



My name is Cara Giannuzzi. I am a pre-medical student and also minor in Bioethics and Medical Humanities through the IGS program. I am interested in becoming a physician and working with children in the future, which is what sparked my interest in the childhood studies minor. My goal in partaking in the Mayo Policy Externship was to gain some insight outside my comfort zone and gain an understanding of the impact that policy and medicine have on each other. I was placed with the Antifragility Initiative under the University of Minnesota. Dr. Barksdale is the Director. Located in St. Paul, Antifragility is a Hospital-Based Violence Intervention Program that works with patients to end violence. The main focus of Antifragility is to help each child to achieve post-traumatic growth, which means to be stronger for having been broken or antifragile.

I spent time at the Antifragility office shadowing Dr. Barksdale and even a monthly CWRU medical school class that Dr. Barksdale started. I went on home visits with Dr. Barksdale to see how he works with the to-day of AI operations to meet families enrolled in AI. I was also able to interview the rest of the AI out their experience with the AI population. As AI is a newer organization, I learned how to better communicate with the parents. Upon my return to Case, I am planning to stay on another semester with Dr. Barksdale and AI in hopes of further pursuing this topic or new topics. This experience has reinforced in me the importance of being well-rounded to be an effective physician; clinical work alone is not enough to enact change for patients.