

January 2023 Mentor Connection

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Council of State and Territorial Epidemiologists

January 2023 Mentor Connection

Happy New Year and welcome to 2023! 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.

CSTE Announcements

- The next [CSTE Annual Conference](#) will be held in Salt Lake City, Utah on **June 25-29, 2023**. Registration opens on **January 31, 2023**.
- *Save the Date:* Our January networking event will occur on Wednesday, **January 18** at 4:00 pm EST. This is a great opportunity to meet your cohort members in an informal environment. [Registration is required.](#)
- *Save the Date:* The next webinar in the *CSTE Data Analytics Showcase Series*, entitled "Reimagining Data with R" will take place on Friday, **January 13** at 2:00 pm EST. [Register here.](#)
- Applications are open for the [CSTE Applied Epidemiology Fellowship \(AEF\)](#) and the [Applied Public Health Informatics Fellowship \(APHIF\)](#). Applications are due by **January 20, 2023**.

If you have not yet joined the Basecamp group, you can do so [here](#). 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 (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.

Join the conversations. Check out the below discussion thread and contribute on Basecamp:

- [Goals for 2023](#)

Upcoming Tasks

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

- [Goal setting exercise](#) (Due at the end of January) *Located in "Docs & Files" on Basecamp*
 - This 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

Hot Topic: Mpox, Public Health Prepared, self-paced course

Wayne State University's [Center for Emerging and Infectious Diseases](#) and the University of Michigan's [Public Health Prepared](#) were created in the last year in response to the needs made evident by COVID-19. The [Preparedness Roundtable](#) series aims to provide a space for cross-sector education and engagement for those in public health, healthcare, and other related fields in

public health in responding to infectious disease outbreaks and disasters. Topics such as disasters and climate change, public health disparities, and emerging and seasonal disease threats will be covered. This recorded webinar will focus on the current Monkeypox, or MPOX, outbreak throughout the United States, the response to the outbreak, and the stigmatization of gender and sexual minorities. [Register here.](#)

[Cities: The Future of Health webinars – Collaborating with community-based organizations](#), January 12 at 2:00 pm EST, Big Cities Health Coalition

Please join the Big Cities Health Coalition (BCHC) for the second in a three-part webinar series, “Cities: The Future of Health”. This series will explore the Urban Health Agenda, a vision put forth by BCHC for centering health and equity in city policymaking. The series will introduce the vision and highlight leaders from several big city health departments who are making this vision come to life. The second webinar will feature a discussion with Charlene McGee, Program Manager, Racial and Ethnic Approaches to Community Health (REACH), Multnomah County. Charlene will discuss her department’s collaboration with Black farmers to address nutrition-related disease prevention, while improving food access and affordability. She will share how this partnership came about, approaching the farms as true partners in the process and the any challenges they’ve faced together along the way. She will also share actionable advice for other public health departments looking to collaborate more effectively with community-based organizations. [Register here.](#)

[Ready for Resilience: Stress and Resilience](#), Northwest Center for Public Health Practice, 3-part course

We all experience stress. This course, which is part one of a three-part series, reviews how stress affects behavior, biology, and psychology on a daily basis and during emergencies. We’ll also explore the idea of resilience — our ability as individuals, organizations, and communities to adapt and recover in spite of difficult conditions. Finally, we’ll look at some key ways we can build resilience in both our lives and workplaces. [Register here.](#)

[Using Leadership Tools to Overcome Trauma in the Workplace, Part I: Self Awareness and the Individual](#), New England Public Health Training Center, webinar

As the public health workforce has suffered documented trauma and stress since 2020, there are many calls for rebuilding a resilient public health workforce. What known and practical leadership principles and techniques can we use as we rebuild? Part 1 of the two-part series will focus on strategies for individual and collective reflection, and explain concepts related to self-awareness and their place in leadership and building leaders. Practical self-reflection questions will be provided as well as examples of methods used by leaders and teams to engage the workforce in self-awareness work. [Register here.](#)

[Take a Break: Social Support for the Public Health Workforce](#), January 13 at 12:00 pm EST, Mid-

It's no secret that today's public health workers face more demands than ever before. It is especially important to continue to foster your personal good health while taking care of others. We are happy to announce a **free** new virtual group, *Take a Break*, providing an informal, facilitated outlet designed just for public health workers to focus on their own emotional health and well-being. The group will meet monthly, providing participants with a supportive place to discuss their experiences, concerns, successes, and ideas with others who can relate and understand. You may even choose to engage using an alias. Make the time to join the group for connection and camaraderie today. [Register here.](#)

[Collecting and Disseminating Public Health Data Disaggregated by Race and Ethnicity to Advance Health Equity: Navigating the Legal Issues](#), **January 19** at 1:00 pm EST, The Network for Public Health Law

*With accurate and complete public health data, public health practitioners and policymakers can be better equipped to interpret and use data to dismantle the legal, social, political, and economic systems that create health inequities. This webinar will highlight the essential takeaways from the newly published *Disaggregation of Public Health Data by Race & Ethnicity: A Legal Handbook*. Legal experts on the use and sharing of public health data will outline the current legal landscape and identify actionable opportunities to use the law to improve public health data collection and dissemination. [Register here.](#)*

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:

- Discuss self-assessment and goal setting exercise results
- When are you happiest at work? (What are you doing, how are you doing it, and with whom?)
- What is your ideal work environment?

Tips for Personal Growth

- [How Busy People Can Develop Leadership Skills](#), Darja Kragt

Leadership, like any skill, requires time to develop. But as a manager, that time can be hard to come by. How can you build opportunities to develop as a leader into your daily work life? First, review any data or feedback that you have, such as performance reviews or results of a recent 360 survey, to identify one or two specific skills you want to improve. Perhaps you want to become a powerful public speaker, a more effective feedback-giver, or a confident strategic thinker. Whatever your goal, pursue a realistic course of action that can help you achieve it—maybe reading a book on the topic or taking an online course. Next, invest a small amount of time each day (even five minutes is enough) toward that actionable program. As you're doing this, note key takeaways and ideas for how to implement them into your day. These don't have to be daunting undertakings—simple things like speaking up in a meeting, pitching a new idea, or changing the way you communicate with your employees can represent significant growth. Finally, look to leaders you respect for inspiration, and reach out to them if you can for advice and guidance.

Citation: Kragt, Darja. (2022, December 7). How Busy People Can Develop Leadership Skills. Harvard Business Review.

Retrieved December 20, 2022, from [https://hbr.org/2022/12/how-busy-people-can-develop-leadership-skills?](https://hbr.org/2022/12/how-busy-people-can-develop-leadership-skills?utm_medium=email&utm_source=newsletter_daily&utm_campaign=mtod_actsubs&utm_content=signinnudge)

[utm_medium=email&utm_source=newsletter_daily&utm_campaign=mtod_actsubs&utm_content=signinnudge](https://hbr.org/2022/12/how-busy-people-can-develop-leadership-skills?utm_medium=email&utm_source=newsletter_daily&utm_campaign=mtod_actsubs&utm_content=signinnudge)

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 [Corporatizing American Health Care: How We Lost Our Health Care System](#) by Robert W. Derlet

Over the past three decades, the once-efficient American health care system has evolved into a complex maze of monopolies and a racket of bureaucratic checks, approvals, denials, roadblocks, and detours. This shift has created a massive and at times redundant workforce that frustrates patients, as well as physicians, nurses, and administrative staff. Health care costs the United States over \$3 trillion each year and consumes over 18% of the country's gross domestic product. That's more than \$11,000 for each person in the country each year—more than double what it costs in most Western European countries to deliver equal or even better care.

In *Corporatizing American Health Care*, Robert W. Derlet, MD, traces the progression of health care policy in the United States. How, he asks, has US health care transformed from bedside medicine—a model of small practices and patient-focused care—into corporate medicine, which prioritizes profit and deals with both patient care and outcomes as billing codes? Arguing that the US Congress is the root of the problem, he describes how Congress has failed to enact legislation to prevent corporate monopolies in the health care industry. Instead, corrupted by large campaign donations and corporate lobbyists, Congress has crafted loopholes benefiting corporations and harming people.

Drawing on his decades as a practicing physician caring for thousands of patients, as well as his university and medical school teaching experience, Derlet follows changes to both policy and practice across many sectors of health care. Scrutinizing how hospitals work, he also takes a hard look at high prescription drug prices, unresponsive insurance companies, problems with the

AMERICAN HEALTH CARE

*How We Lost
Our Health Care System*



ROBERT W. DERLET, MD

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corporations and their lobbyists over health policy means that we now pay more for our care and our medications but have less choice both in what doctors we see and in what drugs we take. Breaking down the complex ABCs of health care to reveal the unscrupulous practices of the health care industry, *Corporatizing American Health Care* is perfect for both students and general readers who want to understand the changes in our system from the perspective of an actual doctor.

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: HIV Subcommittee

Co-chairs: Analise Monterosso, TX (Chair), Betsey John, MA (Officer), Samantha Mathieson, TN (Officer)

Purpose: The subcommittee holds monthly conference calls and webinars to discuss current issues and overarching topics related to HIV epidemiology and surveillance, such as the use of

Current Activities: Monthly subcommittee calls, CSTE HIV Surveillance Training Resources Workgroup, CSTE HIV, Viral Hepatitis, STD and TB Data Sharing Scenarios, Guidance, and References Workgroup, SAS e-Learning training offerings, developing peer-to-peer technical assistance offerings. HIV Subcommittee calls are every second Wednesday at 2 PM ET.

Staff contact: Symone Richardson (srichardson@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 to be featured in the next Mentor Connection.

- [COVID Impacts Top Issues in 2023](#), Public Health Review Morning Edition (podcast)
- [Creative Ways to Find and Secure Job Opportunities](#), Public Health Insight (podcast)
- [The 4 Key Relationships You Need AND How to Identify Mentors and Sponsors in the Workplace](#), Your Next Move (podcast)
- [Embedded: One Year Review of Disability and Preparedness Specialists Project](#), ASTHO (blog)



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