

October 2022 Mentor Connection

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Council of State and Territorial Epidemiologists

## October 2022 Mentor Connection

*Welcome to the CSTE Mentorship Program! We are excited to have you on board 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.*

### CSTE Announcements

- CSTE Mentorship Orientation sessions were held October 19 and 20, 2022.
  - If you missed the live session, please watch the recording and review the slides below:
    - Mentee orientation [recording](#) and [slides](#)
    - Mentor orientation recording ([Part I](#) and [II](#)) and [slides](#)
  - The recording and webinar slides will also be available on the Basecamp webpage.
- The next [CSTE Annual Conference](#) will be held in Salt Lake City, UT on June 25-29, 2023. The call for abstracts will open November 1, 2022 and close January 5, 2023.
- *Save the Date:* Our first monthly networking event will occur on October 31, 2022, at 4:00 pm EDT. This is a great opportunity to meet your cohort members in an informal environment. [Registration is required.](#)
- *Save the Date:* CSTE's Early Career Professionals Subcommittee is hosting a webinar on November 4, 2022, at 3:00 pm EDT entitled "CSTE Opportunities for Students." [Registration is required.](#)
- Upcoming conferences:
  - Abstracts are now open for the [2023 Preparedness Submit](#), which will take place in Atlanta, GA on April 24-27, 2023.
  - Abstracts are now open for the [2023 ASPPH Annual Meeting](#), which will take place in Arlington, VA from March 15-17, 2023.

**Basecamp**

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access to Basecamp, please consider using the mobile app or using a personal email address. Please reach out to Sarah Auer ([sauer@cste.org](mailto:sauer@cste.org)) if you are unable to join or have any questions.

Basecamp regularly sends email notifications for activity on the page. If you would like to adjust your notifications, go to your initials in the upper right-hand corner and select "Change your notification settings". From here, you can decide when you would like to receive notifications.

## Upcoming Tasks

Please complete each task individually and set up a time to discuss together. The activities have been posted on Basecamp.

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

## Optional Activities

[Building Workforce Resilience through the Practice of Psychological First Aid: A Course for Leaders and Teams](#) Three-hour online course available via CDC Train

Whether you are a leader or a team member, you know how important the people you work with are to your organization's success. This course offers you the opportunity to consider and pursue strategies for supporting colleagues and team members during a disaster response as stress levels increase for workers and the demands on your organization become more urgent. The goal of this course is to help individuals you work with cope with stress at manageable levels making it possible for them to effectively function and build resilience with each successive event they encounter.

[CSTE Learn: Key Concepts and Terminology in Public Health Informatics](#) Online course in Informatics Basics

By the end of the lesson, participants will be able to: define public health informatics, discuss the value proposition for public health informatics, define business process analysis, describe the role of business process analysis in public health informatics, describe an informatics-savvy organization, describe the role of standards relevant to informatics projects and public health information systems, discuss contemporary topics in public health informatics, such as Meaningful Use, electronic lab reporting, and electronic case reporting.

CSTE Learn is the Council of State and Territorial Epidemiologists' (CSTE) online training center for applied epidemiologists. This new platform is a one-stop shop for epidemiologists who seek the latest CSTE events, courses and resources for their professional development and training needs.

[MCH Navigator: Public Health Pronto](#) online course available via MCH Navigator

Public Health Pronto is the MCH Navigator's newest microlearning project that allows you to participate in short bursts of learning throughout the year to improve your public health skills. We address the eight Core Competencies for Public Health Professionals and three Health Transformation cores (in collaboration with the National MCH Workforce Development Center), putting key public health concepts into alignment with MCH priorities by using an easy-to-follow

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## Suggested Discussion Topics

Mentors and mentees should be communicating at least once a month throughout the program. These meetings can happen via video or phone call, email, instant messaging, or whichever method works!

We will be providing some general discussion topics in each monthly Mentor Connection to help guide your conversations. Some ideas for this month include:

- What led you to public health and the position you are in right now?
- What has been your greatest achievement in public health so far? What has been your biggest challenge?
- What specific areas do you have expertise in? What skills do you want to learn more about?
- What are your goals for the mentorship program?

## Tips for Personal Growth

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

- [Turn a Simple “Hi” into a Fruitful Relationship](#) at Work by Gorick Ng

Building relationships at work is more complex than simply “putting yourself out there.” It takes real work. Start by breaking the silence. If you’re working in an office, try placing yourself in a high-traffic area, where you’re more likely to have impromptu conversations with colleagues from across the organization. Or, try showing up a few minutes early to meetings, using that informal time to chat and get to know people. Next, turn your acquaintances into allies by turning one-off conversations into a recurring rapport—following up on whatever you discussed or simply saying “Hi again!” in the hallway. Finally, get proactive about turning rapport into a relationship by scheduling time to chat or grabbing coffee. Eventually, you’ll find yourself benefiting from fruitful mentorships and peer relationships that could ultimately change the course of your career.

Citation: Gorick, Ng. (2022, Aug 19). How to build relationships at work. Harvard Business Review. Retrieved October 6, 2022, from <https://hbr.org/2022/08/how-to-build-real-relationships-at-work>.

## What Are You Reading?

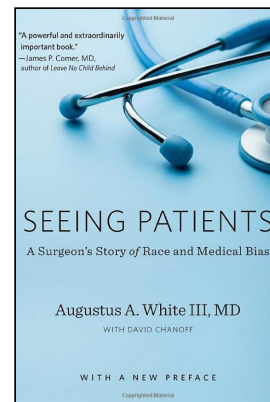
*What are you reading? We’d like to know, so tell us how you’re expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we’ll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique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

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This month's recommendation is [Seeing Patients: A Surgeon's Story of Race and Medical Bias](#) by Augustus A. White III, MD

From Amazon:

Growing up in Jim Crow-era Tennessee and training and teaching in overwhelmingly white medical institutions, Gus White witnessed firsthand how prejudice works in the world of medicine. While race relations have changed dramatically since then, old ways of thinking die hard. In this blend of memoir and manifesto, Dr. White draws on his experience as a resident at Stanford Medical School, a combat surgeon in Vietnam, and head orthopedic surgeon at one of Harvard's top teaching hospitals to make sense of the unconscious bias that riddles medical care, and to explore how we can do better in a diverse 21st-century America.



“A tour de force—a compelling story about race, health, and conquering inequality in medical care...Dr. White has a uniquely perceptive lens with which to see and understand unconscious bias in health care...His journey is so absorbing that you will not be able to put this book down.”  
— Charles J. Ogletree, Jr., author of *All Deliberate Speed*

*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.*

## CSTE Subcommittee of the Month

*Each month we will feature a different CSTE committee, its purpose and ongoing work. Subcommittees are a great opportunity to get involved, meet other members, and contribute to national public health work.*

**Name of Subcommittee:** Tribal Epidemiology

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**Purpose:** To discuss current issues and topics related to American Indian/Alaska Native surveillance data such as identifying surveillance priorities, discussing strategies for data release, and improving data quality. The subcommittee is co-chaired with a state health department and Tribal Epidemiology Center (TECs) representative. Subcommittee strategic priorities include improving engagement in CSTE activities, recommending guidance to reduce racial misclassification, and promoting data sharing between states and TECs.

**Current Activities:** Members of the Tribal Epidemiology subcommittee are developing a policy brief to lay out the legal basis, guiding principles, and key elements of Tribal data sharing efforts. Members are also responding to opportunities to provide commentary on proposed legislation related to improving public health data.

**Staff contact:** Colin Gerber, Senior Program Analyst, [cgerber@cste.org](mailto:cgerber@cste.org)

## 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](mailto:WFResources@cste.org) to be featured in the next Mentor Connection.*

- [“Teaching Public Health from an Anti-Racist Perspective”](#), WOC in Public Health Podcast
- [“Health Care on the Ballot: What’s at Stake Nov. 8?”](#), Conversations on Healthcare
- [“Improving Health Equity with Data”](#), ASTHO Public Health Review Podcast
- [“Culture is Medicine: Promoting Maternal and Child Health with Dr. Jennifer Richards”](#), Indigenae Podcast



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