

January 2022 Mentor Connection

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Council of State and Territorial Epidemiologists

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Happy New Year and welcome to 2022! If you haven't already completed and discussed the goal-setting worksheet, be sure to do so by the end of January. Activities in the next couple of months will help to further develop your relationship and meaningfully contribute to your professional development.

Basecamp

- If you have not yet joined the Basecamp group, you can do so [here](#). Please reach out to Sarah Auer at sauer@cste.org if you are unable to join.
- Please check out the message board feature on Basecamp. We encourage you all to start your own discussion thread on a professional development topic that interests you.
 - Join [this](#) thread and share your professional development goals for 2022
 - Feel free to add to the "Articles to Share" folder.
- If your agency has blocked access to Basecamp, please consider using the mobile app or using a personal email address. Please reach out to Sarah Auer at sauer@cste.org if you encounter any issues.

CSTE Announcements

- The next [CSTE Annual Conference](#) will be held in Louisville, Kentucky on **June 19 - 23**,

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✉ Email aei@este.org for questions.

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. The activities have been posted on Basecamp.

- [Goal-setting exercise](#) (Due at the end of January) *Located in “Docs & Files” on Basecamp.*
 - The goal-setting exercise is intended to help facilitate conversation between the mentor and mentee about goals and expectations for the program.
- [GPSR exercise](#) (Due at the end of February) *Located in “Docs & Files” on Basecamp.*
 - The GPSR exercise is intended to have the mentor and mentee consider future career goals, support systems, career development, and self-reflection.

Optional Activities

- [APHA Webinar “Using GIS maps to Advocate for Healthier Communities”](#) on January 19 at 10:00 am PST (1:00 pm EST) *Maps have been at the forefront of decision-making for centuries. From John Snow's cholera map of 1854 to New Deal-era redlining maps, they have played an instrumental part in decisions that have had long-lasting impacts on communities. In this webinar, we will demonstrate how geographic information systems (GIS) can reveal relationships between geography and health (in)equity, and how community members can use their own maps to advocate for policy changes that promote community health and wellness. **Registration required.***
- [NACCHO Webinar “Mental Health and our Changing Climate: Special Briefing for Local Health Departments”](#) on Wednesday, February 2 at 4:00 pm EST. *In Mental Health and Our Changing Climate, the American Psychological Association and ecoAmerica chronicle the impacts of climate change on Americans' mental health and psychological well-being, including guidance and resources to act and advocate. The report builds on the celebrated 2017 edition to include the latest research on the topic, with new sections on populations disproportionately impacted, climate anxiety, and the spectrum of solutions. **Registration required.***

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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 will be providing some general discussion topics in each monthly Mentor Connection newsletter to help guide your conversations. See the list below for some ideas for this month:

- Discuss self-assessment and goal-setting exercise results
- Other suggestions for discussion include:
 - Networking
 - Balancing hard skills (technical skills, database management, writing, facilitating/presenting) vs. soft skills (problem-solving, working in teams)
 - Resume/CV development
 - Transitioning between positions within your agency

Tips for Personal Growth

In this section, we will share tips and tricks for enhancing your professional growth and leadership skills.

- [There is no “right” way to do self-care](#) by Alyssa F. Westring

When bringing self-care into your day feels impossible, finding a better workout routine or downloading yet another sleep app isn't the solution. Ultimately, you need to change your mindset. By challenging your assumptions about what self-care is, you'll be better equipped to find an approach that works for you. Here are three tips that can help.

1. **Define self-care on your own terms.** Self-care can look different for different people. It could be watching your favorite TV show at the end of a long day, turning off your phone, meditating, working out — or something else entirely. Only you can determine what your mind, body, and spirit need to thrive.
2. **Beware of all-or-nothing thinking.** You don't need to become a health and fitness expert or an expert meditator overnight. Little adjustments make a big difference.
3. **Look for ways to integrate self-care into your existing habits and routines.** Try a walking meeting with a colleague instead of a Zoom call, or make your next friend date a virtual workout class.

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

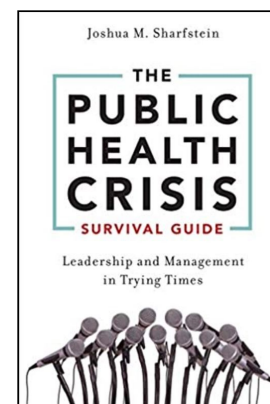
This month's recommendation is [The Public Health Crisis Survival Guide](#) by Joshua M. Sharfstein

From Amazon:

Firefighters are taught to battle flames. Police learn to respond quickly to 911 calls.

So why are so few health officials prepared for public health crises?

The Public Health Crisis Survival Guide is here to help. Whether it's an infectious disease outbreak, a scathing news report, or a sudden budget calamity, this book gives public health readers an honest and practical overview of what to do when things go wrong -- not just to survive, but to lead and thrive in the most difficult circumstances.



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levels, this book covers:

- How to recognize, manage, and communicate in a crisis
- How to pivot from managing a crisis to advocating for long-term policy change that can prevent the crisis from happening again
- How to awaken a sense of crisis on a longstanding problem to generate momentum for change
- Taboo topics, including whether and how to apologize for mistakes

Written by a voice of experience, practicality, and good humor, *The Public Health Crisis Survival Guide* will be a source of enrichment and reassurance for the next generation of public health students and practitioners.

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

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