

November Mentor Connection

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Council of State and Territorial Epidemiologists

November 2019 Mentor Connection

Welcome to the CSTE Mentorship Program! We are excited to have you onboard for what we hope will be a meaningful and rewarding experience. The purpose of the mentorship program is to provide an opportunity to build relationships and foster shared learning among applied epidemiologists. Our goal is to promote the exploration of State, Tribal, Local and Territorial (STLT) career opportunities.

Thank you for joining our Orientation and Early Careers Professional webinar earlier this month. Please note that the orientation webinar was mandatory for all participants. The recording link can be found at the end of this page or on the Basecamp page.

Upcoming Tasks

Please complete each task individually and set up a time to discuss it together. You can set separate internal deadlines for each task or have a longer conversation about both at once. Click each link to view and download – specific instructions are included within each document.

- [Self-assessment](#) (Due at the end of December).
- [Goal setting exercise](#) (Due at the end of January).

Basecamp

We will be using Basecamp as a tool to communicate as a program, but also within mentor and mentee groups. We hope this will be a way for mentors to share tips and resources on mentoring and for mentees to network with their peers. You can also use the Basecamp Docs & Files folder to view program tasks, archived newsletters, and webinar slides and recordings. Feel free to add your own resources under the "Articles to Share" folder.

- [Click here to join Basecamp if you have not already done so.](#)

Suggested Discussion Topics

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whatever works for you. We encourage you to participate in at least one video/ Skype meeting so you can "meet" each other face-to-face. We will be providing some general discussion topics in each monthly Mentor Connection that can help guide your conversations. See the list below for some ideas on how to kick-off your mentoring relationship!

- Introductions (epidemiology areas of interest and experiences)
- Current projects you are working on
- Goals for the program- see goal setting exercise!

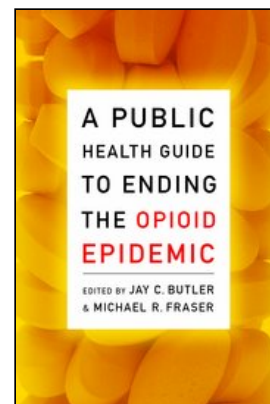
What Are You Reading?

What are you reading? We'd like to know, so tell us how you're expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we'll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique to Alyaa Altabbaa at aaltabbaa@cste.org, and we'll take it from there.

This month's recommendation is [A Public Health Guide to Ending the Opioid Epidemic](#) by **Jay Butler & Michael Fraser**.

A number of mentees and mentors indicated that they have an interest in the opioid epidemic. This month we are highlighting *A Public Health Guide to Ending the Opioid Epidemic*, by Jay Butler & Michael Fraser.

From Amazon: The opioid crisis has devastated families and communities across the United States. Changes in policing and medical practices have been swift, but they've achieved only a modest impact on the fundamental causes of substance misuse and addiction.



The necessity for upstream intervention is clear. But what does that look like?

A Public Health Guide to Ending the Opioid Epidemic does what only a public health approach can: offer credible, scalable, and empirically supported approaches to uprooting one of society's most pernicious challenges. It systemizes the core tenets of the public health approach to substance misuse and addiction, which alongside clinical approaches (prescription guidelines and monitoring, increased access to overdose-reversal medication, and medication-assisted treatment availability) offers a roadmap for an end-to-end response to this diverse problem.

mission/vision.

Get Inspired!

What inspires you? We will use this section to share motivational and thought-provoking content relevant to public health, professional growth, or other topics that you find meaningful to your work. Submit your favorite online articles, videos, podcast episodes or series, etc. to Alyaa Altabbaa at aaltabbaa@cste.org to be featured in the next Mentor Connection.

This month we would like to highlight these two Podcasts:

- [This Podcast Will Kill You](#)

From Apple Podcast: This podcast might not actually kill you, but it covers so many things that can. Each episode tackles a different disease, from its history to its biology, and finally, how scared you need to be. Ecologists and epidemiologists Erin Welsh and Erin Allmann Updyke make infectious diseases acceptable fodder for dinner party conversation and provide the perfect cocktail recipe to match

- [Public Health Epidemiology Careers Podcast](#)

From Apple Podcast: This podcast explores public health epidemiology careers. The episodes focus on sharing tips, resources, and strategies to help you enter or transition into the field of public health.

Mentorship Webinars

CSTE will be highlighting training opportunities each month. You can also post any trainings to the Basecamp message board.

- 2019 Mentorship Program Orientation.
 - [Click here to view the recording!](#)
- Early Career Professionals Webinar: Credentialing for Epidemiologists.
 - [Click here to view the recording!](#)



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