

Grace is part of the fourth cohort of fellows, starting in January of 2020 and ending in September of 2020. Grace worked in Olympia, East Spokane Valley, and West Spokane Valley. There are several things Grace feels accomplished of during her time as fellow. This includes speaking on self-care during a webinar focused on responding in a trauma informed manner during COVID-19. Grace also implemented a vaping prevention education class for West Spokane Valley and assisted in a Naloxone Training for Spokane County School Nurses. Grace assisted in creating the sponsorship application for a four-state opioid prevention conference. Her favorite part of the fellowship was growing her knowledge about cultural competency and growing authentic relationships in the Spokane Valley community.

Professionally, Grace has seen herself grow in her ability to communicate ideas effectively. She feels she is able to communicate about herself and her work in a cohesive manner. Grace has also grown in her confidence around her work, she is willing to take on more tasks, express her ideas to others, and try new things. Grace has seen herself grow personally in her ability to empathize with people from different backgrounds. Grace also feels she has found an amazing support group that is there for her during and after work. The fellowship helped Grace determine what she wanted to study in graduate school, she plans to get a Master's degree in Public Health as well as her Master's in Social Work.