



Council of State and Territorial Epidemiologists

April 2021 Mentor Connection

Happy April, Mentors and Mentees! We have reached the halfway point in our program - thank you to those who filled out the halfway check-in assessment and participated in the check-in calls. Don't forget National Public Health Week is April 5-11 this year! Thank you everyone for your devotion and contributions to public health.

Basecamp Highlight

- We encourage you to continue to use Basecamp to engage with others beyond your assigned mentor/mentee(s). Feel free to send direct messages through the "Pings" feature or use the "Message Board" to post announcements and spark discussions.
 - Join the discussion thread about the most useful public health skills, data software, and topics to learn [here](#)!

CSTE Announcements

- The 2021 CSTE Annual Conference is going virtual! Due to the ongoing ramifications of COVID-19, CSTE will transition the 2021 Conference, June 13-17, to our first-ever Virtual Conference. For more information or to register, click [here](#). The Early Bird Registration deadline is Friday, April 30.
- The [Alzheimer's Association Interdisciplinary Summer Research Institute \(AA-](#)

[ISRI](#)) is an immersive, no-cost opportunity for early career researchers in psychosocial care and public health to launch a career in dementia science and accelerate breakthroughs in the field. During the five-day program, experts will offer diverse perspectives on groundbreaking research through group sessions and individual mentoring. Applications are due **April 8, 2021**. Twenty four applicants will be selected for this exclusive experience. Click [here](#) for information on how to apply.

Upcoming Tasks

Please complete each task individually and set up a time to discuss together.

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- [Values exercise](#) (Due at the end of April) *Located in “Docs & Files” on Basecamp.*
 - This values exercise provides an opportunity to reflect on important values that guide you and your work.

Optional Activities

- Mentee Networking Event (Mentees Only) *CSTE Mentorship Program* – April 7, 2021 at 12:00 pm EDT
 - Join us for the Mentee Networking Event to get to know the other mentees in the program as well as discuss public health topics. If you did not receive the email invitation for the Mentee Networking Event, please reach out to srichardson@cste.org.
- [National Public Health Week Twitter Chat](#) *APHA* – April 7, 2021 at 2:00 pm EDT
 - From APHA: APHA is hosting its 11th annual National Public Health Week Twitter Chat on Wednesday, April 7 at 2:00 pm EDT. APHA will

Week Twitter Chat on Wednesday, April 7 at 2:00 pm EDT. APHA will chat about all things public health, celebrate everything public health has accomplished and talk about where the movement is going. Make sure you follow @NPHW on Twitter and use #NPHWchat.

- [NACCHO 2021 Preparedness Summit](#) *NACCHO* – April 13-15, 2021
 - The Preparedness Summit is the first and longest running national conference on public health preparedness. Since its beginning in 2006, the National Association of County and City Health Officials (NACCHO) has taken a leadership role in convening a wide array of partners to participate in the Summit; presenting new research findings, sharing tools and resources, and providing a variety of opportunities for attendees to learn how to implement model practices that enhance the nation's capabilities to prepare for, respond to, and recover from disasters and other emergencies. Click [here](#) for more information on registration and summit rates.
- [County Health Rankings & Roadmaps 101](#) *University of Wisconsin Population Health Institute* – April 13, 2021 at 3:00 pm EDT
 - Our 101 will highlight new data and website features to identify opportunities for everyone to be healthy. This webinar will also explore how COVID-19 has exposed and exacerbated inequities in health and well-being, revealing the urgent need to revise systems and policies so that they work for everyone. Finally, we will share a sneak peek of our exciting new series of interactive tools to help you dig into the data, starting with a closer look at racial disparities among children living in poverty.
- [The Sisyphus Curse: The relentless work of public health: How to Survive and Thrive](#) *New England Public Health Training Center* – April 14, 2021 at 12:00 pm EDT
 - This webinar will explore historically relevant, disruptive events and the people who endured them, revealing personal attributes and team dynamics. The instructor will suggest anger management and de-escalation tactics to consider, as colleagues and clients continue to experience high levels of frustration and stress. The webinar will identify risk factors for burn-out that occur in teams in relentlessly challenging circumstances. Applying Nursing principles and providing examples to

right-size one's perspective, the webinar will help fight burnout, and help public health professionals remain true to the purpose of the profession.

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!

This month, we suggest discussing one or two of the articles below and the associated discussion questions to guide your discussion:

- [“Mentoring Someone with Imposter Syndrome”](#) by W. Brad Johnson and David G. Smith
 - Share examples of times you’ve experienced the feeling of imposter syndrome. What in your career has helped alleviate this feeling?
 - Can confident people still experience imposter syndrome?
- [“How Leaders Can Open Up to Their Teams Without Oversharing”](#) by Liz Fosslien and Mollie Duffy
 - How might these strategies benefit those without defined leadership roles?
 - Reflect on a time that you could have utilized these strategies in your work.
- [“Burnout Isn’t Just Exhaustion. Here’s How to Deal with It”](#) by Rhitu Chatterjee and Andee Tagle
 - What are some strategies you have used when experiencing burnout?
 - How can you work with your support networks to address burnout?
- [“Better Storytelling for the Public Health Workforce”](#) by Soledad O’Brien.
 - What projects or presentations have you worked on where you were able to successfully implement some of these guidelines?
 - Are there any additional guidelines you think could help storytelling for public health?

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 srichardson@cste.org and we'll take it from there.

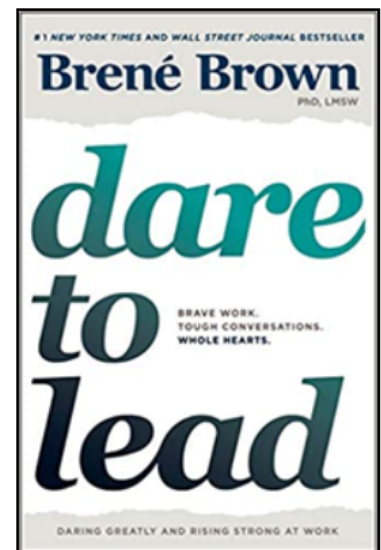
This month's recommendation is [Dare to Lead: Brave Work. Tough Conversations. Whole Hearts](#) by Brené Brown.

From Amazon:

Leadership is not about titles, status and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential.

When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work.

But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start.



Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question:

How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture?

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 srichardson@cste.org to be featured in the next Mentor Connection.

- [Healing Flint Through Community Partnership](#) – Population Healthy (podcast)
- [Using Data in Outbreak Investigations](#) – Keeping Up with Public Health (podcast)
- [When Public Health Means Business](#) – Harvard T.H. Chan School of Public Health (webinar series recording)

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