

December 2022 Mentor Connection

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Council of State and Territorial Epidemiologists

December 2022 Mentor Connection

Happy Holidays! As we close out 2022 and begin to think over resolutions for the new year, consider adding a goal that meaningfully contributes to your professional development.

CSTE Announcements

- The next [CSTE Annual Conference](#) will be held in Salt Lake City, Utah on **June 25-29, 2023**. The call for abstracts is currently open and closes on January 5, 2023.
- *Save the Date:* Our December networking event will occur on Tuesday, **December 13** at 4:00 pm EST. This is a great opportunity to meet your cohort members in an informal environment. [Registration is required.](#)
- 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**.
- Applications are open for jurisdictions to **host** a [CSTE AEF](#) or [APHIF fellow](#). Applications are due by **January 3, 2023**.
- *Training Opportunity:* [University of Miami BEAM course \(Building Expertise in Administration and Management\)](#) - BEAM is an interactive, self-paced, non-credit bearing, online certificate program designed to equip working professionals with the practical, applicable business knowledge and tools that drive innovation and success. Currently 20% off registration.

legal epidemiology learning cohort to gain foundational research and evaluation skills in public health law. Supported by CDC's Public Health Law Program and ChangeLab Solutions, the learning cohort is designed to enable any health department or organization to build their capacity to carry out legal epidemiology projects, even with minimal previous experience or skills. Teams should complete the online interest form by **December 1**.

- *Training Opportunity: [Public Health Policy and Strategy Innovation Hub](#)* - CDC's Office of Policy Analytics & Population Health, in partnership with the National Network of Public Health Institutes, is offering a new training opportunity for early, mid, and senior career state, tribal, local, and territory public health practitioners. This pilot initiative will support a cohort of public health practitioners' participation in a series of trainings to prepare them for change, build capacity for strategic policy and decision making, learn adaptive leadership skills to inform decision-making approaches, and design solutions to address current and future public health issues. Applications for the Innovation Hub are due **November 30**.

Basecamp

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:

- [What project have you enjoyed recently?](#)

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

Optional Activities

[An Overview of Public Health Reaching Across Sectors](#) (PHRASES), Region IV Public Health Training Center, 30-minute self-paced course

This online course is an overview of Public Health Reaching Across Sectors or PHRASES, a compilation of communication strategies and tools for public health professionals to use to foster a better understanding of public health and the greater willingness of other sectors to engage in cross-sector partnerships. It will provide an introduction to how productive framing and messaging can improve partnerships and overall health outcomes, and an overview of the tools and strategies PHRASES provides to improve communication to other sectors. The entire training is expected to take 30 minutes to complete. There are no prerequisites. After finishing all modules, learners will earn a certificate of completion. When the certificate is available, learners will see a Certificate button on their dashboard.

[Training on Homelessness for Public Health Providers](#), CDC Train, 90-minute self-paced course

This course will provide public health professionals with the knowledge and skills needed to (i) ensure public health protections reach people experiencing homelessness and (ii) recognize and respond to public health emergencies among people experiencing homelessness. Upon completion of this course, participants will be able to: Take action to form partnerships with homeless service organizations, ensure that people experiencing homelessness are represented in public health data and analyses, and tailor public health interventions and measures for people experiencing homelessness.

[LGBTQ+ and Inclusive Language](#), Western Region Public Health Training Center, 60-minute self-paced course

The LGBTQ+ population faces disproportionate health risks. Stigma, discrimination, and a general lack of understanding of specific needs of the LGBTQ+ population reduces access to safe healthcare and services. Learn about health disparities faced by the LGBTQ+ population and the health consequences of ongoing stigma and discrimination. Familiarize yourself with current terms and practice using language appropriately to contribute to improving health equity for the LGBTQ+ population. CHES credit and CPEUs available.

[LIVE: Reaching Gen Z: Engaging Young Audiences in Public Health](#), **December 12** at 1:00 pm EST, ASTHO

ASTHO will host a virtual conversation on effective communication strategies for rebuilding trust in

provide tips and advice for creating new or updating existing crisis communications plans, and share information on tools and resources to assist public health leaders and health communicators in combating misinformation and disinformation.

[Comms Crash Course: Using Social Media for Public Health Communications](#), Public Health Communications Collaborative, 60-minute video

Speakers include: Desarae A. Bradham, Social Media Manager for the Philadelphia Department of Public Health; Lindsay Smith Rogers, Associate Director of Content Strategy at Johns Hopkins Bloomberg School of Public Health; Carrie Fox, Founder and CEO of strategic communications firm Mission Partners.

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
- What is one success you've had this month?
- What is a challenge you have encountered? What tools have you used to work through it?

Tips for Personal Growth

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

- [Prioritize Yourself to Prevent Burnout](#) by Donna McGeorge

It can be easy to equate hours spent working with productivity. But this fallacy that long hours = success often leads to burnout. Here's how to prioritize your personal well-being without compromising your professional growth.

thoughts. Think of this as a daily reflection or brain dump to release the pressure of your work life.

- **Learn to say no.** To get better at declining requests without feeling guilty, reframe saying no as setting boundaries. Ask yourself: Who am I willing (or not willing) to give time to? What do I want (or not want) to do or achieve? When do I need to protect time, and when do I want to make myself available? What kind of work will help me achieve my long-term goals?
- **Become more intentional about space.** Dedicate specific places to your work and reserve others for relaxation and relationships. Drawing clear lines between your professional and personal lives will help you thrive in both.

Citation: McGeorge, Donna. (2022, November 14). Don't Feel Guilty for Prioritizing Yourself Over Work. Harvard Business Review. Retrieved November 22, 2022, from <https://hbr.org/2022/11/dont-feel-guilty-for-prioritizing-yourself-over-work>.

What Are You Reading?

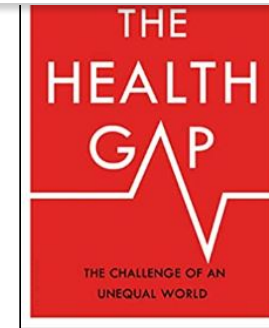
What are you reading? We'd like to know, so tell us how you're expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we'll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique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

This month's recommendation is [The Health Gap](#) by Michael Marmot

In Baltimore's inner-city neighborhood of Upton/Druid Heights, a man's life expectancy is sixty-three; not far away, in the Greater Roland Park/Poplar neighborhood, life expectancy is eighty-three. The same twenty-year avoidable disparity exists in the Calton and Lenzie neighborhoods of Glasgow, and in other cities around the world.

In Sierra Leone, one in 21 fifteen-year-old women will die in her fertile years of a maternal-related cause; in Italy, the figure is one in 17,100; but in the United States, which spends more on healthcare than any other country in the world, it is one in 1,800 (and now, with the new administration chipping away at Obamacare, the statistics stand to grow even more devastating). Why?

Dramatic differences in health are not a simple matter of rich and poor; poverty alone doesn't drive ill health, but inequality does. Indeed, suicide, heart disease, lung disease, obesity, and diabetes, for example, are all linked to social disadvantage. In every country, people at relative social disadvantage suffer health disadvantage and shorter lives. Within countries, the higher the social status of individuals, the better their health. These health inequalities defy the usual explanations. Conventional approaches to improving health have emphasized access to technical solutions and changes in the behavior of individuals, but these methods only go so far. What really makes a difference is creating the conditions for people to have control over their lives, to have the power to live as they want. Empowerment is the key to reducing health inequality and thereby improving the health of everyone. Marmot emphasizes that the rate of illness of a society as a whole determines how well it functions;



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		Marmot underscores that we have the tools and resources materially to improve levels of health for individuals and societies around the world, and that to not do so would be a form of injustice. Citing powerful examples and startling statistics (“young men in the U.S. have less chance of surviving to sixty than young men in forty-nine other countries”), <i>The Health Gap</i> presents compelling evidence for a radical change in the way we think about health and indeed society, and inspires us to address the societal imbalances in power, money, and resources that work against health equity. <i>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.</i> CSTE Subcommittee of the Month <i>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.</i> Name of Subcommittee: Healthcare-Associated Infections (HAI) Co-chairs: Sarah Lineberger (VA) & Kelley Garner (AR) Purpose: The HAI Subcommittee brings together state HAI Coordinators and others interested in the surveillance, reporting, and prevention of HAIs. The HAI Subcommittee hosts monthly		

Healthcare Quality and Promotion activities, Meaningful Use, and the Healthcare Infection Control Practices Advisory Committee (HICPAC). CSTE also offers peer-to-peer technical assistance opportunities to STLT HAI coordinators and epidemiologists through the HAI Subcommittee.

Current Activities: In addition to their day-to-day work responsibilities, members of the HAI Subcommittee frequently volunteer their time to advance projects or initiatives that will benefit all Subcommittee members. Examples of current activities include: 1) Pharmacy workgroup: providing opportunities for connection and collaboration between this newer subset of HAI program staff, 2) Operational guidance workgroup: members of this workgroup are developing operational guidance documents to assist with the implementation of two newly approved, HAI-related position statements (CPOs and *C. auris*), 3) LTCF COVID-19 Data workgroup: this workgroup was established to support jurisdictions in effectively utilizing COVID-19 data being reported by LTCFs into NHSN, and 4) Member representative positions: members of the HAI Subcommittee are appointed to represent CSTE on various committees and councils, including the Healthcare Infection Control Practices Advisory Committee (HICPAC), Council for Outbreak Response: Healthcare-Associated Infections and Antimicrobial-Resistant Pathogens (CORHA), and the Antimicrobial Resistance Surveillance Task Force (ARSTF).

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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.

- [Cultivating Your Own Limitless Work Options](#), Sisterhood of Limitless Living (podcast)
- [Four Things Public Health Leaders Can Do to Improve Crisis Communication](#), ASTHO (blog)
- [Episode 105: Down in the Mumps](#), This Podcast Will Kill You (podcast)
- [Healing through Storytelling](#), Public Health Out Loud (podcast)

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