



Healthcare Access & Education

March 16-22, 2025 in Philadelphia, PA

Spring Information Session
led by Saachi Shah

Agenda

1. About me
2. What is CO?
3. Program Overview
4. Example Schedule
5. 9 Components

About Me

- Senior
- Major/minor: Statistics, MCB
- Student Program Director
for Healthcare Access and Education
Alternative Break



What is Community Outreach (CO)?

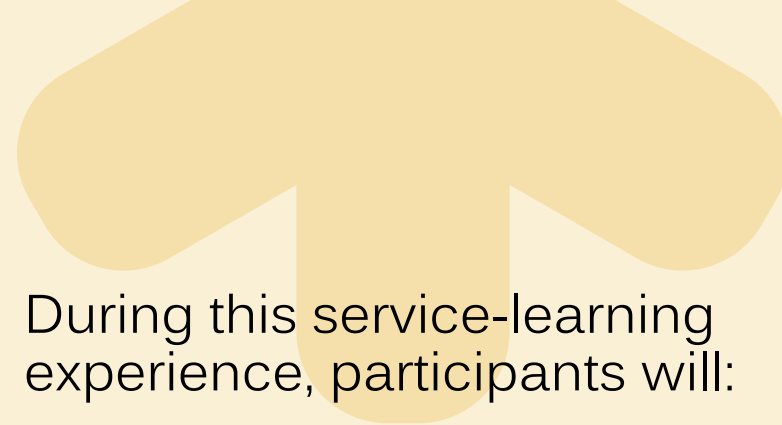
- CO houses Alternative Breaks
- Organizes many different service activities for UCONN students to enrich their learning and serves local, national, and international communities
- Includes programs such as Health Services, Educational Events, Language & Literacy, Philanthropy, and Alt Breaks!

CO: Alternative Breaks



- “Alternative Breaks are service-learning experiences supporting alongside the community to seek a more equitable and inclusive society. Alternative Breaks trips are designed to heighten participants’ awareness of critical social issues, enhance their individual growth, and prepare them for lifelong social action.”

Healthcare Access & Education Overview



During this service-learning experience, participants will:

- Explore the gaps in healthcare access and the impact of social determinants of health
- Collaborate with various organizations to gain insights into health equity
- Learn and practice skills to become effective health advocates in their communities

Healthcare Access and Education Background

- Better access leads to healthier communities
- Education helps prevent illnesses and detect issues early
- Bridges gaps between socio-economic groups in the healthcare education they receive
- Informed individuals feel more confident and often make better health decisions

We aim to create a healthier, more informed, and equitable society



Collaboration with Community Partners

Our valuable community partners allow us to foster community engagement, reduce stigma, and highlight diverse aspects of healthcare volunteering.

Past partners:

- **Institute for Community Justice:** Educated participants, reducing stigma around incarceration.
- **Mazzoni Center:** Packaged safe sex kits, promoting teamwork and learning about the center's history.
- **Inglis House:** Assisted with resident activities, fostering direct community engagement.
- **Cancer Support Community Greater Philadelphia:** Conducted site clean-up, highlighting non-clinical healthcare volunteering.
- **Cradles to Crayons:** Sorted shoe donations, providing a large, interactive workspace.

Sample Service Day Schedule

- 7am: Wake-up
- 7-8am: Breakfast
- 8-12pm: Service activity
- 12-1pm: Lunch
- 1-5pm: Service activity
- 5-7pm: Cook & eat dinner
- 7-8pm: Reflection
- 8-10pm: Free time/Bedtime!

Main Ideas

- Service Orientation
- "Living Simply"



FAQ's

Transportation?

- We will be driving to Philadelphia in two cars

Housing?

- A community partner provides us with a space to stay, bathrooms, and a kitchen

Sleeping Arrangements?

- Each participant brings a sleeping bag, blanket, and pillow with them

Dietary restrictions?

- We will have access to a kitchen where we will prepare our own meals. All dietary restrictions will be considered and accommodated!

9 Components of Alternative Breaks

**Strong
Engagement**

**Full
Immersion**

**Identity-
Consciousness**

Equity

Orientation

Education

Training

Reflection

Reorientation

Application Link



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