

Building University Partnerships

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Special Olympics
Health

MADE
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Outline

- I. Strategies for developing a University Partnership
- II. Special Olympics Oregon's University partnerships/collaborations
- III. Special Olympics Oregon & Oregon State University Partnership highlights
 - ▶ Curriculum changes
 - ▶ Internships

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Suggestion 1: Find a suitable partner

- Look for universities that offer disability-related studies
- Search programs of public health or related fields
 - Kinesiology, nutrition, community health, etc
- Search different terminology
 - E.g., in public health vulnerable populations is often used, kinesiology may use terms like adapted physical activity, search disability broadly

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Suggestion 2: Get to know your partner!

- Get to know the potential partner in detail
- Look at their history of community partners, vision, strategies, academic expertise/ interest, etc.
- Compare these with your Healthy Community objectives and goals
 - Are they complementary and compatible?
 - Should be compatible (equal enough) and complementary (different enough)



While Special Olympics Oregon and OSU's Adapted Physical Activity share some characteristics, they also bring unique resources to the collaboration

These resources are highly complementary:

Special Olympics Oregon	OSU's Adapted Physical Activity Program
Strong name recognition	Academic credibility
Broad reach within the state and an extensive network of volunteers	Expertise on training volunteers for managing difficult behavior/situations as it relates to physical activity and general participation in community programs
Infrastructure for broad implementation	Research methods for program evaluation and evidence-based practice
Oregon Team Wellness program; Healthy Athletes program with volunteer expertise in medicine, dentistry, optometry, etc; other Healthy Communities projects	Expertise on nutrition, physical activity, health promotion, and teacher training as implemented in IMPACT and IMPACT 4 Life programming
Connections with other Special Olympics state programs	Access to OSU Extension service, other academic programs
Membership in Special Olympics International	Relationship with Special Olympics International

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Suggestion 3: Make your initial contact

- **Make your initial contact brief and ask small**
 - Meeting to talk about a potential opportunity to collaborate on a project
 - Make sure to invite potential university champions!



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Suggestion 4: Find your university champion(s)

- You need internal support to lead change within the institution
- Champions can support Healthy Communities in the following ways and MORE!
 - Send out volunteer emails to list serves, incorporate volunteer and practicum opportunities within course curriculum, push for curriculum change, find internal clinical directors, develop internship opportunities, etc

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Suggestion 5: Develop a shared vision

- How to approach this? Good communication.

Together, define the basis of the partnership:

- common policy and goals,
- individual and organizational commitments,
- **leadership**,
- a formal framework of collaboration,
- ways to monitor the partnership
- democratic decision-making,
- responsibility and fairness

***Does not happen in the first meeting on-going throughout partnership**

Special Olympics Oregon University partnerships/collaborations

- Oregon State University
- Oregon Health and Science University
- Pacific University
- Western Oregon University
- Western University of Health Sciences



Oregon State
University



OREGON
HEALTH
& SCIENCE
UNIVERSITY



Western
University
OF HEALTH SCIENCES

What do curriculum changes look like?



Oregon State University Curriculum changes

- Inclusion of disability and health in undergraduate & graduate intro to public health courses
- Integration of SOOR health events in coursework
- Addition of new courses in disability and health
 - KIN550 Health Promotion for Persons with Disabilities

Maximize your Health Communities work with Internships!



Internships

- Does not require previous relationship with the university
- Most undergraduate programs in health require practicum or internship hours
- Contact the internship coordinator and set up a meeting to discuss the opportunity



Maximize your Health Communities work with Internships!



Internships --OSU & WOU

- Contacted internship and practicum coordinators
- Had sit down meeting to review the goals of the healthy communities projects & opportunities
- Set up the agreement – very easy documentation

Outcomes (since Jan. 2018)

- At least 5 applications each term!
- 5 undergraduate interns (OSU)
- 2 graduate students interested in program evaluation (OSU)
- 1 undergraduate intern (WOU)

Internship project examples



- Tobacco Prevention –Communication Card & referrals
- Hygiene health education booth
- Organize Athlete Health Leader training
- Program evaluation – data collection, entry, and analysis of our Oregon Team Wellness program
- Coaching Oregon Team Wellness
- Contacting athletes that need follow-up care
- Lead software implementation – New HAS Rollout with tablets



Tips for successful internships

- Have a mentor within your healthy communities that can work one-on-one with students
- Weekly meetings are a must
- Have a office space for them to work
- Expect work up front to train students
- Start with 1-2 interns...
- Have students break up internship across multiple terms





Tips for successful internships cont.

- Have an introductory meeting with your staff
- Assign the student one major project for their internship & discuss their role in supporting other HC tasks
- Set up a communication system
 - Example: Dropbox with weekly task lists, hours worked, completed projects, etc

University Partnerships require effort



Academic partnerships can be compared to a marriage:

- to invest time to find and choose the right partner
- to get to know the partner
- one needs to know (more or less) what one wants and expects
- last but not least.... be prepared for challenges

Healthy partnerships operate on equality and mutual recognition

All those involved need to be willing to work and make it last!



Questions?

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