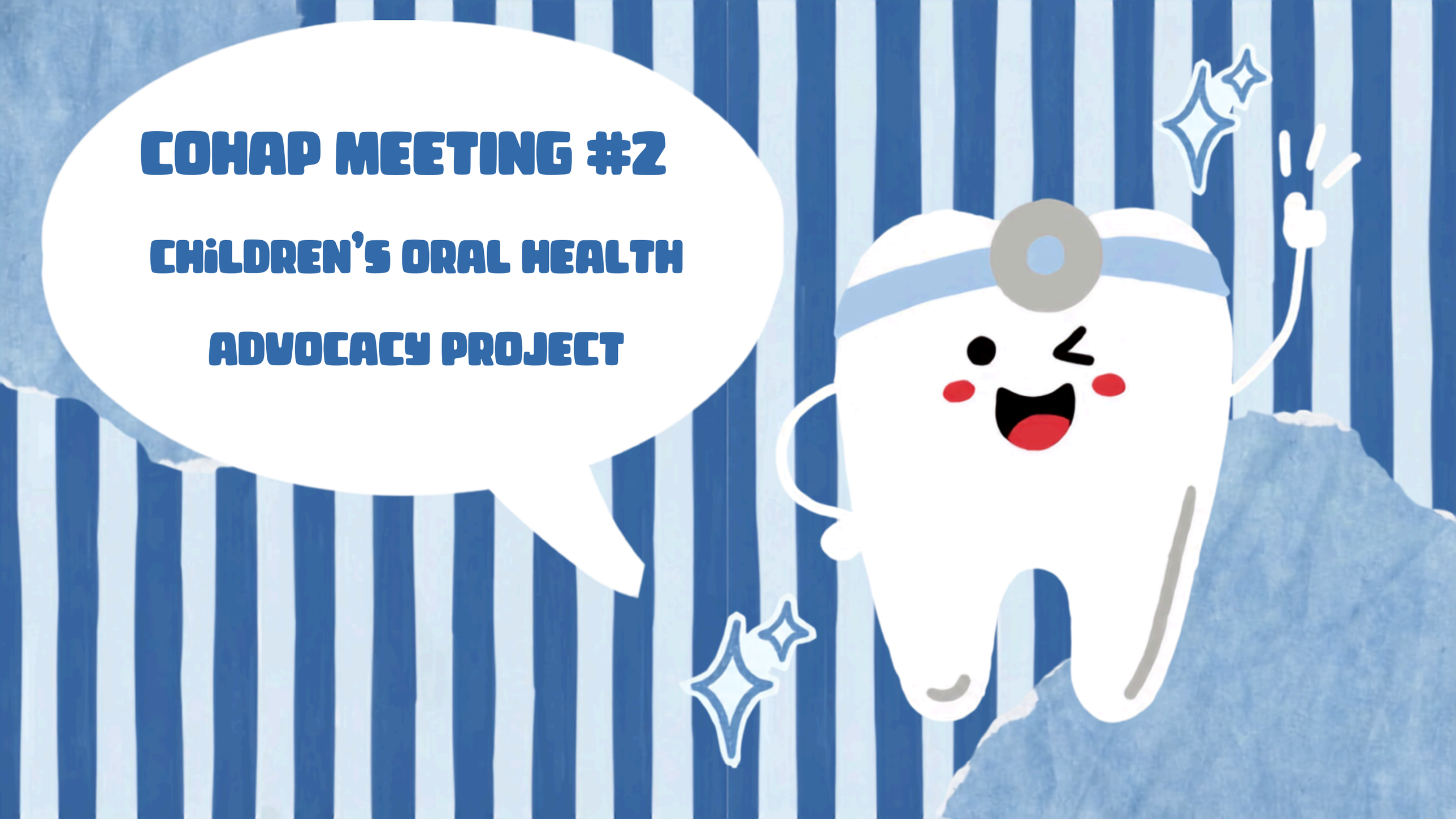
# COHAP MEETING #2

## CHILDREN'S ORAL HEALTH ADVOCACY PROJECT



# MENTOR/MENTEE FORM & TODAY'S QUESTIONS

Disscus with a neighbor:

1. What's something you did as a pre-dent that was outside your comfort zone, and are you glad you did it?
2. What's one experience that changed the way you think about dentistry or being a healthcare provider?



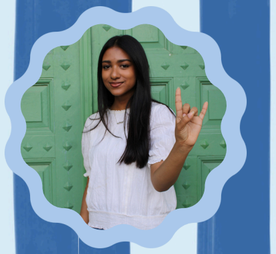
# WHAT IS COHAP

Children's Oral Health Advocacy Project (COHAP) is a pre-dental organization that educates children about oral hygiene by traveling to schools around Austin. We help parents who cannot teach their children how to brush and care for their teeth properly.

# MEET THE OFFICERS



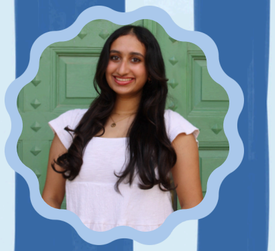
**Ashley Heyer**
President



**Nashita Kalam**
Vice President



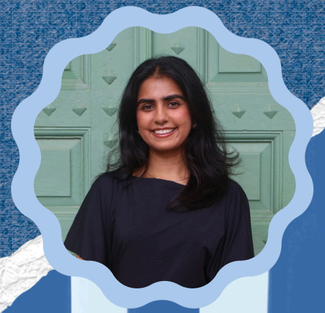
**Jocelyn Nguyen**
Treasurer



**Satvika Parthasarathy**
Public Relations



**Aida Tomes**
Webmaster



**Dheeya Jivani**
Philanthropy



**Nikita Ram**
Membership Coordinator



**Gisselle Jimenez**
Secretary



**Elayna Nguyen**
Social Director



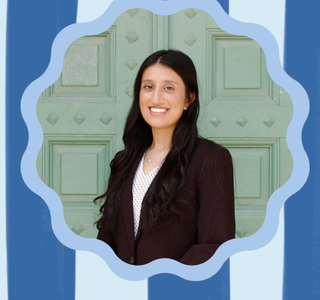
**Saire Casares**
Donation Coordinator



**Vani Singh**
Community Service



**Barbara Koulikova**
Product Coordinator



**Ashmina Toor**
Director of Outreach

# WHAT DO WE DO AT GMS?

Our GMs are biweekly and will hold the same structure each month. See our Google Calendar for these dates and times.



## GUEST SPEAKER

Dental professionals come speak to us about their practices, dental journey, and dental school experiences

## ACTIVITIES

Members make activities for the kids, train and prepare them to talk to kids about oral health, dental trivia, mentor/mentee groups, etc.

*This can be subject to change as we see fit!

# HOW CAN I JOIN?

1. Fill out the membership form located on our website!
   www.texascohap.com

2. Pay Membership Dues for the Semester:
   - $25 membership fee for members WITHOUT a COHAP shirt
   - $20 membership fee for members WITH a COHAP shirt

< After GM 2, the price will increase by $5 ‼️ >

INCLUDE: First & Last Name, EID, and "COHAP DUES" in the subject

*We use Venmo for our transactions, but if you cannot use Venmo please talk to our treasurer, Jocelyn*

3. Once everything is completed, you will receive a link in your email to join Slack, our main form of communication!

Sign Up!

Venmo

# JOIN THE HORNSLINK

Make sure you sign in with your EID!

# OUR PHILANTHROPY: AUSTIN SMILES

## Who are they?

Austin Smiles is a nonprofit organization that performs free surgeries for children born with cleft lip and cleft palate in Central Texas and Latin America.

## How do we work with them?

Volunteer at events including:

- Wish Upon A Smile Gala
- Shoot for a Smile
- Holiday Party

We also fundraise money to donate for their mission trips!

# SCHOOL TRIP REMINDERS



## FAQs

- If I don't have a COHAP shirt, what can I where to the school trips?
  - You can wear a UT shirt or scrubs!
- Are we keeping track of points?
  - We keep track of how many GMs you attend to make sure members that are consistently involved are given priority to school trips.
- If I am not placed in the slack channel, is there a waitlist?
  - Yes! You are still on our waitlist and you will be contacted if a spot opens up.



# SCHOOL TRIP REMINDERS



## Cont.

- Do not touch the kids or pick them up
  - Consensual hugs and high fives are ok!
- Make sure you are checking your slack and liking the messages sent by Officers.
  - If you do not like the messages within 24 hours of the school trip slack channel being created, we will replace your spot with someone from the waitlist
- If you repeatedly drop out of school trips, volunteering events, etc. then we will give priority for COHAP events to other members

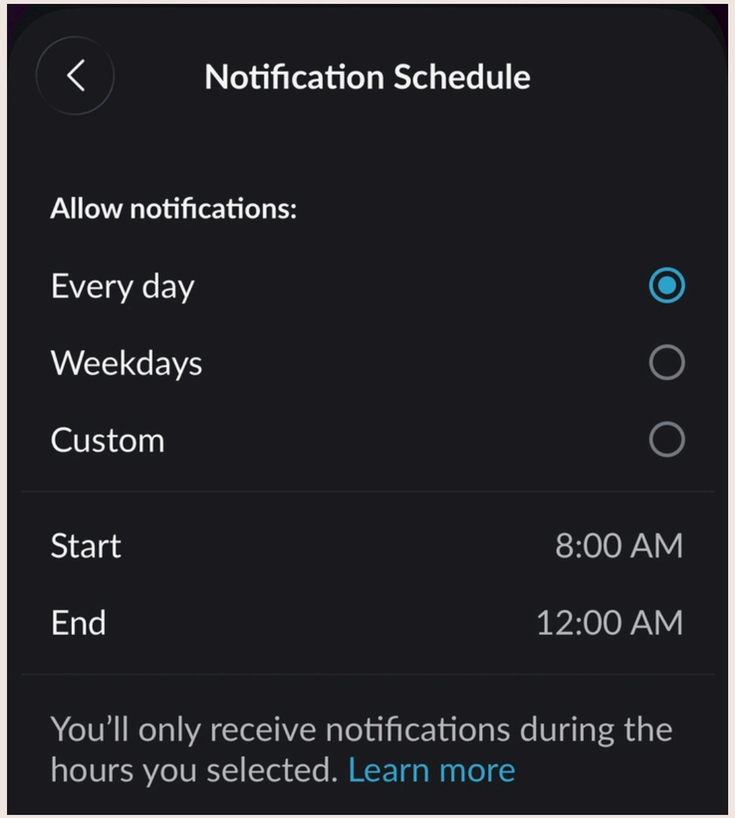
# SCHOOL TRIP REMINDERS



## Cont.

- Drivers and passengers, please make sure you are coordinating pickup locations and times in advance. Be at least 15 minutes early to the schools for set-up!
- For School Trips with younger kids: Try to keep your language simple and avoid using complicated words, smile a lot, ask the kids questions while you're presenting, and make sure to eunciate your words!
    - Instead of saying "Bacteria can cause tooth decay," you could say "Germs can make our teeth hurt!"
    - Instead of asking "Does everyone brush their teeth?" try "Who brushed their teeth this morning?"

# SLACK NOTIFICATIONS




Make sure you update your notification settings!

# FUTURE EVENTS:

## School Trips

- Magnolia Montessori (10/2)
- Joseph Gilbert (11/11)

## Profit Shares

- Noam's Gelato & Bean (10/15)
- Limegreen (11/5)



## Social Events

- Banana Sutures (10/21)
- Play-Doh Fillings (11/18)

## Austin Smiles Philanthropy

- Wish Upon a Smile Gala (11/7)
- Holiday Party (12/5)
- Shoot for a Smile (4/9)

## Community Service

- Brentwood Elem Fall Carnival (10/17)
- Highland Park Elem Hoot Carnival (10/18)
- Rodriguez Elem Fall Carnival (10/23)

# SOME COHAP MOMENTS



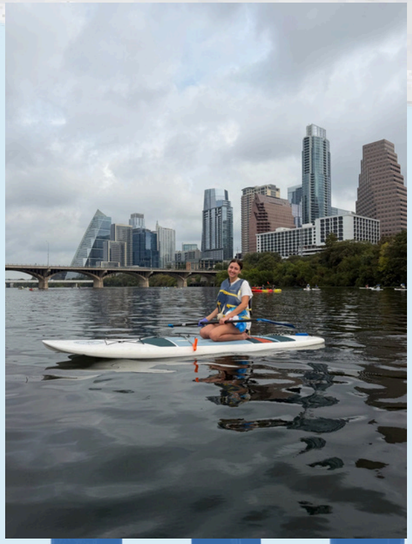






















# LET'S HEAR FROM OUR GUEST SPEAKER!



# ACTIVITY TIME!

## *School Scenarios: WWYD*









# SCHOOL SCENARIOS: WWYD

***A first grader raises their hand and asks:***

***"I've never brushed my teeth before. Is that bad?"***

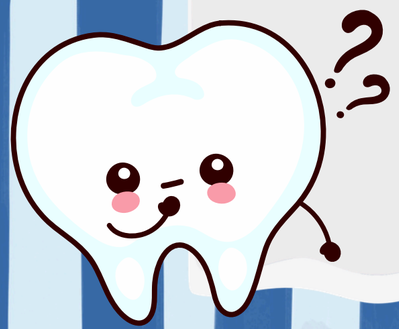
"That's okay! That's why we're here to learn about taking care of our teeth. Starting today, you can help keep your teeth healthy by brushing in the morning and before bed. Let's practice together!"



# SCHOOL SCENARIOS: WWYD

***A child says:***
***"I hate the dentist because they use scary needles."***

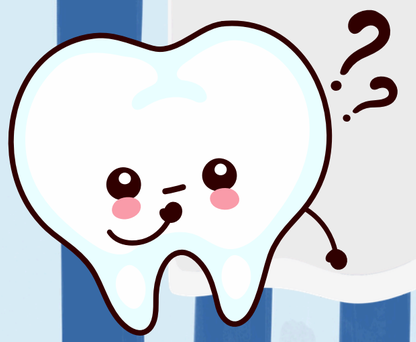
"I understand why you might feel scared! Sometimes the dentist has to use different tools to help take care of your teeth. It's okay to feel nervous. You can always tell your dentist when you're scared, and they can help you feel more comfortable."



# SCHOOL SCENARIOS: WWYD

***One student keeps making jokes while you're teaching.***

"I love your energy, but I need you to give your friends a chance to hear. You can help me with the next question."



# SCHOOL SCENARIOS: WWYD

***A student proudly says: "I drink soda every day!"***

"Soda can be really yummy! But soda has a lot of sugar, and sugar can make it easier for cavities to form. One thing you can try is drinking more water throughout the day. Water is great for your teeth!



# STAY CONNECTED

Instagram:
@texascohap

Website:
texascohap.com

GM #2 Sign In

Photocircle