



**Name:** Gabriela Gonzalez Duarte

**Host Organization:** Resilient Retreat

**Internship Role:** Trauma-Informed Care & Community Outreach Intern

**School/Major:** Ohio Wesleyan University - Public Health, Psychology, Politics & Government

**Tell us about yourself ( Background, interests, career goals):** My name is Gabriela Gonzalez Duarte, and I recently graduated from Ohio Wesleyan University with majors in Public Health, Psychology, and Politics & Government. My academic and professional interests center around public health, mental health, community wellness, health equity, and working with underserved communities. I am especially interested in how trauma, access to resources, and social systems impact individual and community health. In the future, I hope to pursue a graduate degree in public health, with a focus on epidemiology and biostatistics, and build a career where I can use research, prevention, and community-based work to improve health outcomes globally.

### **What made you interested in the InternConnect Program?**

This is my fifth year participating in the program, and I had the unique opportunity to be part of the inaugural cohort of Opportunities for All. Being involved from the beginning has been a meaningful experience, and now that I have graduated, I am grateful to have the chance to participate one more time. I was interested in the InternConnect Program because it provides a meaningful opportunity to gain hands-on professional experience while contributing to an organization that serves the community.

As a recent graduate, I wanted an internship that would allow me to continue learning, grow professionally, and explore how my background in public health, psychology, and policy can be applied in real-world settings. I was also drawn to the opportunity to connect with other interns and professionals who are passionate about community impact. It is exciting to continue building on the skills, connections, and experiences I have gained throughout the program while contributing to the community in a new capacity.

### **What are your main responsibilities?**

As an intern with Resilient Retreat, my main responsibilities include supporting programs and services that help individuals and communities impacted by trauma. I assist with organizational tasks, outreach, event or program preparation, and other projects that help the organization carry out its mission. Through this role, I am learning more about trauma-informed care, nonprofit work, and how community organizations provide support, education, and resources to those who need them.

### **What's one skill you're hoping to develop or strengthen this summer?**

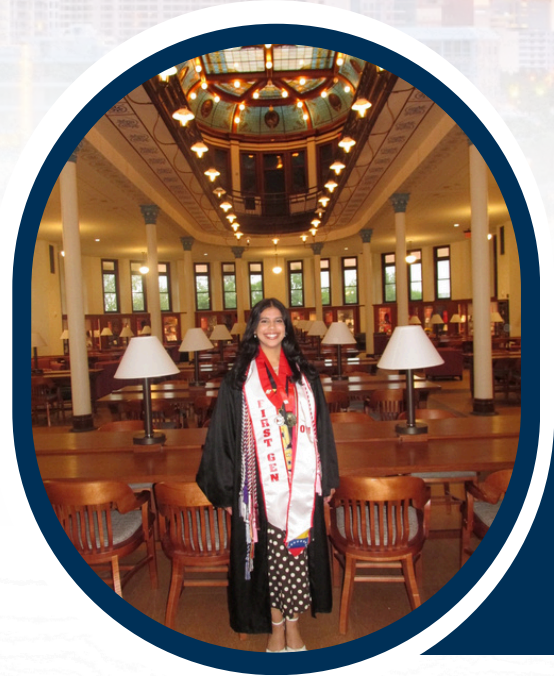
One skill I am hoping to strengthen this summer is my ability to work in trauma-informed and community-centered settings. I want to become more confident in supporting programs that serve people with different experiences and needs, while learning how to communicate with empathy, professionalism, and cultural awareness. I also hope to continue developing my organizational and outreach skills.

### **What's the best piece of advice you've ever received?**

The best piece of advice I have ever received is to not be afraid to take up space. As a first-generation student and immigrant, I have often had to learn how to advocate for myself and create opportunities in spaces that were new to me. That advice reminds me to trust my voice, ask questions, and believe that I belong in the rooms I work hard to enter.

*Gabriela*  
GONZALEZ DUARTE

*INTERN AT:  
RESILIENT RETREAT*



**What advice would you give to someone applying for this internship?**

My advice would be to apply with an open mind and be ready to learn. Internships are not only about what you already know, but also about being willing to grow, ask questions, and support the organization's mission in any way you can. I would also encourage applicants to reflect on why the work matters to them personally and professionally, because that makes the experience more meaningful.

**Where do you see yourself in five years?**

In five years, I see myself completing a graduate degree in public health, ideally with a focus on epidemiology and biostatistics. I hope to be working in a role where I can combine research, data, and community health to address health disparities and improve access to care. I also hope to continue working with organizations and communities that focus on prevention, resilience, and equity.