BeWell Health and Wellness Program @ BridgeUP
MPH Practicum Opportunity

BeWell Health & Wellness is a health education and wellness support program developed by Columbia University's Harlem Health Promotion Center to support the New York Public Library’s BridgeUP Program. BridgeUP is a free after school, academic enrichment and youth development program for high school students located in 5 libraries in upper Manhattan and the Bronx. BeWell provides health and mental health education, supportive counseling and referral services to help foster health awareness and healthy choices for BridgeUP youth and their families. BeWell focuses on a range of health topics including stress reduction, nutrition, sexual education, healthy relationships, sleep and fitness. Additionally, we host a Youth Board and Parent Advisory Board to solicit feedback on our programs, provide a supportive space for scholars and parents, and to develop their skills as leaders and peer educators in their community.

Through working with the BeWell Program, MPH students can gain skills in health education, program planning, and evaluation. Some sample projects include:

- Designing health messaging to for teen scholars and their families on a variety of pertinent health topics such as sleep hygiene, healthy eating, stress management and fostering healthy relationships
- Creating and facilitating interactive health workshops at the library sites
- Developing social media posts and website resources for a national audience
- Creating content for print material such as handouts, palm cards and newsletters
- Quantitative evaluation of health education workshops’ effectiveness
- Qualitative process evaluations of the BeWell-BridgeUP partnership
- Assist with semi-annual funding report

Previous practicum students have assisted with the following projects:

- **Community Asset Mapping**
  - The BU program operates out of 5 branches of the New York Public Library located in Manhattan and the Bronx. A practicum student was heavily involved in the identification and vetting of nearby medical, dental, mental health, social services, and recreational resources near each den and compiling them into a user-friendly database.

- **Health education content – Workshops**
  - For youth, a series of interactive workshop were created to enhance awareness about the following health topics
    - Adolescent health 101 – What are the key health problems teens face?
    - Knowledge Quest – Tips for effectively searching for health information?
    - Under the Hood – Getting more out of your health care visit
    - Spreading the Word – Disseminating health information to friends and family

- **Health education content – Branching storylines**
  - Using storytelling to engage youth and help them better understand potential consequences of their behavior while outline alternative pathways, a practicum student worked with staff and BU youth to develop storylines on healthy eating for an education module.

For questions or more information, contact Kristan Rosenthal, Program Coordinator at 646-284-9730 or krr2128@columbia.edu or Renee Cohall, LCSW, Co-Director at rmc49@columbia.edu