different backgrounds from your own? What steps did you take to communicate effectively with such persons? What did you learn from such persons' perspectives?

As I explained earlier, this experience exposed me to the administrative side of medicine. Coming into contact with these professionals showed me how complex our health care system is beyond treatment. In order to better communicate with my mentor and the others I encountered, I ferociously read. Anything that interested me or I didn't understand, I did extensive google searches. Having a better background knowledge of these topics (health insurance, public health, etc.) made my conversations more meaningful and made it easier for me to ask questions that pertained to my specific passions. Working with so many professionals from varied backgrounds gave me a holistic view and a number of perspectives to better problem solve.

Words of advice for future interns (housing, transportation, etc.)?

Cook your own food and walk to work- it's healthier for you :)

Words of thanks to your internship funding donors:

Dr. Mayes is a phenomenal human being. I truly have no idea how she does it all. Her articulation is something that inspired everyone around her, and I truly envy her ability to express her ideas so clearly and thoughtfully. She was a joy to be around. I would like to thank her for this transformative experience. Mentor Erin Warnick was also equally as wonderful. She had really great enthusiasm and was very go with the flow. You can see that she is passionate about her work. I am so appreciative of her hospitality.