You Are Your Brother and Sister’s Keeper: Gaudenzia, People With Hope

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From the educational seminars that were presented, the clients learned how to live a healthier life. They gained insight into the causative factors of many chronic diseases and learned strategies for management. I also helped the clients to practice life skills such as budgeting, health literacy, and relapse prevention, all designed to help them in their recovery. They also received group and one-on-one counselling lead by trained staff daily to talk through any issues and gain insight to recovery.

**PROJECT OBJECTIVES**

- To educate the clients about aspects of healthy living such as nutrition, exercise and oral hygiene.
- To teach the clients about cardiovascular disease, diabetes and sexually transmitted diseases with a focus on HIV.
- To encourage patients to quit the use of tobacco through smoking cessation education.
- To present life skills that will aid in them in life outside of Gaudenzia and their addiction such as budgeting and health literacy.
- To generate discussion regarding the stigmas of mental illness and substance abuse.
- To help facilitate the recovery of the clients from their addiction.

**DISCUSSION**

People With Hope truly depends on every member of the community. You are your brother and your sister’s keeper. By integrating into the community, I saw this saying in practice everyday and learned how to live by it. From working at Gaudenzia this summer, I learned how important a community is to recovery and how to be a better provider for patients with mental illness and drug addiction.