





Philadelphia University + Thomas Jefferson University

Empowering Refugee and Immigrant Communities Health, Wellbeing, and Social Connection as a Foundation to Life

Student Interns

Sophia Huang, Thomas Jefferson University, College of Rehabilitation Sciences, Occupational Therapy Michael Sangobiyi, Thomas Jefferson University, Sidney Kimmel Medical College **Academic Preceptor** Maria Hervada-Page, MSW, Thomas Jefferson University, Sidney Kimmel Medical College **Community Preceptors** Christina Kubica, MSW, LSW, Nationalities Service Center

COMMUNITY PARTNER

Established in 1921, Nationalities Service Center (NSC) is an organization committed to serving all refugees and immigrants.





NSC provides comprehensive services, including language proficiency classes, legal protections, case management, community transition and integration resources, access to health and wellness, job readiness, and youth programming.

Ariel MacNeill, MPH, Nationalities Service Center

Mission

NSC strives to promote health, wellbeing, independence, and quality of life for the refugee and immigrant population it serves. Ultimately, NSC empowers immigrants and refugees by supporting them to connect with their community and build a foundation for a better future in the U.S.

Services

https://nscphila.org

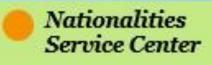


PROJECTS

INSPIRE Summer Youth Group



PROJECT RESULTS & ACCOMPLISHMENTS



 Planned & facilitated weekly sessions featuring field trips & group activities to build community & social participation amongst refugee & immigrant high school students

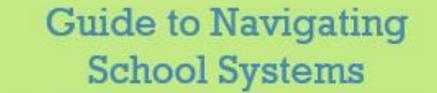
Health & Education Resources

- Researched & developed a guide for case managers to help
 navigate special education services in Philadelphia school system
- Created health education materials for smoking cessation
- Led workshop to guide clients through filing FAFSA form
 Social Media Management
- Increased @nscyouthconnect Instagram account engagement by designing & sharing stories & posts, and by responding to direct messages & comments
 Nutrition Education Module

Created educational nutrition materials to be presented to newlyarrived refugees

Nutrition education module covered topics such as reading a

"Youth Group has been a nice way to meet new people and just get out of the house this summer, especially after being stuck inside so long from Covid." FAFSA INFORMATION







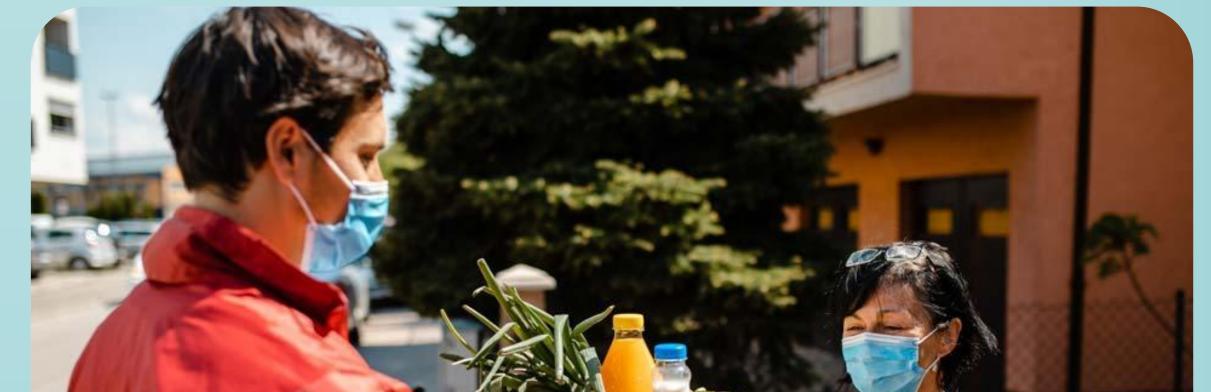
SESSION

 Y | JULY 12TH
 Case Management

 3:00 PM | ZOOM
 Diplated July 2021







nutrition label, properly portioning food, & healthy, culturallyrelevant substitutions for recipes

Food Distribution

 Assisted with packaging & distribution of food for NSC clients that qualified for this service

Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Food distribution is key to combatting food insecurity.

REFLECTIONS

Partaking in the Bridging the Gaps summer program and being able to work at Nationalities Service Center has allowed us, as interns, to give back to the Philadelphia community and gain insight into the needs of refugees and immigrants who live in the same neighborhoods as we do. During our internships, we were able to collaborate with, observe, and

learn from different social workers and healthcare providers, increasing our appreciation for interdisciplinary teams. Altogether, our experiences have enriched our education, and we hope we will be able to implement the lessons we have learned about teamwork, patience, flexibility, and open-mindedness in our future medical and occupational therapy practices.