Buena Vista Health Department  
*Buena Vista, Virginia*

**Mission Statement:**
VDH mission statement – Protecting you and your environment. Vision statement is – We envision all people enjoying optimal wellness free from chronic, communicable, vaccine preventable and environmentally influenced disease.

**Volunteer Project Title:** Supporting Maternal and Child Health in a small town health department.

**On-site Supervisor/Co-educator:**
Name: Laura Brown  
Title: Registered Nurse  
Email: Laura.Brown@vdh.virginia.gov  
Telephone: 540-261-2149  
Mailing Address: Buena Vista Health Department, 2270 Magnolia Ave, Buena Vista, VA 24416

**Additional Contact:** Diane Kopcial – email – Diane.Kopcial@vdh.virginia.gov

**Duties/Project Description:**
- **Primary duties** will include working with the Maternal Infant Child Care Program also known as BabyCare. It is a home visiting program for at risk pregnant clients and infants and children up to two years of age. The volunteer(s) project will be to enhance the current educational handouts for the BabyCare program. Also as part of the project, weekly educational classes will be presented by the volunteers on site at the health department as well as some field trip educational offerings.
- **Additional activities**
  - Form and implement a Walking Club for the community.
  - Compile a list of services in the community for those living at poverty level and educate and assist clients in accessing these services.
  - Apply for a grant for something the volunteer(s) decide would be useful to the Buena Vista Community/Buena Vista Health Department.
  - Perform some much needed work to the physical appearance of the health Department, i.e. paint the bathrooms.
  - Shadow the public health nurse in all clinics. Learn about all of the programs that public health provides at the Buena Vista Health Department. Become oriented to public health in a small town, one nurse office.
  - Attend home visits with staff and to learn.
  - If possible engage with a local family, providing some much needed playtime and activities for children in that household.

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Qualifications:
- Independent and self-motivated
- Sensitive to clients challenges and able to find joy in small progress
- Able to project enthusiasm to clients about healthy living
- Minimal supervision required on project once orientation given.
- Outgoing and likes presenting to groups.

Orientation Plan
- HIPAA training
- Orientation to the health department in Buena Vista which includes introduction to the physical space and where the volunteer(s') office space is located; introduction to staff; overview of the project and VDH resources, websites, etc. related to the project.
- Tour of the town of Buena Vista and the surrounding area and public services relevant to client’s lives.
  - Laura Brown will drive the student(s) around the area. Perhaps a scavenger hunt for services we refer to, in the county, and how the volunteers can get there via bus would be a good experience. For example, take the bus from BV to the Rockbridge Area Health Center in order to learn the bus route and how long it takes. Learn how to access services at the health center in order to be able to help others access that system, firsthand experience to the barriers. Learn how to access the mental health services at Rockbridge Area Community Services would be good as well.
- Throughout the volunteer project, the volunteer(s) will shadow in clinics. The clinics are Family planning, STD, immunization, WIC. These clinic experiences will provide the volunteer(s) with an appreciation for and knowledge of what public health encompasses.
- Orientation to the home visit process.

Supervision/Mentor Schedule: see attached document

Weekly goals will be set in a meeting the first of each week and then evaluated progress at the end of the week. It is necessary for the volunteer to work independently, but the supervisor (Laura) will be available to help remove barriers to progress should they arise.

Non-English language requirement? No

Working Conditions:
Office space will be provided. A laptop would be great for each volunteer if possible. Not sure the volunteer can get password. Will have to work that out, but there are computers at the health dept.

January 2015
Is the organizational accessible via public transportation?
Yes, there is a bus that comes to Buena Vista from Lexington, but it runs one loop twice a day so it is very limiting.

Does the volunteer project require use of personal vehicle?
Car encouraged. It is always easier to have a personal vehicle, but if taking the bus provides the volunteer with a better understanding of living in poverty that is up the Shepherd Program.