

Alpha Delta Nu Delta Chapter

Joliet Junior College

Graduating Class of Spring 2017

Educational Presentation November 8, 2016

Project: Domestic Violence: A Future Without Violence

Research:

As the basis for our project, the research team worked together to provide the other teams with information to utilize for PR, the brochure, and our presentation. This team worked quickly and efficiently to find relevant, pertinent, and current data on domestic violence, and its prevalence including up-to-date statistics. We defined healthy relationships as well as characteristics of abusive relationships. We included when and how to get out along with tried-and-true tips from other survivors and college and local community resources. Our focus was to find information that could reach out not just to our fellow nursing students but to the rest of the college and the community at large about the importance of recognizing domestic violence. Recognizing the importance of this topic and our nursing passion to educate, our end goal was to change at least one life through our project presentation.

Visual Aid:

The major obstacle we had to overcome during this project was the necessity to communicate with multiple groups in order to compile the information we needed to create our event flyer and brochure. The brochure consisted of top statistics, definitions, symptoms of an abusive relationship, and college and local community resources. Because we are all full-time nursing students with additional outside responsibilities like work or family, we had to be sure to request information and submit rough drafts in a timely manner so as to ensure our leaders would have enough time to review our work. Thankfully, our time-management skills are honed enough to have accomplished these tasks with minimal, if any, setbacks. We utilized email, text messaging, and in-person meetings in order to complete our portion of the project, and those methods worked very well for our needs. The teamwork we engaged in this past semester helped us develop as leaders and collaborators, and this experience will help us in our future careers when we must work with an interdisciplinary team to care for our patients.

Public Relations:

As a team we were able to get the word out to the entire campus about our project on Domestic Violence, which was our team's mission. We learned that scheduling for multiple

classrooms can be difficult but just like in the nursing program, flexibility is key. As a team, we were able to visit all nursing classrooms as well as post our flyer throughout the campus and on the JJC website, closely collaborating with Tina McComb and Chris in OSA. We also worked with Professor Underwood in the Psychology Department who helped us market our project presentation to the rest of the college. Being able to collaborate closely with others in order to effectively market an event – in this case, an event centered around ending domestic violence – is something that we learned through this project. As nurses, our goal is to not only improve the health of the patients we work with but collaborating with others in addressing the needs of the community we live in.

Presentation:

Our focus was pull out the most impactful and relevant research and translate it into a powerful presentation. We narrowed down all the statistics and facts by highlighting what stood out to us from all the research. We utilized Google Docs in order to work on the project as a team, dividing up the work, editing, and reducing our face-to-face meeting times. Each team member their own portion of research into meaningful Powerpoint slides that would later be compiled into one seamless presentation. Prior to the final presentation, we met on several occasions to make any final edits, work out transitions, and prepare small skit we used mid-presentation in order to present the material to the audience in a more dynamic way.

Working on the presentation portion of this project, our entire team developed critical organizational and collaborative skills. We utilized these skills to coordinate the speaker panel interviews and arrange for their participation on the day of the presentation. Working on this team also helped us develop our networking skills – with Guardian Angel, our school, our faculty advisor, and nurses. We were able to make some lasting friendships with some of these individuals! Critical thinking was also a skill we used when determining our presentation goals and which information would be most impactful while tying it in with the speaker panel.

Speaker Panel:

All members of Alpha Delta Nu chose to have a speaker panel to share their personal or professional experiences. We felt having this panel would add to the impact of our presentation by helping the audience tie in researched facts and statistics with tangible evidence. We partnered with the Office of Student Rights and Responsibilities who put us into contact with a Guardian Angel domestic violence program coordinator and advocate. Guardian Angel then put us in contact with a domestic violence police officer in our local community, two domestic violence survivors, and a Guardian Angel lead counselor. They also put us in touch with a SANE-certified trauma nurse and department coordinator from Morris Hospital. She spoke about the unique role of a SANE nurse in the emergency room and the need for more SANE nurses in the

state of Illinois. We also partnered with our Dean of Students, Cynthia Vasquez-Barrios, who spoke to the resources Joliet Junior College has available for students experiencing domestic violence. An Alpha Delta Nu member put us in touch with a local Nurse Practitioner who discussed her role in assessing and reporting domestic violence.

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Link to video of presentation: <https://www.youtube.com/watch?v=RphIF5bwQLc#t=0m0s>

Project #1: Heroin Today, Gone Tomorrow: A Multidisciplinary Perspective of the Heroin Epidemic:

As provisional members of Alpha Delta Nu of Joliet Junior College, we decided to create awareness for the heroin epidemic that has plagued our locality and the country as a whole. The ADN members succeeded in gaining knowledge of this important topic and shared that knowledge with others in a scholarly presentation with professional panel speakers. In addition to the knowledge gained by everyone in attendance at the presentation, ADN members obtained valuable experience in organization, leadership, teamwork and collaboration.

ADN presented Heroin Today, Gone Tomorrow: A Multidisciplinary Perspective of the Heroin Epidemic to the JJC student body and the public with the objectives of raising awareness, diminishing stigma, and providing treatment resources, as well as provided teaching on Naloxone administration. Members of the ADN presentation team worked diligently to include five panel speakers that provide the community with resolutions to the heroin

epidemic, which included those working in law enforcement as well as in addiction services at various treatment facilities. In addition to the presentation of panel speakers, ADN members researched the heroin epidemic, created and provided a pamphlet including relevant statistics and treatment options for those struggling with addiction to heroin and opioid substances. The research concluded that although heroin abuse is on the rise, there are many patients who experience successful treatment.

All ADN members grew as professionals while working with multifaceted group dynamics with other students, faculty, and professional experts. ADN members collaborated, planned, experienced some set back, re-calibrated and moved forward with our goals. With the focus on heroin and the opiate epidemic, we found that people who struggle often do not realize addiction is treatable. Although the correlation between drug abuse and mental illness is strong and relapses often occur, it is important to treat every patient as an individual. We hope that through this presentation, we raised awareness of the growing heroin epidemic and treatment options, as well as reduced the stigma of people who struggle with addictions.

Resources:

Abuse, N. I. (2014). What are the treatments for heroin addiction? Retrieved from <https://www.drugabuse.gov/publications/research-reports/heroin/what-are-treatments-heroin-addiction>

American Society of Addiction Services. (2016). Opioid Addiction 2016 Facts and Figures.

Retrieved from

<https://www.asam.org/docs/default-source/advocacy/opioid-addiction-disease-facts-figures>

Effective treatments for opioid addiction. (2016, Nov.). National Institute on Drug Abuse.

Retrieved

from

<https://www.drugabuse.gov/publications/effective-treatments-opioid-addiction/effective-treatments-opioid-addiction> (Links to an external site.)Links to an external site.

Naloxone. (2016, Sept.). National Institute on Drug Abuse. Retrieved from

<https://www.drugabuse.gov/related-topics/naloxone> (Links to an external site.)Links to an external site. (Links to an external site.)Links to an external site.

Prevention of Substance abuse and mental illness. (2016, Aug 9). Substance abuse and mental

health services administration. Retrieved from <https://www.samhsa.gov/prevention> (Links to an external site.)

Today's Heroin Epidemic. (2015, July 07). Retrieved from

<https://www.cdc.gov/vitalsigns/heroin/>

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Project #2: Teen Pregnancy and Sexually Transmitted Infection Prevention and Condom

Distribution Event

As part of our project for Alpha Delta Nu this semester, we had the opportunity to work with Will County Health Department. The students were involved in a joint effort to decrease the high rates of teen pregnancy and STIs in the area by handing out information and resources on sexual health. Specifically, Bolingbrook has some of the highest teen pregnancy and STI rates compared to the rest of the state. ADN honor society places a focus of our work in educating and promoting health to the community. At this event we were able to hand out information and resources to over 400 people. This effort was made possible with the support of the Will County Health Department.

As part of Alpha Delta Nu (ADN), the nursing honors society, we have grown and experienced multifaceted group dynamics, with other students, faculty, and local public healthcare figures. As part of the group, we've collaborated, planned, and experienced some set back, re-calibrated and have moved forward with our goals. We all hope through the work we've done, and attempted to do, for WCHD, that we can help raise awareness to teen pregnancy, provide education and resources and help reduce stigma on the subject overall now and in the future. It was very interesting to learn how many people still hold stigmas regarding sexual health education. This was learned the hard way, as we were not shown the support of our local communities when approached with the idea of using the local businesses as a venue for our events. Many individuals are uneducated on the topic of health, and therefore hold

false ideas about health care and prevention methods. For example, countless individuals believe that the distribution of condoms promote sex. However, the CDC provides research that shows the distribution of condoms actually prevents teens from having sex, as they feel more empowered and educated to make their own decisions.

As future nurses, primary prevention is one of our main focuses to help keep our communities healthy and illness-free! The main way to do this is educating the public! Being a part of this joint effort was such an amazing experience, and we hope to further work with organizations like these to promote healthy communities. Through these community projects, our Alpha Delta Nu honor society has gained a new sense of pride and appreciation for our community, but even more so educating our community on their own health and prevention resources!