



Council of State and Territorial Epidemiologists

November 2020 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. The goal of the program is to promote the exploration of State, Tribal, Local, and Territorial (STLT) career opportunities.

Announcements

- 2020 CSTE Mentorship Program Orientation:
 - [If you missed the live session, watch the recording.](#)
 - The recording and webinar slides will also be available on the Basecamp site.
 - [Click HERE to complete the Orientation evaluation.](#)

Upcoming Tasks

Please complete each task individually and set up a time to discuss 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 2020)

- [Goal-setting exercise](#) (Due at the end of January 2021)

Basecamp Highlight

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

Mentors and mentees should be communicating regularly, at least once a month throughout the program. These meetings can happen via video or phone call, email, or instant messenger- 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);
- Strategies for scheduling and hosting future check-ins.

What Are You Reading?

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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 Symone Richardson at srichardson@cste.org, and we'll take it from there.

This month's recommendation is [*Fighting Flu Fatigue*](#), an issue brief published by the **Trust for America's Health** with support from the **Robert Wood Johnson Foundation**.

The report focuses on actions taken during the 2009 H1N1 flu pandemic and highlights the importance of increasing vaccination rates for the seasonal flu. Strategies for community outreach are presented along with data showing disparities in vaccination rates by race/ethnicity, age and geography. Lessons learned from the 2009 H1N1 flu pandemic can be helpful to the current COVID-19 pandemic response. It is important to keep those lessons learned in mind during current discussions around COVID-19 morbidity, mortality, and vaccinations.



Note: While CSTE recommends these books for casual reading, the themes and ideas contained are those of the author, and CSTE does not necessarily endorse or promote them as part of the organizational 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 Symone

This month we would like to highlight these three podcasts (from Apple Podcast):

- [This Podcast Will Kill You:](#)
 - 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:](#)
 - 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.
- [Healthy You:](#)
 - This podcast explores the public health landscape and how it impacts your personal health and wellbeing. In each episode, we tackle some of the most pressing health concerns of today. Whether you're looking to start a career in public health, make a change in your life, or just learn something new, this podcast is for you.

Optional Webinars and Training Opportunities

[COVID-19: An Exploratory Investigation of the Impacts of the Mitigation Interventions in the U.S.](#)

- **Tuesday, November 17, 2020, at 12:30 pm ET**
 - *From Washington University in St. Louis:* Scholars from the Brown School and Montclair State University recently published a study examining stay-at-home orders and other non-pharmaceutical interventions by states designed to mitigate COVID-19 spread in the

- 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.
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 - *From Washington University in St. Louis:* Scholars from the Brown School and Montclair State University recently published a study examining stay-at-home orders and other non-pharmaceutical interventions by states designed to mitigate COVID-19 spread in the early weeks of the pandemic. In the second of our webinars highlighting their work, study authors will present the background of the study pertaining to public health issues, methods of the spatial analysis they conducted, and the implications of the study.



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