BALL STATE UNIVERSITY
College of Health
Department of Nutrition and Health Science

Hamilton County Health Department Internship

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The Health Department's Mission

The Hamilton County Health Department's mission is to enhance and improve attitudes, beliefs ,and behaviors by providing effective health and human services needed in order to ensure overall good health and well-being for the community residents.

The Hamilton County Health Department is dedicated to the mission of communicable disease prevention and health promotion and education for residents of all ages in the community and protecting the environment in which they reside.

My Role in the Organization

1. Researched and developed multiple presentations that are utilized in school settings for students learning about various health topics.
2. Worked the check-in/check-out portion of the COVID-19 vaccine clinic and trained new employees with the Zotec computer system that is used at the clinic.
3. Assisted in STD testing at the health department.
4. Assisted in various health education courses taught at the local schools and fire departments.
5. Assisted the Health Education Specialists (Jim Ginder) with various tasks assigned, including meetings, paperwork, presentation development, etc.

My Project Highlights

My time spent at the Hamilton County Health Department was on a variety of different projects and tasks. I was able to really lead the way when it came to the topics I was interested in learning about. Some of my bigger accomplishments while interning include:

Assisting in many classes alongside the Health Education Specialist. Eventually leading me to the opportunity to make multiple health related presentations over topics such as Recreational Drug Use, COVID-19, and Prevention of STD's/skin infections. I am very proud of the outcome of these presentations and was able to use one of them as my artifact.

Alongside my presentations that I created, I also assisted at the COVID-19 vaccine clinic. It is not often you find yourself becoming an intern in health education during a global pandemic. Getting the opportunity to see firsthand how emergency plans take action during public health crisis was probably my most valuable educational opportunity. (I was even able to get my COVID-19 shot!)

During my time at the clinic, I assisted in check in/check out/scheduling. As some health department staff transitioned out of these positions, I started training the new Maxim staff on the Zotec program used at the clinic.

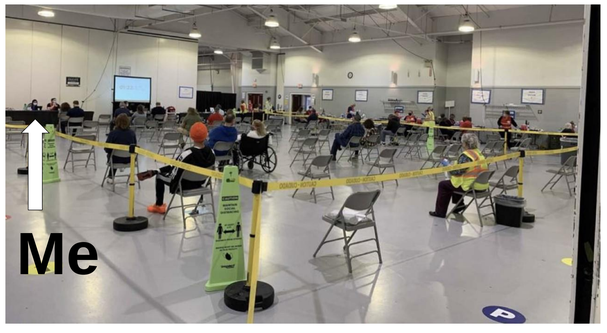
I really enjoyed my time training/working alongside the Maxim team. So much so that I applied for the position and will soon be working at the clinic again, but this time as part of the Maxim team. I am thankful for the opportunities my internship has provided for me and I look forward to opportunities that lie ahead.

My Artifact Description

Purpose: To educate students and community members in Hamilton County of the importance of tattoo safety, and STD and STI's/MRSA infections to reduce the risk of developing disease.

Implementation: This program will be taught primarily at local school districts within the community of Hamilton County.

Development: A detailed presentation was created with images and informational material that appeals to a younger audience so that it would encourage the viewer to gain more knowledge and implement safer health habits in their daily lives.



This image is from WTHR website when they came and did news coverage over the vaccine clinic and its operations.

CHES Responsibilities

The health department offers many opportunities to learn about the "Areas of Responsibility" in order to better prepare future Health Education Specialists. Although there are some areas, I learned more about than others, my site supervisor made sure that I had the necessary skills needed.

Area of Responsibility I

Assess needs, assets and capacity for health education by collecting primary data to determine needs of a health program (competency 1.3)

Area of Responsibility II
Plan health education by developing a plan for delivery of health education and address factors that influence implementation of health education. (competency 2.4-2.5)

Area of Responsibility III

Implement health education by training staff members involved in implementation of health education. (competency 3.2)

Area of Responsibility IV
Conduct evaluation and research related to health education by collecting and managing data. (competency 4.4.)

Area of Responsibility V
Administer and manage health education by managing technology resources and demonstrate leadership. (competency 5.2, 5.5)

Area of Responsibility VI
Serve as a health education resource person by providing advice and consultation on health education issues. (competency 6.3)

Area of Responsibility VII
Communicate and advocate for health and health education by promotion of the health education profession. (competency 7.4)

What Did I Learn?

- I learned how health educators work within the community to ensure overall health and well-being for its residents by offering health services (like STD testing) to keep community members free of disease.
- I learned how emergency plans are set in place and implemented when the community is challenged with a major public health crisis like a global pandemic.
- I learned how to research and create my own health education material for implementation in schools teaching students health topics.
- I learned "behind the scenes" roles of a Health Educator, like processing paperwork, important community meetings, effective program implementation, and administrative work.

I received my COVID-19 vaccine in January during my time working the Hamilton County Vaccination Clinic.

My Recommendations For You

- My recommendations for future interns would be to start looking for internships sooner rather than later. Keep reaching out to places. You will find something if you put in the necessary work to do so, and you are going to have to do the work. An internship is likely not going to land in your lap. Do the research, practice for those interviews, utilize all your resources. Dr. Wood offers a great resource (an Excel spread sheet) for you to find contacts that have accepted Ball State students in prior semesters. This is how I found my internship.
- Also remember that seeing your peers get accepted and you are still searching does not mean you are not good enough. Comparison is the thief of joy. You will find an internship.
- Another recommendation that I have is when you do get your internship and you will, you have to make the experience worth it. Practice good time management when it comes to assigned tasks and duties, ask questions, ask to be more hands on, be flexible and communicate what you want to learn with your site supervisor. They want you to have the best experience too. Give your best effort, its okay to fail that's what your supervisor is there for, they want to help you.
- It can be intimidating getting an internship but remember this is a learning experience to prepare you for your future career in health education. You aren't supposed to know everything. If you give your best effort, then you will get the most out of this experience.

Education is the key to the door of opportunity and if opportunity doesn't knock. Build your own door!