

Intern Final Presentation

BY: KRISTEN ELLSBURY

Introduction

My name is Kristen Ellsbury. I am a student at the University of Maryland, Baltimore County in my final semester. I am graduating with a Bachelors of Arts in Public Health with a concentration in population health. At UMBC, I am the president of the Pre-Nursing Society and have been on the board for 2 and a half years. I also am a member of the Women's Club Soccer team. A fun fact about me is that I am a huge music lover and was originally looking to go to school for music performance.





MCS Services

As a part of the Meaningful Community Service team, I have been able to provide services not just for the department, but also for community members and their families. Part of my administration work has been creating DPD's and individual schedules for some community members. I also have been able to provide virtual and in-person supports for community members. I have been leading virtual CDS sessions and it has been a pleasure seeing all the community members welcome me. With in-person services, I have been working with individual community members to help them find employment and volunteer opportunities within their communities.

Interview Project

Mallory Legg

- Staff Attorney at Maryland Center for Developmental Disabilities
- She enjoys spending time in Bethany Beach

Baya Mohamed-Osman

- Employment Training Specialist with Project SEARCH
- She performs poetry when she has free time

Brandi Mellott

- Parent of Community Member
- Works as a paraeducator

Brianna Stewart

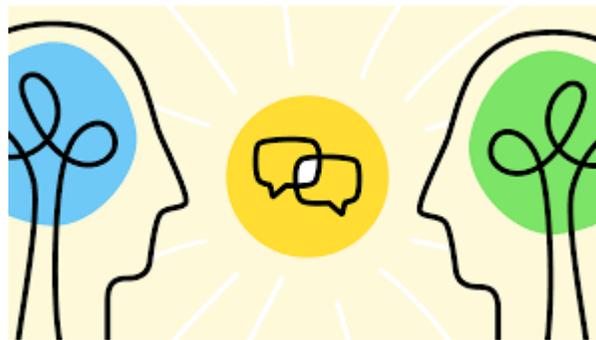
- Community Member with Meaningful Community Service Employment
- Favorite food is chocolate ice cream and when out in the community likes going to the mall



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Interview Project

I went into the interview process thinking I was going to get completely different perspectives. Though everyone had a different experience, the same themes of connecting, compassion, and trust were all present within Meaningful Community Services. These interviews allowed me to see the greater picture of what is happening at Meaningful Community Services. Each person that I interviewed has their own story that is essential to the department. Not only does each person bring their individual perspectives, but their perspective allows them to collaborate and provide for clients and community members to help meet their needs while delivering on the mission of the Institute.



**TRUST IS
EARNED
WHEN
ACTIONS
MEET
WORDS**



Interview Project

Connecting with people and clients was the biggest theme I found when interviewing. The connections being made are within the community, with community members, their families, and with staff. Mallory showed me that the connections she makes are not just a one-time thing. She sees the same people starting when they are in elementary school and watches them grow into adults. I also learned from Brandi that through Meaningful Community Services her daughter has been able to make connections that has increased her independence in the community.

Almost everyone I spoke with mentioned compassion when asked the question, “What does Meaningful Community Service mean to you?” I learned the most about compassion from Bri. She told me that without Meaningful Community Services she would be having a hard time. She enjoys the services that are provided, and they meet her needs. When speaking with Mallory and Baya, they both had the same idea of how compassion is essential to work. Without compassion then the clients would not receive good care and have their needs met.

Trust was also mentioned when asked the question of what Meaningful Community Services means to you. Baya really emphasized that Meaningful Community Services is not only a trustworthy workplace, but the community members, parents, and other staff need to be trusting of the department to provide the best outcomes. Mallory spoke about how in her career she has to make decisions that are beneficial not only to the community member but their family. The relationship between Mallory and the client is one of trust.

My Takeaways

My first takeaway from my experience is that work can be fun. I went into this internship expecting the typical intern experience of doing the work no one wants to do. I quickly learned that the Meaningful Community Services team and department is nothing like a typical job. This has been the most positive work experience I have had and has gotten me excited about my future. I have also had so much fun with community members both online and in person. I always look forward to hopping on a Zoom call or going out in the community not only because I can see how fun it is for the community member, but me as well. My second takeaway is that what Meaningful Community Service does for the community makes a difference.

**“GREAT THINGS IN
BUSINESS ARE NEVER
DONE BY ONE PERSON.
THEY’RE DONE BY A
TEAM OF PEOPLE.” –
STEVE JOBS**

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A Letter to Future Interns

Congratulations on where you are! This is the time to feel accomplished. You made it so far and you are about to start a new journey that is filled with lots of laughs, compassion, and kindness. You are probably feeling anxious, excited, or both, I was all of the above. This is an opportunity that you will not take for granted and it has been the best experience in my university career so far. This department has welcomed me in, and it really feels like a family here. You don't have to worry about feeling less than or nervous to ask questions. Everyone here is willing to help and support you in your journey at Kennedy Krieger.

When you first start it may be overwhelming in finding a good balance between school and internship. My tip to you is get a planner. Take time at the beginning of the week to write out the work you need to do. Not only does it help you visualize your time, but it also allows you set stick to due dates better. Secondly, log everything you do. The work you put in should be recognized so never sell yourself short even when you are not scheduled. Lastly, do not hesitate to ask questions. Whether is be your supervisor, another staff member, or someone you have never met but is part of the department, reach out. You will always get an answer from someone, and it will bring you closer with the team as well as help you network.

This experience will teach you things about yourself you never knew before. It will open your eyes to different possibilities and opportunities. Your time with Meaningful Community Services will go fast so make sure to embrace every opportunity.

This is your time to shine and be proud of where you are. Remember to work hard and enjoy the moment.

Best of Luck,

Kristen Ellsbury

CORE Foundations Intern