

**Final Report to Massachusetts Medical Society and Alliance Charitable Foundation  
Submitted by the Boston Schweitzer Fellows Program  
of The Albert Schweitzer Fellowship  
June 1, 2010**

The Albert Schweitzer Fellowship received \$25,000 in 2009 from the Massachusetts Medical Society and Alliance Charitable Foundation to help support medical student Fellows in the 2009-2010 Boston Schweitzer Fellows Program. Fellows create and implement 200-hour health-related community service projects to address unmet health needs in local, underserved communities. In addition to their service projects with local community-based agencies, Fellows participate in regular structured leadership development activities throughout the year.

The 2009-2010 Boston Schweitzer Fellows submitted their final reports in May. Among the 24 Fellows that completed the Fellowship, 5 were medical student Fellows supported by the Massachusetts Medical Society and Alliance Charitable Foundation. A summary of their outcomes and achievements follows.

**Fellows' Project Outcome Summaries**

**Constance Chace and Erica Weston, *University of Massachusetts Medical School***



*Artwork created by  
participant about project*

Grace House Project: Constance and Erica created a collaborative wellness and development program at a substance abuse recovery home for adolescent women in Worcester, MA. The Grace House Project promoted stress reduction, self awareness and wellbeing through yoga, meditation, art, dance and walking and running group activities for clients and staff. Through workshops, classes, and open discussion this project addressed the diverse needs of the adolescent women at Grace House by supplementing their focused substance abuse recovery program with diverse activities intended to build coping skills. The project was developed through active feedback and suggestions from clients and staff and continues to grow and evolve.

Constance shares her experience with one young woman in a recent report:

*"In the past month I have seen one of the clients that I have grown most close to, KM, successfully finish a 6-month recovery at the Grace House. Her transformation was a beautiful thing to behold... She had taught me so much. She had been the first to really commit to running with me every week. Week after week, she would share her stories with me. She would vent to me... One of things about KM that stood apart from the other clients was her unwavering positive outlook on the world, her peers, and her own personal struggles."*

**Albert Chiou and Jessica Tao, Harvard Medical School**



*Jessie Tao (center) doing a health screening at a Chinatown street fair*

Albert and Jessie worked with students and physicians at Harvard Medical and Harvard College to establish the Community Kidney Disease Detection (CKDD) program, a long-term, community-based effort to reduce morbidity and mortality related to chronic kidney disease in Boston's Chinatown. The program is housed at and supported by the Chinese Consolidated Benevolent Association within Chinatown. CKDD provides free renal health screenings, culturally and linguistically appropriate health education, and outreach about chronic kidney disease and associated conditions such as diabetes and hypertension. The entirely volunteer-driven program serves, on average, over 30 participants at each monthly screening.

In his final report, Albert highlights the impact their efforts had: *“With regard to impact in the community, we were able to serve over 200 individuals. We were able to identify a handful of participants who had acute kidney risk factors, and were able to counsel them on the importance of seeking immediate care. In the case of two individuals, Jessie and I escorted them directly to South Cove, where they were able to register for care.”*

**Davida Schiff, Boston University School of Medicine**



*Participants learn to use the mapping software*

South Boston Community Health Center (SBCHC): Davida developed an environmental health and justice program for teens in South Boston. She collaborated with local community groups in addition to SBCHC to partner with youth to understand and explore the health impacts of their built environment and develop strategies to reduce health disparities. Her project is part of a broader effort at SBCHC to improve asthma education and outreach in the community.

In her final report, Davida reflects on the impact the Fellowship had on her professional development: *“The fellowship gave me an opportunity to ground myself during medical school and build roots in South Boston. I was able to think creatively about practical solutions to health disparities, and learn from the life experiences of the youth I worked with in a more lasting way than any of the other knowledge I’ve acquired during the first two years of medical school!”*

## Fellowship Activities

### Leadership Development Meetings

Throughout the year, Fellows actively participated in monthly Fellowship activities focused on their development as ‘leaders in service’. Fellows met regularly to address a range of topics including cultural competency, health literacy, project sustainability, social determinants of health, and Albert Schweitzer. The Fellowship year ended with a closing retreat on April 10 and Celebration of Service on May 6.



*Fellows discuss cultural competency with Harvard Pilgrim’s Culture InSight Director Shani Dowd*



*Fellows explore music as a healing art at New England Conservatory*



*Fellows learn about housing as a prescription for health from Boston Health Care for the Homeless’ Dr. Jessie Gaeta*

### Public Outreach Activities

Each year, the Boston Fellows also conducted a series of public outreach activities that aimed to:

- Educate students in health related fields, professionals, and/or the general public about current local health disparities and unmet health needs;
- Strengthen existing links among the Schweitzer Fellows Program, community agencies, and professional schools;
- Identify new community organizations and other partners that the Schweitzer Fellows Program may collaborate with in the future;
- Help Fellows develop leadership, organizational, and team building skills useful in future public education activities;
- Provide Fellows with an experience of collaborative and shared responsibility within a small interdisciplinary group.

Public outreach activities this year included a walks to support cancer research, community health fair, and a gift and item of need drive for homeless women. Fellows have included dozens of their classmates in these activities.



*Fellows volunteering at the Walk for a Cure*



*Fellows volunteering at Jimmy Fund Walk*



*Fellows volunteering at community health fair in Chinatown*

### **Evaluation**

ASF conducts systematic evaluation in order to measure its impact and to continuously improve its programs. The pre- and post-Fellowship surveys of Fellows, as well as the final written reports the Fellows submit, capture data on the impact of the Fellowship experience and the Fellows' projects on the Fellows, the clients served, the host agencies, and schools. The post-Fellowship survey completed by site mentors also help measure these impacts. The combination of data allows us to analyze more thoroughly the impact of our program on clients, agencies, schools, and Fellows and, thus, build a stronger program.

Our most recent 2008-09 survey results show that our Fellows' projects are making an impact. Survey results for the 2009-10 Fellowship year will be available this summer.

- 85% of community site mentors reported that Fellows' projects would be sustained
- 100% of Fellows reported that they will engage in community service in the future
- 3,150 clients were served

### **Sustainability**

Sustainability is a priority for our program that we approach in three ways:

- **Diverse, ongoing funding partners**

In 2009, the Boston Program maintained funding from many of its long-term funding partners. We also expanded individual donors through a reception in the fall hosted by a Fellow for Life. In early 2010, ASF increased its fundraising capacity support for all of the U.S. Programs by hiring a grant-writing consultant who will help to reach out to new potential funding partners.

- **Fellows' projects are sustained**

All of the Fellows' projects supported by the MMS Alliance and Charitable Foundation in 2009 will be sustained beyond the students' time as Fellows. The project at Grace House will be taken over by a new Fellow; the CKDD initiative is being continued by a new group of student volunteers, and the Action Center received a grant to continue the South Boston project.

- **Fellows for Life (alumni) continue careers of service**

In 2009, ASF conducted an alumni survey, 128 Boston alumni were polled. Highlights of the survey include:

- 88% indicated their career is 'often' or 'very' related to a life of service
- 56% of their patients/clients are from underserved populations
- 79% said the Fellowship reaffirmed a commitment to service; while 15% said it was crucial in their decision to have a career related to a life of service
- Of those who are physicians, 43% work in primary care

### **Expense Report**

The funds (\$25,000) provided by Massachusetts Medical Society and Alliance Charitable Foundation were used to support five 2009-2010 medical student Fellows in their projects and leadership development activities for medical student Fellows.

| <b>Direct Expenses</b>                                              |                 |
|---------------------------------------------------------------------|-----------------|
| Fees paid to Fellows (5 medical student projects at \$3,000/Fellow) | \$15,000        |
| Leadership Development (orientation, symposia, monthly meetings)    | \$10,000        |
| <b>Total Expenses</b>                                               | <b>\$25,000</b> |

### **Conclusion**

We are grateful to the MMS Alliance and Charitable Foundation for supporting the work of our Fellows to improve the health and of individuals in our communities in Massachusetts and for including the Schweitzer Fellowship in the important and inspiring work the Foundation does.