Grad Student Learns about Health System

By Tiyona Pariani

While participating in a practical internship with Marin’s Health and Human Services Department, graduate student Colleen Horowitz has completed two projects for the department’s Maternal Child and Adolescent Health (MCAH) program. The goal of one project was to identify gaps in health care and other services received by children with special needs. The other focused on identifying workplace barriers experienced by low-wage breastfeeding mothers with regards to pumping and lactation accommodation.

“I was really able to see how public health is practiced in Marin and learned the importance of the relationship between the county and its collaborative organizations,” said Colleen. “While MCAH does not provide direct patient services, staff members do make recommendations on how to improve the health outcomes of the populations they serve. In turn, the collaborative organizations work with the county to

Intern Supports Victims of Crime

By Tiyona Pariani

Jennifer Flores serves as an intern every Friday at the District Attorney’s Office for the victim witness unit since August 2018. There she works on Marsy’s letters for victims of crime and on protective orders. (Marsi’s letters are sent to victims to inform them of their legal rights, to ensure they are treated with fairness and respect.) Jennifer interns at the County of Marin and has a rich experience working as a victim witness advocate.

She offers victims information, emotional support, and other resources, as well as helping to fill out paperwork. She goes to court with victims and contacts organizations, such as criminal justice and social service agencies, to collect information for victims.

Jennifer, who also works as a substitute teacher for the North Bay Children’s Center, enjoys learning as she
Colleen Horowitz  
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deliver improved care to keep Marin residents healthy.”

As a graduate student in public health, Colleen was required to select an agency to complete fieldwork. She is grateful for the opportunity to have participated at the County of Marin.

Her internship supervisor was MCAH Director Sandra Rosenblum. “Colleen brought a high level of skill to her internship and made substantive contributions to our program,” said Sandra. “We really value the opportunity to partner with local universities and to participate in training students in professional programs.”

Colleen holds two bachelor of science degrees, one in biology/anthropology from Western Washington University and the other in nursing from the University of Pennsylvania.

She will receive a master’s degree in public health from the University of San Francisco in August.

Colleen works as a complex care registered nurse care manager at Marin Community Clinics. A former resident of Novato who now lives in Mill Valley, she enjoys cooking, hiking, and spending time with her family.

“This internship not only taught me significant amounts about how Marin County’s health system works, but it also broadened my interest in continuing to work with the most vulnerable populations in the county,” Colleen said. “I will definitely use the skills I acquired as an intern at the County of Marin, and I am grateful to give back to the county in a meaningful way.”

Jennifer Flores  
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attends court with advocates, meets victims, and observes how the court process works.

Jennifer believes what she does is important because it gives her an opportunity to help individuals and let them know they are supported throughout the entire legal process.

Nilda Fernandez is Jennifer’s staff supervisor. “Jennifer does a wonderful job. She is friendly, helpful, and professional; she inspires confidence in our unit,” said Fernandez. “We are lucky to have her.”

Jennifer is a first generation Mexican-American. She is from Sonoma County, where she graduated from Rancho Cotate High School, and is enrolled at Santa Rosa Junior College. She will receive her associate degree in psychology this school year and plans on transferring to Sonoma State University or San Francisco State University.

Besides her studies, Jennifer is interested in reading, writing, finding something new to experience every week, and enjoying time with her loved ones.

“After this internship I see myself becoming more involved with victims in my community,” Jennifer said. Her plans consist of working at non-profits and with victims one-on-one.

“Being strong does not mean you need to eliminate beautiful traits such as empathy or kindness,” she says. “You can be strong and soft at the same time. I am passionate about helping victims receive the justice, support, and healing that they deserve.”
Her entire senior year, Liza Panfilova interned with the Department of Public Works (DPW) during her free seventh period on Tuesdays and Thursdays. This high school student’s efforts helped support the recent launch of the Clean Business Program. The program encourages Marin businesses to prioritize environmentally friendly, anti-litter practices.

Liza researched existing clean-business programs by meeting with people from San Rafael Clean and Marin Sanitary Service. She generated lists of potential business participants, helped develop the Clean Marin e-newsletter, and learned about the relationships among county programs. She also became a more efficient communicator.

She said the most important element of her internship was gaining “invaluable soft skills that will be useful in any education and career paths.”

She chose the internship after working on similar projects through a Marin School of Environmental Leadership project, a program at Terra Linda High that promotes development of 21st-century skills.

DPW Stormwater Program Administrator Rob Carson was Liza’s internship supervisor, and helped her solve technical problems.

“In the environmental field “we are all working towards the same goals: to be cleaner, greener, and the best we can be,” Liza said. “Due to this, you are never alone in your efforts and there is always someone to turn to for guidance and advice.”
Who’s New & Welcome!

Prasad Acharya (Berkeley), Preventative Medicine Resident, Health & Human Services
Colby Alonzo (San Anselmo), High School Intern, District Attorney’s Office
Gillian Bell (Tiburon), Housing Intern, Community Development Agency
Elliot Blum (San Rafael), School to Career High School Intern, District Attorney’s Office
Charles Bohner (San Rafael), Marin Search & Rescue Youth Volunteer, Sheriff’s Office
Jared Caldwell (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Ella Carter (Berkeley), Summer Challenge Youth Volunteer, Civic Center Library
Joshua Chertok (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Isabella Cohen (Sonoma), High School Intern, Public Defender’s Office
Jennifer Cruz (Novato), Teen Shelver, Novato Library
Lucas Cuffe (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Christopher Cyler (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Shae Daly (San Rafael), District 2 Intern, Board of Supervisors
Natalia Davidson (San Rafael), High School Intern, Public Defender’s Office
Jacob Derin (San Rafael), Volunteer View Newsletter Writer Intern, Human Resources
Theresa Ericsson (Novato), Teen Volunteer, South Novato Library
Toby Frey (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Matthew Greenleaf (Novato), Summer Challenge Youth Volunteer, Civic Center Library
John Griffin (Novato), High School Intern, County Counsel’s Office
Matthew Hyman (San Francisco), Certified Law Student, District Attorney’s Office
Natalie Jakimiuk (San Rafael), Pre-Law Intern, District Attorney’s Office
Haydon Jamison (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Vivian Kaplan (Novato), Teen Volunteer, South Novato Library
Kader Kayser (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Firas Khan (Novato), Photography Intern, Human Resources
Miguel Lienres (San Rafael), Arts & Crafts Fair Coordinator, Human Resources
Shannon Madsen (San Rafael), Marin Search & Rescue Volunteer, Sheriff
Maria Malin (San Rafael), Marin Search & Rescue Volunteer, Sheriff
Jacqueline McKillop-Herr (San Rafael), Marin Search & Rescue Volunteer, Sheriff
Sofia Mincy (San Rafael), Marin Search & Rescue Volunteer, Sheriff
Valentini Muenh Movridoglou (San Rafael), Marin Search & Rescue Volunteer, Sheriff
Henry Nathcott (San Rafael), Summer Challenge Youth Volunteer, Civic Center Library
Emma Nathcott (San Rafael), Summer Challenge Youth Volunteer, Civic Center Library
Zoe Null (Novato), High School Intern, Public Defender’s Office
Isabel Owens (Novato), Teen Shelver, Novato Library
Francesca Padilla (Greenbrae), Pre-Law Intern, District Attorney’s Office
Mikayla Phillips (Sausalito), Pre-Law Intern, District Attorney’s Office
Noah Rainey (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Indiana Ravenhill (Napa), Assistant Archivist Intern, California Room, Civic Center Library
Reis Revai (San Rafael), High School Intern, Public Defender’s Office
Athena Sanchez Erb (Mill Valley), Spanish Tutor, Novato Library
Kendall Scanlan (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office
Erik Schiefloe (San Rafael), Teen Volunteer, South Novato Library
Nina Segedin (Greenbrae), Legal Support Intern, District Attorney’s Office
Michael Webb (San Rafael), Marin Search & Rescue Volunteer, Sheriff
Henry Winter (Petaluma), High School Intern, County Counsel’s Office
Fawn Zech (San Rafael), Marin Search & Rescue Volunteer, Sheriff’s Office