



**Department
of Health**

My Fellow Experience

Sabryna Strack, Fellow III

Fellow Spotlight | March 12th , 2025

WHO AM I?

- From Lake Placid, NY
- I began as a Fellow II with the Fulton County Local Health Department in 2023.
- I now work with the NYSDOH Disability & Health Program as a Fellow III
- Currently completing MPH at SUNY Albany



NYSDOH Disability & Health Background

CDC Cooperative Agreement - Improving the Health of People with Mobility Limitations and Intellectual/Developmental Disabilities through State-based Public Health Programs CDC-RFA-DD21-2103.

The following outcomes are anticipated at the end of the five-year funding period (2021-2026):

- An increase in the number of healthcare providers that can offer accessible preventive health care to adults with disabilities.
- Fewer unmet preventive health care needs, including mental health, among adults with disabilities.
- Improved health and wellness among adults with disabilities.

Current Projects Include:

- Partnership Development
- Resource Development
- Information Dissemination
- Knowledge Development

DEC/DHP Partnership

- NYS DHP participates on the Department of Environmental Conservation (DEC) Advisory Committee
- Comprised of multiple agencies such as Association of Aging in New York, several independent living centers, The Adirondack Park Agency, and NYS Office of Parks, Recreation, and Historic Preservation.
- Work of this committee and the DEC / DHP partnership is aimed at increasing accessibility to outdoor recreation for people with disabilities.

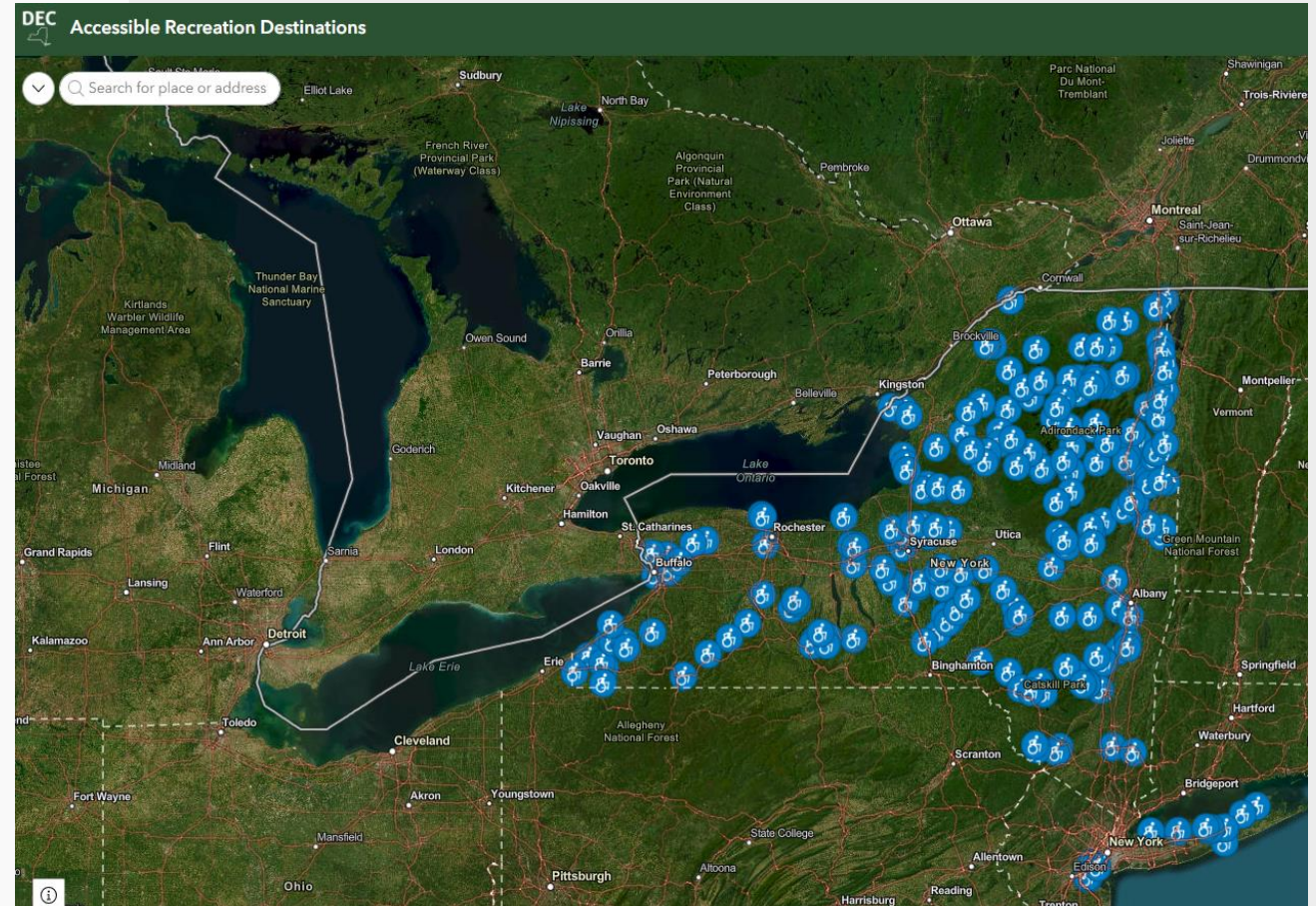
DEC/DHP - Historic and Current Activities



- 2021 pilot project between DHP and DEC
- Wheelchair charging stations at strategic locations throughout NYSDEC-managed lands
- Improved access to accessible trails, hiking, recreation
- NYS residents asked for more adaptive supplies.
- Serve as Project Lead for 2025 activities
- Provide additional powered wheelchair charging stations
- Provide accessible birding, fishing, and archery supplies

Changing DEC Resources for the Better

- Explore the [DEC Accessible Recreation Destinations Map](#)
- Locate wheelchair accessible features at education centers, campgrounds and day use areas, waterway access sites, and land areas.



DEC/DHP Partnership Outcomes

- Partnership between NYSDOH DHP, DEC, and the Accessibility Advisory Committee demonstrates the power of interagency collaboration in creating a more inclusive and equitable outdoor experience for all New Yorkers.
- **Why does this matter? – Access to outdoor recreation improves wellbeing**
- increases mobility and cardiovascular health when using accessible trails.
- Enhances mental health through stress reduction and mood improvement.
- Fosters inclusion and reduces social isolation by integrating into community activities.
- Allows for restorative qualities of engaging in natural environments.

Other Activities – Information Sharing

Listserv Management:

The purpose of DHP@health.ny.gov is to share information, services, resources, and training opportunities relevant to individuals with disabilities, as well as organizations and individuals working with people with disabilities, and various government agencies.

231 current Subscribers with an average of 3-4 posts a month

Please email me at sabryna.strack@health.ny.gov or dhp@health.ny.gov if you would like to subscribe

Other Activities – Building Resources

Lead for Website Redesign:

- This project aims to redesign the existing New York State Disability & Health program webpage to improve user experience, accessibility, and content clarity.
- This redesign will create a user-friendly online resource for individuals with disabilities, their families, caregivers, healthcare providers, and other stakeholders seeking information or resources related to disability and health in New York State.

CONTACT INFORMATION



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