Class Name, Number, and Semester: 
HEP Internship, Kines 493, Fall 2013
Instructor Name: Dr. Caile Spear
Community Partner Name: Treasure Valley YMCA- Healthy Living Department
Community Partner’s Mission Statement and Purpose:
The Treasure Valley YMCA welcomes all people and provides an atmosphere to enrich spirit, mind and body. We are dedicated to the values of caring, honesty, respect, and responsibility. Our programs enhance individual health and well being, strengthen personal and family relationships and develop leadership skills. We build strong kids, strong families and strong communities.

**Overview/Ties to Competencies:**
- **ASSESS:** My internship supervisor and I assessed previous trainings and reviewed feedback from clients or other department members and decided where to focus my research in a manner that would be most helpful to her and her department.
- **PLAN:** Met with internship supervisor to brainstorm, offering suggestions, facts, and new ideas that would help her finalize her programs and/or plans.
- **IMPLEMENT:** Volunteered at YMCA races, helped host a booth at health fairs, and attended/helped host trainings in the community.
- **EVALUATION & RESEARCH:** The majority of my internship was researching background information on various topics. Major topics of interest were “Rethink Sodium”, a nationwide and local Workplace Wellness Marketplace Analysis, and outlines of workplace wellness programs offered in the community.
- **RESOURCE:** By assisting in the development of lesson plans for community training and helping to host a booth at health fairs, I was able to act as a resource, obtaining and disseminating health-related information and connecting/directing priority populations to another resource, the YMCA.
- **COMMUNICATE:** At the trainings, health fairs, and YMCA community races, I was able to deliver health information, advocate for YMCA programs, and promote healthy living with a variety of individuals.

**Internship Purpose:**
The main purpose of this internship was to assist the Healthy Living Branch in business development and market research in Workplace Wellness. The goal was to develop the skills necessary to be successful in the future, as well as generate data to support the growth and vitality of the Workplace Wellness Department.

**Internship Activities**
Over the course of this internship, the majority of my time was spent conducting research on various topics, locating evidence based facts and statistics related to projects assigned. I also met with my internship supervisor and other team members to strategize on upcoming projects and discussed open projects, their current status, and continued research when necessary. Finally and the most fun for me, I attended YMCA classes and training sessions, participated/volunteered at the YMCA Canyon County Classic, Harrison Classic, and Fall Sprint Triathlon races, and helped host a booth at a few community health fairs.

**Reflection:**
I greatly enjoyed my time interning with DeVonne Worthan at the YMCA Healthy Living Branch! I was able to witness what working at a non-profit could be like and made many wonderful connections with professionals throughout our community. The Healthy Living Branch is a fairly new addition to the YMCA and its employees are currently working on developing programs that can solidify their place within the YMCA family. Therefore, job duties and programs are not clearly defined and it was common for my research guidelines to change, programs we worked on to be denied by the board, and there was constant work trying to develop new and effective programs that will satisfy both the YMCA board members and YMCA clients. I learned that, while I enjoyed the research and helping with program development, the uncertainty that can exist in a start-up and/or non-profit may not be the most ideal setting for me and my personality. To work for me, it would have to be the right position with the right organization. That being said, I greatly enjoyed the community outreach- trainings, races, and health fairs. I feel blessed to have met the people I did and look forward to our continuing our relationships beyond this internship.