

As a young professional, the independence this fellowship position entails has allowed Emma to dive into her professional growth. This independence allows fellows to shape their fellowship experience towards which projects they are most passionate about. Emma identified many areas where she has grown as a young professional by proving to herself that she can follow her career aspirations whether at the state level in the Washington State Health Care Authority Olympia offices or at the community level in a Washington State Community Prevention and Wellness Initiative (C.P.W.I) coalition. Her growth in being able to process and apply her educational background to a career in substance use disorder prevention has been a rewarding journey for her. All of this has allowed for Emma to gain the confidence needed to be truly herself around other professionals and prepare her for career advancement after the fellowship program.

Through the fellowship's opportunities to attend state-wide trainings, national conferences, and mentorship with prevention professionals, Emma has enjoyed being able to network with inspirational role models in the substance use disorder prevention field. This fellowship program provides opportunities that Emma would not have imagined being able to experience in her first year following graduation.

In personal growth, Emma has been able to make lifelong friends through the fellowship program. Each fellow has their own unique background and experience while holding the same passion for health promotion. This allows for personal growth of each fellow and connection between likeminded individuals to fuel their passion for this career path. Without a doubt this was her favorite part of the fellowship program!