

# Educating Youth in Camden, NJ on the Effects of Stress

**Student Interns:** Raleke Adibe, Rowan School of Osteopathic Medicine,  
Rutgers School of Public Health  
Matthew Brown, Rutgers School of Public Health

**Academic Preceptors:** Dr. Pamela Ohman-Strickland, PhD – Rutgers School of Public Health  
Dr. Marcia Sass, ScD, MSN – Rutgers School of Public Health

**Site Preceptor:** Andy Joshua, MPP, UrbanPromise



## The UrbanPromise Mission:

The mission at UrbanPromise is to equip children and young adults in the city of Camden with the skills necessary for academic achievement, life management, spiritual growth, and Christian leadership.

## The Project:

The student interns implemented a schedule for lessons on nutrition for the summer program. The interns worked with the different camps to provide lessons and educate children at the camps on the topic of stress, specifically toxic stress. They led science classes two days a week for older high school and college students. These classes also were on the topic of stress, how stress affects the brain and the body.



Members of the StreetLeader Group

## Bridging the Gaps Focus Areas Adopted from Healthy People 2010 and HP 2020

Injury and Violence Prevention; Mental Health; Nutrition and Weight Status; Oral Health; Physical Activity and Fitness

## Community Sites:

CamdenForward School (K-8)  
UrbanPromise Academy (9-12)  
After-school program

## Summer Camps:

- 5 camps for grades 1-4
- 3 camps for grades 5-8

## Activities:

- Implemented a schedule for lessons on nutrition to be taught at summer camps
- Provided support to interns and volunteers for nutrition lessons
- Taught lessons on stress, specifically toxic stress, at summer camps



Camp Grace

Matt: "Working with the youth at the summer camps was the highlight of the internship. Educating these young individuals about how the tremendous amounts stress that they face on a daily basis will affect them in the future is something that is not emphasized nearly enough. I am hopeful that they will take the appropriate steps to seek out sources of strength to help them deal with the stress that they endure. It was a rewarding opportunity to work with these young minds and I'm excited to see all they will do in the future."



Members of the StreetLeader Group

-Taught science lessons to 5 street leader groups (Ages 15-21)

-Lessons dealt with stress; what stress is, the effects of stress on the brain, and the effects of stress on the body

-Focused on ways to deal with stress, specifically Sources of Strength

Raleke: "Teaching about stress allowed me to discuss with the students/campers some of the issues that Camden youth are facing. Getting to know the students and implementing our stress curriculum gave me hope for the future of Camden. The campers are intelligent, motivated, and ambitious. They strive to be successful, and want to use their success to help the city they come from. The small impact we had on the campers will pale in comparison to the impact they will have in their own community. The experience was rewarding and I am honored to have the opportunity to work with Camden youth at UrbanPromise."