



What does Cinco de Mayo, coffee and community nutrition all have in common?

They are all a part of the Sea Mar Community Health Center Dietetic Internship!

Sea Mar Community Health Centers is a non-profit health and human-service organization founded in 1978. Sea Mar's Dietetic Internship offers interns a unique opportunity to work with clients from Latino and a variety of ethnic and socio-economic backgrounds. Interns gain cultural competencies that enhance their competitive edge in the job search. Interns celebrate Cinco de Mayo as one of their holidays, along with winter and spring breaks.

Sea Mar's Dietetic Internship is located in Seattle, the Emerald City! As well as having coffee stands on almost every corner, interns will enjoy Seattle life, with professional sports events, theatre and concerts, museums, amazing restaurants and many food and farmers' markets, including the famous Pike Place Market. Ocean and mountains are nearby with plenty of hiking, skiing and biking trails close at hand. Even more importantly, Seattle offers renowned medical centers and community organizations with exceptional dietitians who support our program, acting as preceptors and educators. And despite what you may have heard, it does not rain every day!

Sea Mar's Dietetic Internship offers each intern class many opportunities to work together as a group, thus developing team-building skills and relationships of support that enhance the learning experience. Mondays may start off with an intern seminar (mostly in fall and spring), in which interns gather to hear dynamic speakers, discuss assignments or present case studies and work on nutrition education projects that benefit those in need in the Seattle community. Interns come together to talk about their rotation experiences and assist each other in problem-solving and conflict resolution. A vehicle and ability to check email every day is necessary for this internship. All experiences take place in the greater Seattle area; international experience is not provided.

"Community" is the focus and designated concentration at Sea Mar Community Health Centers. Dietetic students who desire careers in outpatient clinics, WIC, health clubs, public health or other nutrition education practice settings are strongly encouraged to investigate this internship. In addition to hospital (MNT) and food service administration rotations, community nutrition rotations include outpatient, WIC, long-term care, child development, community nutrition administration and migrant/homeless services (see Generic Rotation Schedule).

Each rotation differs in amount of objectives to complete and required supervised practice hours performing real-life activities such as role-playing, simulations, case studies, etc. Curriculum is reviewed and updated at minimum annually using intern and preceptor evaluations and communication and input from other internship directors, peers, past interns and Sea Mar staff. Our Dietetic Internship offers learning experiences in a multicultural and bilingual environment and is in complete alignment with our organization's mission and goals.

If you love cultural experiences, enjoy water and mountains, benefit from peer interaction and have a strong passion for a career in community nutrition, the Sea Mar Dietetic Internship is for you!

Overview of Sea Mar Community Health Centers Dietetic Internship

The 40 week, full-time community-based internship begins in September with graduation in June. An initial one-week orientation prepares our **eight** interns for the experiences ahead. The time commitment range from 30 to 40 hours per week during normal business hours, but this may fluctuate depending on rotation, preceptor hours and class time. It is possible for interns to work on weekends during the internship.

Program Mission:

The Dietetic Internship at Sea Mar Community Health Centers is committed to providing a comprehensive learning environment for those interested in community health, offering an emphasis in experiences serving multicultural and low-income communities, while preparing them to become Registered Dietitians.

Program Goals

Goal #1: To contribute to the development of mature and responsible interns who will be capable of utilizing the knowledge and skills learned to meet the nutrition needs of society.

Outcome Measures

- 100% of each intern class has completed the dietetic internship within 15-months of starting.
- When surveyed at their exit interview, the mean rating for the question, "I feel that I have mastered the skills necessary to succeed in entry-level nutrition counseling and education position," is marked as "Agree" or 1-3 by 85% of DI graduates.
- 12 months after completing the internship, employers will rate 85% of DI graduates as "Prepared" when surveyed if "the employee is highly capable of meeting the nutrition needs of society."

Goal #2: To provide a quality training program that supports the intern's personal development and professional growth.

Outcome Measures

- Over a five-year period, the pass rate for DI graduates taking the registration examination for the first-time will be at least 80%.
- When surveyed at their exit interview, the mean rating for the question "I have felt supported in my attempts to develop personally and to grow professionally" is marked as "Agree" or 1-3 by 85% of DI graduates.
- 12-months after completing the internship, employers will rate 85% of DI graduates "Prepared" when surveyed if "the employee is able to participate in professional activities and promote effective relationships in the practice of dietetics."

Goal #3: To prepare the interns to graduate and deliver nutrition services to population groups such as those at Sea Mar or other community healthcare clinics.

Outcome Measures

- Over a five-year period, 70% or more of DI graduates who sought employment in dietetics will be employed within three months of program completion.
- 25% of program graduates secure a position at Sea Mar or other community health centers in nutrition within one year after graduation.
- 12 months after completing the internship, employers will rate 85% of DI graduates as "Prepared" when surveyed if "the employee is able to provide nutrition care for individuals from across the lifespan and with diverse cultural, religious and socio-economic backgrounds."

Sea Mar Community Health Centers Dietetic Internship Program Objectives

- To have all interns complete and reach a level of satisfactory competency in the rotations offered at Sea Mar during the 10-month internship period.
- To have all interns be able to identify and address the needs of members of low-income and non-English-speaking populations by the end of the 10-month internship period.
- 80% of interns will pass the Registration exam after completion of the internship.
- To successfully recruit Sea Mar's dietetic internship graduates as Sea Mar employees to fill any open dietetic positions for which they are eligible. Program outcome data measuring achievement of program objectives available upon request.

In addition to the Academy's Core Competencies required to become a Registered Dietitian, Sea Mar's Community Concentration Competencies are required to be met in the community nutrition rotations. They are as follows:

CO1. Conduct community-based food and nutrition program outcome assessment/evaluation and research

CO2. Manage nutrition care for diverse population groups across the lifespan by participating in nutrition surveillance and monitoring of communities

CO3. Develop community-based food and nutrition programs and/or a health promotion/disease prevention intervention project

Please note: Our program has no policy for assessing prior learning or competence and does not give credit for prior experience in the USA or internationally. Upon satisfactory completion of this program, graduates are eligible to become active members of the Academy of Nutrition & Dietetics. For more information about becoming a Registered Dietitian, visit <http://www.eatright.org/BecomeanRDorDTR/content.aspx?id=8143> Sea Mar Community Health Centers does not discriminate on the basis of age, race, creed, color, national origin, sex, sexual orientation, political ideology, marital status, Vietnam veteran status or any disability. We encourage you to explore Sea Mar's website to learn about our wonderful community health centers' vast array of services.

* This program is accredited by the Accreditation Council for Education in Nutrition & Dietetics (ACEND) of the Academy of Nutrition & Dietetics (AND), 120 S Riverside Plaza, Suite 2000, Chicago, IL 60606-6995; 800.877.1600 ext. 5400; email at ACEND@eatright.org, URL: www.eatright.org/acend.

Application Guidelines for the Sea Mar Community Health Centers Dietetic Internship

Students will be considered for admission only if they have completed an Academy of Nutrition and Dietetics' accredited didactic program in dietetics.

Qualified applicants are evaluated based upon the following criteria: (not necessarily in any prioritized ranking)

1. Overall GPA

Applicants must have an overall GPA greater than 2.75.

2. Professional sciences GPA

3. Recommendation Scoring Forms

When completing the application form, applicants must include a name and e-mail address for each reference. This will trigger an e-mail message requesting completion of a reference form. The form will be completed on-line. Students submitting more than one application will need to use the same individuals as references for each application. **Sea Mar does NOT require letters of recommendation, only the scoring form, so if Sea Mar is the only internship you are applying for, a letter is optional.**

4. Personal statement

Applicants who apply to internships using DICAS will be asked to complete a personal statement no longer than 1000 words. Questions to be addressed in the personal statement include:

- Why do you want to enter the dietetics profession?
- What experiences have helped to prepare you for your career?
- What are your short-term and long-term goals?
- What are your strengths and weaknesses or areas needing improvement?

Please also include the following in your personal statement:

- Reasons for applying to the Sea Mar internship specifically.
- Experiences working with diverse populations.
- Language skills – indicate any languages you speak, how you obtained those language skills, and the level at which you speak (i.e. high school and/or college courses, time spent in non-English speaking countries, fully bilingual, bicultural, etc). Please include whether you have taken Spanish in college, high school and/or traveled in a Spanish speaking country and time frame for all.

Note: Because Sea Mar supports the education and employment of dietitians in clinics which serve a multicultural population, students who have taken Spanish-language classes, or who possess language skills that would be beneficial in serving our client populations, are given extra points during the application process. However, it is not required that interns speak Spanish. We urge all students who have a strong passion and desire to work in community health to apply, regardless of language skills.

5. Work/Volunteer experience

Volunteer or work experience in community nutrition, experience in working with a multicultural population and an expressed desire to work in a community or public health career are desirable attributes for internship applicants to possess.

6. Interview (if applicable)

Selected applicants will be asked to participate in a telephone or personal interview with our selection panel by mid-March. An in-person is not required or advantageous in any way.

7. Dietetic internship preferences

All applicants must participate in computer matching. Applicants should request instructions to prioritize their DI preferences. Applicants should request this information from D&D Digital Systems early enough to allow turnaround time for submitting by the postmark deadline. There is no charge for this material. However, there is a \$50.00 charge for computer matching due with the applicant's prioritized ranking. Requests should be addressed to:

D&D Digital Systems
Suite 301

304 Main Street
Ames, IA 50010
<http://www.dnndigital.com>

Submission of Application for the Sea Mar Community Health Centers Dietetic Internship

1. To apply to the Sea Mar Dietetic Internship, submit a centralized online internship application at DICAS' website at <https://portal.dicas.org> by 11:59 pm of their deadline date in February (visit website to confirm this deadline).

2. See the DICAS website for more information but generally, DICAS is available early December for the spring match. The fee to use DICAS is \$40 for the first application submitted and \$20 for each additional application. Official transcripts from all colleges and universities attended should be sent to: DICAS- Transcript Dept
PO Box 9118
Watertown, MA 02472

3. Applicants must also register online for computer matching through www.dnndigital.com and select dietetic internship priority choices by February deadline date at 11:59 p.m. Central Time (visit website to confirm deadline). There is a \$50 computer matching fee. **All applicants must follow the instructions for Notification and Appointment days on DND Digital website. All 8 interns are received during First Match.**
<https://www.dnndigital.com/ada/deadlines.php?eid=70453>

*4. A **separate APPLICATION fee of \$50** must be mailed **before or by** the DICAS February deadline to be considered for the internship. Please mail a check or money order to the address below with **YOUR NAME in check memo line (especially if made out by someone other than applicant)** payable to:

Sea Mar Community Health Centers
ATTN: Rana Nelson, MS, RD,
Dietetic Internship Director
8915 14th Avenue S, Seattle, WA 98108

Graduate Requirements

To graduate, interns must pass each rotation with a 3.0 average scored on each evaluation form completed by the preceptor, all assignments must be complete with a passing grade, have a final grade of at least 800 out of 1000 points, and earn a 3.0 or higher on the Program Director's final evaluation. Make-up projects, assignments and time owed is determined by the Program Director and/or preceptors as needed to obtain required points, hours or score.

After all requirements are completed and final evaluations of the Sea Dietetic Internship are submitted from all interns, verification statements with original signature will be issued. This is typically done on the last day of the internship. This information is elaborated on in the Student Handbook sent out prior to the start of the internship orientation.

For more information about Sea Mar's Dietetic Internship program, contact Rana Nelson, MS, RD at rananelson@seamarchc.org (preferred) or call 206-764-8074

Good luck on your internship application process!

Program Costs

Tuition	\$6,500
Non-Refundable Application Fee	\$50
Liability Insurance	approx. \$20-35
ADA Associate Membership	Approx \$50
Washington State Dietetic Association Annual Meeting	approx \$75
Lab Coat (may not be required; do not buy beforehand)	approx \$35
Housing	approx \$600/month
Food	approx \$200/month
Books & Materials	approx. \$100
Transportation	A car is necessary and students must arrange for their own auto insurance.
Medical Insurance	Required, intern's own responsibility. Intern may be required to pay for a national background check (~\$50) and/or drug screening (~\$25) for site placement

*Sea Mar does NOT offer any financial aid, although there are a few scholarships from other area agencies to apply for once the internship commences. If graduates go on to work for Sea Mar or any other community health center in Washington state for a minimum of one year, Sea Mar will reimburse \$1,000 of the tuition at the end of that year.

