



Columbia University Irving Medical Center

Community Connections

Bridging Campus, Community, and New Opportunities

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[About Community Connections](#)

Community Connections brings CUIMC and our community closer together. Published by the Office of Academic & Community Partnerships, it shares stories, resources, programs, and opportunities from across the medical center. We invite our neighbors and community partners to learn more, connect with us, and discover ways to get involved.

Community Health in Action

Community Ready | Comunidad Preparada: Neighbors Prepared to Respond

Hands-on training gives residents practical skills for cardiac arrest, overdose, severe bleeding, and other emergencies.



Jordan C. Foster, MD, demonstrates CPR techniques during a community training session.

In an emergency, the first few minutes matter. Community Ready | Comunidad Preparada helps neighbors build practical skills to respond before emergency medical services arrive. Through free, hands-on training, participants learn Hands-Only CPR, how to use an AED, administer naloxone during a suspected opioid overdose, control severe bleeding, and respond to other emergencies. No medical background is required.

Led by CUIMC with community partners, the initiative has offered 50 training sessions across Washington Heights, Inwood, and the Bronx. Through Project ADAM, CUIMC and NewYork-Presbyterian are also working with schools to strengthen cardiac emergency preparedness.

For more information about Community Ready | Comunidad Preparada, please contact us at: acp@cumc.columbia.edu

Community Ready at a Glance



50+
training sessions over
four years



~3,700
community members
trained across Upper
Manhattan and the Bronx

Project Medical Education: Opening CUIMC's Doors

Community partners experience the breadth of CUIMC—from research and education to patient care and service.

Project Medical Education (PME) opens CUIMC's doors to community and government partners for a firsthand look at the work taking place across our academic medical center.

During this year's daylong experience, participants explored public health, medical education, biomedical research, mental health and brain science, oral health, and nursing simulation. The program also created opportunities to meet faculty and staff and learn how CUIMC's research, education, patient care, and community engagement connect.



CUIMC researcher engaging participants during an educational session.

Interested in participating in a future PME?
Please contact us at: acp@cumc.columbia.edu

\$17.25 Million to Study Profound Autism



CUIMC, Weill Cornell Medicine, and the New York State Psychiatric Institute received \$17.25 million for a five-year study of profound autism. Researchers will follow children over time to better understand development and inform future medicines, behavioral therapies, and communication tools.

[Read the Full Article →](#)

Mailman School of Public Health

Bringing Women's Health Into Focus

Across the life course, important questions about women's health have too often gone understudied. Researchers at Columbia Mailman School of Public Health are working to change that.

Marni Sommer, DrPH, MSN, RN studies menstrual health and the support girls and women need in schools and workplaces. Teresa Janevic, PhD examines how health before and during pregnancy, and experiences including racism, can affect maternal and cardiovascular health. Jamie Daw, PhD studies postpartum health and access to care, including changes in mothers' reported mental health.

Together, this work is helping build a fuller picture of women's health and the policies, services, and care needed across different stages of life.

[Read the Full Article →](#)



Columbia School of Nursing

Heart Research That Includes You



What matters after heart treatment? For many patients, survival is only part of the answer. People also want to return to work, care for family, stay independent, and participate in community life.

Those priorities helped shape RECHARGE, a Columbia-led study comparing two treatments that restore blood flow to the heart. Pilot conversations with 42 Black and Hispanic adults living with heart disease helped researchers focus on outcomes that matter in everyday life. The study is now recruiting participants in New York City, across the country, and internationally, with a focus on women, Black, and Hispanic patients.

[Watch the Video →](#)

Vagelos College of Physicians and Surgeons

ConnECT: Let's Talk About Clinical Research

Clear information can help people decide whether research participation is right for them.

ConnECT gives community members an accessible introduction to clinical research: what studies are, what participation may involve, what your rights and choices are, and where to find studies at Columbia. More than 300 residents of Upper Manhattan and the Bronx have taken part in ConnECT conversations.

**For more information about ConnECT, please call:
(646) 697-2276**



Opening Doors to Opportunity

Office of Academic & Community Partnerships A Summer That Opens Career Possibilities



This summer, 54 New York City young people gained a firsthand look at careers across CUIMC through the Summer Youth Employment Program (SYEP). Over six weeks, participants worked across 30 medical center departments, gaining workplace experience, mentorship, and exposure to careers in health care, research, administration, and more.

SYEP participants also completed CPR, naloxone, and Stop the Bleed training—skills they can carry back to their families and communities.

“My SYEP CUIMC experience has been transformative,” participant Yari Beco shared. “I was able to network and occupy spaces I never imagined being in.”

For more information about the SYEP program, please contact: acp@cumc.columbia.edu

Vagelos College of Physicians and Surgeons Opening Doors to Health Careers: CSTEP

A career in science or health often begins with access—to mentors, experience, guidance, and someone who helps open the door. Columbia’s Collegiate Science and Technology Entry Program (CSTEP) supports eligible undergraduate and graduate students pursuing STEM, medicine, and other health professions.

Students receive mentoring, tutoring, test preparation, professional development, clinical exposure, internships, and graduate-school support. Together, these experiences help students build the skills, connections, and confidence to take the next step in their education and careers.

For more information about CSTEP, please contact oda-ps@cumc.columbia.edu



Local Students Explore the CUIMC Campus



Madeline Julian, CUIMC’s assistant vice president for capital project management, speaks with SHAPE students during their campus visit.

Sixty students from Columbia Engineering’s Summer High School Academic Program for Engineers (SHAPE) visited CUIMC to explore how engineering connects with health care. Students learned how medicine, policy, facilities, and social factors can shape patient outcomes and met professionals who shared their own career journeys.

SHAPE brings together high school students interested in STEM, including students from local public high schools who receive grant support to participate. The CUIMC visit gave students a closer look at the many ways engineers, scientists, clinicians, and other professionals contribute to health.

Learn More about the SHAPE Program →

Health in Everyday Life

College of Dental Medicine

Boca Sana: Helping Kids Keep Healthy Smiles

Preventing tooth decay takes more than treating a cavity. Families also need information, access to care, and help navigating everyday barriers. Boca Sana, a College of Dental Medicine program, is designed to support children at high risk for untreated tooth decay and their families.

Community Dental Health Coordinator Pierrena Domingue works directly with families to understand dental needs, connect to care, navigate insurance and appointments, and reinforce prevention at home. In its first year, Boca Sana is also listening to parents, caregivers, and clinic staff so the program can grow around what families say they need.

[Learn more about Boca Sana →](#)



Pierrena Domingue, Boca Sana's Community Dental Health Coordinator

Vagelos College of Physicians and Surgeons Advancing Wellness with PRO-SALUD



PRO-SALUD providing hands-on health screenings in the community.

Health information can be easier to understand—and act on—when it comes from someone who speaks your language, understands your culture, and knows your community. PRO-SALUD trains Upper Manhattan and Bronx residents as *promotores de salud*, or health promoters.

Promotores share health information, conduct basic screenings, help neighbors navigate health visits, and connect families with services. This year, 20 participants completed the program's fourth cohort, including classroom learning and hands-on community experience. Since the program began, PRO-SALUD has reached more than 4,200 people with health education, blood pressure screenings, and referrals to social services.

**To learn more about PRO-SALUD, please call:
(646) 697-0660**

Food4Health: Healthy Choices Made Practical

Chefs, doctors, and registered dietitians help families explore affordable foods that can support health

Food4Health brings cooking demonstrations and health education together. Families and clinicians learn how affordable, nutrient-rich foods can support health and help prevent or manage illness. English- and Spanish-language recipe cards make it easier to continue the experience at home.

Since the program began, more participants say they are willing to try the featured foods and are excited to learn about new recipes and healthy eating ideas.

[Learn more about Food4Health →](#)



Photo by Steve Myaskovsky

A Season of Community Connections at Haven Plaza

This summer, Haven Plaza came alive as a gathering place for health, art, music, movement, and celebration—bringing neighbors, visitors, and the medical center community together.



Counterclockwise from top left: Neighbors shop for fresh produce at the farmers market; ColumbiaDoctors offers blood pressure checks; two children play the Sing for Hope piano; guests take part in Cerebral Palsy Community Day.

Connect with us at: