



# Intern Presentation

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Katherine Mezene



# Introduction

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Hi! My name is Katherine Mezene. I am a student at the University of Maryland, Baltimore County. This semester I will be graduating with a Bachelors of Arts in Public Health with a concentration in population health. At UMBC, I am the president of the Pre-Nursing Society Club. I am also a Teaching Assistant for Health Regulation and Quality Improvement.

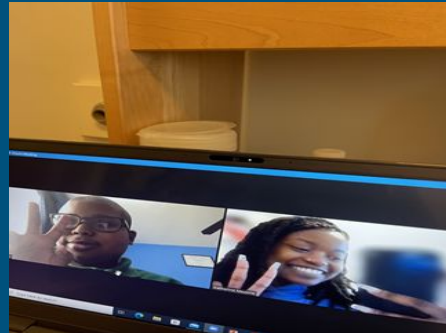


# MCS Services

Working as an intern for Meaningful Community Services, I've had the opportunity to lead virtual support sessions, create Daily Professional Developments, lead individual sessions, provide in-person support, create schedules, and email family communications.

I lead employment sessions each Tuesday and Thursday. During these sessions, I have been able to develop meaningful relationships with each community member. During each session we discuss the importance of professional development such as communication, job training, and life skills.

Mondays and Wednesdays I provide in-person support at the International Center For Spinal Cord Injury with Will Frisinger. During our time together I ensure that Will completes all of his assigned tasks, I create a routine for Will to follow, and provide endless support.



# Interview Project

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I had the opportunity to interview three individuals from Meaningful Community Services. Each individual shared their experiences with the Meaningful Community Service family. After completing the three interviews, I was able to create three different themes that reflects Meaningful Community Services.

- Equality and Inclusion
- Advocacy
- Developing Life Skills



# Equality/Inclusion

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Tyler Shallue is a COVID-19 health screener in the 801 North Broadway Outpatient Center at Kennedy Krieger Institute. Tyler loves his job! He enjoys interacting with all the staff and visitors. Tyler's daily job tasks are to ensure safety and screen patients, visitors, and staff.

- Meaningful Community Service means a lot to Tyler. Tyler believes Meaningful Community Service has a wonderful group of staff and community members that want to continue advocating the well-being of people with disabilities.

- "Everyone should have a right to want to work, and be able to contribute to their community regardless of who they are."

- "It's a very good experience, and wonderful place!"



# Advocacy

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Sumaiyah Mahmoodi is a Meaningful Community Service staff member. Sumaiyah is a UMBC alumni. She graduated last May (2021) majoring in Public Health. She doubled minored in Information Systems, and Psychology. In her second-to-last semester she interned with Meaningful Community Service. Because of the ongoing pandemic, she experienced majority of her internship virtually.

Through her virtual experience, Sumaiyah expressed her gratitude and appreciation to the Meaningful Community Services team. “Even through zoom, it was so clear how much they supported each other, and how much they were there for each other”.

Open communication and constant support is what stood out to Sumaiyah when picking her profession. When Sumaiyah was interning at Meaningful Community Service, her direct supervisor was Cassidy Love. Sumaiyah was primarily working with Toni Massimo. Sumaiyah felt supported because she knew both Cassidy and Toni would both jump in to help her with any questions or concerns. Throughout Sumaiyah’s career at Kennedy Krieger Institute, feedback on her work and open communication has always been valuable to her.



# Developing Life Skills

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Brandi Mellot is a Meaningful Community Service parent. Brandi enrolled her daughter, Sydney in Project SEARCH. Sydney gained life skills such as navigating maps, building resumes, and searching for jobs. She has also had the opportunity to participate in in-person services and learn skills like time management. Sydney currently takes Mobility through MTA. Brandi is thankful that Sydney is enrolled in Meaningful Community Services.



# Takeaways

Kennedy Krieger Institute is an experience that I will never forget. Working here has been so rewarding and a great experience. I had no clue of what I was getting myself into. I'm so happy that I chose to be apart of this lovely community. This has been my very FIRST positive work experience.

- My first takeaway: I've learned how to communicate a lot more effectively. I've learned the importance of pausing, repeating myself when needed, actively listening, and being open-minded.
- My second takeaway: Organization is key! It's really important to always stay organized. Planning ahead has helped me tremendously.





# Dear future interns,

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Congratulations!! You did it. You made it! You're doing a great job and should be proud of yourself. You made the right decision joining Meaningful Community Services. You may be anxious, nervous, or excited.. Maybe all three! You are in safe hands. Please do not hesitate to reach out. Everyone is here to support you and your growth. You may be overwhelmed your first couple of weeks, and that is okay. You will get the hang of it! My best advice is to make sure you get yourself an agenda and to plan ahead of time. You are not alone, you have such an amazing support system here. Please also lean on your fellow interns! You guys are in it together! You'll develop such a great relationship with them. Do the best that you can, but also remember to not be too hard on yourself.

Again congratulations, and best of luck! :)

-Katherine Mezene

