



Kennedy Krieger Institute

CORE FOUNDATIONS

# Meaningful Community Services Final Presentation

—  
Lauren Stone, UMBC Student Intern 2022

# Introductions

- Senior at University of Maryland, Baltimore County, graduating this May 2022
- Study abroad experience in the Hague, Netherlands 2020
  - European Studies
- Bachelor of Arts double major in Public Health and Global Studies
  - Concentration in Population Health



# Content Outline



Kennedy Krieger Institute

- Overview of Services
- Overview of Interview Participants
- Overarching Themes
- Sense of Community
- Perseverance, Progress, Growth
- Strength in Numbers/Teamwork
- Takeaways
- Photos
- Letter to Future Interns

# Overview of Services

- Daily professional development (DPD) presentations
- Virtual sessions (individual and group)
- Onsite check-ins with community members
- In-person services
- Fundraising for ROAR 5k
- Weekly schedules
- Family communications

## Mexico

**Food:** Some familiar traditional Mexican foods are tacos, elote (corn on the cob with mayo and spices), guacamole, and Mexican tamales (corn flour dough filled with many types of fillings, and take hours to prepare).

**Dance:** El Jarabe Tapatío is the most internationally renowned of all the traditional Mexican dances. It is the most patriotic, being the National dance of the country.

**Holiday:** El día de los muertos (Day of the Dead), is a holiday to celebrate the lives of family members or friends that have passed away.

Have you all ever seen the movie Coco?



April 5th, 2022

## Culture and Traditions

Kennedy Krieger Institute

# Overview

## Interviews:

- Laura and Brian McHale, [Meaningful Community Services](#), parents to Brian McHale
  - Kaitlyn Maynard, [Meaningful Community Services](#) staff
  - Timaron Chang, [Meaningful Community Services](#) community member
- 
- The McHale family has moved back and forth to New Jersey and Maryland.
  - Kaitlyn loves to sew, read, and binge watch Netflix shows.
  - Some of Timaron's favorite foods are pasta and dumplings. He is also a huge Michael Jackson fan.

# Overarching Themes

- **Sense of Community**

- A feeling of belonging and that members matter to one another and to the group. A belief that members' needs will be met through commitment of togetherness.

- **Perseverance, Progress, Growth**

- Surmounting hardships to achieve goals, persistence despite difficulty.

- **Strength in Numbers - Teamwork**

- Collaborative effort of a group to achieve a common goal; strong communication and support systems.

# Sense of Community

- Support systems and community service
- Achieving in community/independence
- Activities in-person



# Perseverance, Progress, and Growth

- Pride and happiness in seeing growth
- In-person services/change since COVID
- Personal growth/relationships





# Strength in Numbers - Teamwork

- Network of supportive team members
- Support system with strong leaders and great communication
- Cooperative, cohesive team



# Takeaways

- A great team, with good communication is key to success and positive community development.
- Achieving goals by persevering through hardships is facilitated by a cohesive staff network, as well as by the community members themselves.
- Dedication and passion in the community and workforce help solidify that community services are truly *meaningful*.



# Event Photos



**ROAR for Kids 5k - Team Neurodiversity at Work** raised almost \$10,000! Personally I raised \$600 in donations!



**UMBC RetriEVER Empowered Success** - Showcasing our internships and posters for PBHL 470. Picture with President Hrabowski.

# Letter to Future Interns

Dear Future Intern,

As a senior coming into the internship experience for the Public Health Major, I felt a little lost and uncertain with where I wanted to be placed. Back in the Fall of 2021, I received an email from Professor Cozart, with the opportunity to intern at Kennedy Krieger Institute, and it seemed interesting, but I didn't know much about the work I would be doing or the Institute itself. I remember Prof. Cozart saying to me, "This is a lot of work, but everyone that has interned here has had their life changed and their eyes opened." I just went for it, and you should too!

At the start of the internship, I was a bit worried since we started a couple weeks late. I was so excited to start working, but was a little unsure of what tasks I would have to take on. Luckily, the team provided us with many virtual/in-person trainings and was very supportive if we had any questions. About halfway through, I felt a bit overwhelmed with work/life balance and managing my time with school work, a personal job, and the internship. I communicated this with the team, and they were so flexible with my assigned tasks and my schedule. I am so appreciative of their flexibility and understanding. I learned to advocate for myself, and my self care, as well as some time management skills.

Overall, this internship has more than exceeded my expectations, and I am so grateful for the opportunity I have had here. I have formed relationships with not only the community members, but the staff as well, and I will never forget them. The work I have completed here will stick with me throughout my future career, and it has inspired me to pursue a career working with people with developmental disabilities. I feel so much pride and passion for the growth I have seen in the community members and myself as well. You will have SUCH an amazing experience here with the cohesive team, organization, and support for any challenges you may face. I hope your experience here is as amazing as mine has been, and never be afraid to reach out with any questions, because there will always be someone there for you.

Best of Luck!

Lauren Stone, Kennedy Krieger Institute Intern Spring 2022