



Internship Description

Work Site Name	Department/Position
Kids First Health Care (KFHC)	Health Education and Social Determinants of Health

Brief Overview of Internship

Kids First Health Care (KFHC) is seeking a motivated high school student to serve as a **Health Education Intern** representing the health and wellness needs of 27J students across Adams County. Working directly with our community and school-based clinics, the intern will act as a youth advocate to identify key health topics affecting local teens—such as mental health, nutrition, and lifestyle wellness—and help design engaging educational campaigns and outreach programs. Ideal candidates are creative, reliable student leaders interested in public health, healthcare, or community organizing who want to gain hands-on professional experience, receive mentorship from medical staff, and make a direct, positive impact on their peers' well-being.

Internship Tasks/Projects

- Peer leadership to promote health and wellness in your community.
- Provide valuable input on the health issues facing young adults, and use it to inform clinic initiatives.
- Facilitate a needs assessment in the community.
- Create and develop health education materials targeted for young adults.
- Assist with designing posts for our social media accounts.
- Work with other Kids First interns at various schools to form a youth advisory board.
- Tabling events on health topics of your choosing.
- Attend outreach events.

Internship Learning Goals (new skills/knowledge the intern will acquire)

- Gain an understanding of the public health system.
- Understand the different roles of an integrated health care in a pediatric clinic and observe patient-centered care.
- Develop skills in health communication and teamwork, and enhance professionalism.
- Understand social determinants of health and how to approach them in a clinical setting.
- Understand how various health issues can impact physical and mental health throughout a person's life.
- Develop health education materials.

Internship Site Address and Primary Contact Information	Internship Hours Start/End Times
7190 Colorado Blvd. Suite 450 Commerce City, CO 80022	Mondays: 8:00- 4:00 with 1 hour lunch *This can be flexible* There will also be event opportunities.
Physical requirements	Dress Code
Able to lift 25 lbs	Business casual or medical scrubs
Occupational/Educational Requirements (skills, certifications needed)	Age/Grade Level of Intern
Interest in healthcare, public health, and various topics such as nutrition, mental health, reproductive health, and pediatrics.	Any