Introduction

Currently 1 in 5 teens in the United States abuse prescription drugs. The majority of those teens who are abusing prescription drugs are obtaining them from family and friends. Providing awareness and education to parents is an essential step. With the help of Connect The Pieces and Pharmacy Phil, families in Idaho are learning to communicate with their children the dangers of abusing prescription drugs and to safeguard their medications.

Internship Overview

The main duties of my internship were to assist in planning the 3rd Annual Gala, promoting Pharmacist Phil, developing a children's nutrition handout, and supporting Veterans during cooking classes and workshops. I took part in tabling at Kids In the Kitchen/Fun to Be Fit event. We focused on introducing fruits and vegetables along with prescription drug safety to the children and parents who visited our booth. Connect The Pieces was also invited to a Non-profit Q&A at KTVB Channel 7, where we had a live view of the 12 o’clock news.

Into The World

Through this internship I was able to improve my fundraising skills, network with other local organizations and use my education to expand a program. I was able to work with a team on many projects, which was a change from past assignments. The experiences I had reinforced my passion to work with parents, it’s a double reward to observe positive effects on two generations. I also found joy in a playing a supportive role to Veterans in recovery. These skills will help to drive me throughout my career as a health educator.

Services at SHIP

Supportive Housing and Innovative Partnerships grants people recovering from substance abuse a path to rebuild their lives. Individuals recovering from substance abuse are provided safe and sober housing, recovery wellness support, and employment at Second Chance Building Materials Center. Recovery Wellness includes holistic nutrition classes, workshops, and a Veterans painting class.

Discovery

The biggest thing I discovered was that taking risks can lead to success. There were times when tasks became stressful; remembering to communicate and focus on the reasons I was at this organization was essential.

My advice for future internship students would be to try different responsibilities because you never know what you may learn that could help make you successful in the future.