



# NYSPHC BIMONTHLY

A BIMONTHLY DIGEST FOR FINGER LAKES & WESTERN NEW YORK FELLOWS



*Happy Spring!*

May 2023 is...

**Mental Health Awareness Month!**

Mental Health Awareness month was started in the U.S. in 1949 to bring attention to the importance of mental health and wellness. Since 1949, we have expanded our understanding of mental health, how to treat mental health, and how we, as a community, approach our collective mental health. Each year Mental Health America, a leading mental health nonprofit organization, chooses a theme for individuals to explore during the month. They also created a toolkit to guide the conversation. May 2023's theme will be people's primary setting, like their home and living space, neighborhood and town, and outdoors and nature. It is so important to continue the conversation around mental health, break complex barriers, and eliminate misconceptions about getting help with your mental health.

**Mental health is health!**

Source: [Mental Health America Link](#); [Mental Health America ToolKit Link](#)

Welcome to our April and May edition of the Bi-Monthly Finger Lakes and Western Regional Digest for the NYSPHC Program! Brought to you by the Finger Lakes and Western Region Senior Fellows, Shelby Smith and Amber Whiteside.

In this Digest, you will find our Fellow and Non-Fellow Spotlights, links for important upcoming events, information on the National Public Health Week (NPHW), access to the newly created Training and Resource Hub, and more!

We hope that the Digest will continue to be a helpful resource for all NYSPHC Fellows, Local Coordinators, Local Health Department Staff, Supervisors, and Mentors as you continue the fantastic work in your counties. As always, if you have any suggestions or ideas for future Digests, let us know!

*-Shelby & Amber*



**Shelby Smith**  
Sr. Fellow, Finger Lakes Region



**Amber Whiteside**  
Sr. Fellow, Western Region

## NYSPHC LOCAL COORDINATORS

### FINGER LAKES REGION

- Maggie Steele:** Chemung, Schuyler, and Seneca Counties
- Margarita Sumeguín:** Ontario and Yates Counties
- Kathy Wille:** Livingston, Steuben, and Wayne Counties

### WESTERN REGION

- Jillian Calmes:** Wyoming County
- Chris Crawford:** Cattaraugus County
- Wendy Douglas:** Chautauqua County
- Tania Islam:** Erie County
- Kristine Voos:** Genesee and Orleans Counties

# Fellow Spotlight!

**FREE Rabies Vaccination Clinics - 2023**  
(for dogs, cats, and ferrets)  
Livingston County Residents Only



**Contact Information**  
Livingston County Department of Health  
2 Murray Hill Drive  
Mount Morris, NY 14510  
Phone: (585) 243-7200  
or (585) 243-1717  
www.livingstonty.us/doh  
Email: dshennell@co.livingston.ny.us

**2023 Clinic Schedule**

- Thursday, April 13, 2023  
Aero/Columbia, 4 Corners Campus, 4379 Aero/Columbia Road, Columbia (corner of Ever Road and Route 9)
- Wednesday, May 24, 2023  
Mondak, Kiwanis Park, 28 Portage Street, Mondak (opposite back corner of ball field)
- Tuesday, July 18, 2023  
Greenland Mt. Morris, Livingston County Highway Dept., Hampton's Corners, 4289 Gageys Lane, Greenland
- Tuesday, August 22, 2023  
Livingston, Livonia Town Highway Garage, 50 Community Street, Livonia (across from Town Hall)
- Wednesday, October 11, 2023  
Geneville, Babcock Park, Merry Avenue (Geneville), Geneville

**Important Notes:**

- 1) Pre-registration is required for all participants. You can register using the above contact info or at: [www.livingstonty.us/912/behavior-clinic](http://www.livingstonty.us/912/behavior-clinic)
- 2) Pets must be at least 3 months of age to be vaccinated. Ferrets must be vaccinated yearly.
- 3) Cats and ferrets must be in a carrier and dogs must be on a leash.
- 4) Please bring proof of any prior rabies shot to receive a 3-year certificate. Without proof, a 1-year certificate will be issued.
- 5) Special arrangements must be made if you are vaccinating more than 3 pets. Please contact us using the information above.

*Donations kindly accepted due to rising costs. Thank you!*



**Positive Expressions Infant Feeding Support**

Good vibes and positivity to support families

Pressure Free      Judgement Free

TIME: 10AM-12PM  
DAY: EVERY THURSDAY (EXCEPT FEDERAL HOLIDAYS)

LOCATION: DANVILLE PUBLIC LIBRARY  
200 MAIN ST. DANVILLE, NY

Let your feeding journey begin.




**MOBILE CRISIS COVERAGE**  
Livingston County Mobile Behavioral Health Crisis Intervention Services

Rochester Psychiatric Center Mobile Integration Team (MIT) • Ages 18+	Livingston County Mobile Mental Health Team for Youth • Ages <18 years
<b>Hours of Operation</b> <ul style="list-style-type: none"> <li>• 24/7/365 • Monday-Friday</li> <li>• No holiday coverage</li> </ul>	<b>Hours of Operation</b> <ul style="list-style-type: none"> <li>• 24/7/365 • Monday-Friday</li> <li>• No holiday coverage</li> </ul>
<b>Accessing the Team</b> <ul style="list-style-type: none"> <li>• Open access via 3-1-1</li> <li>• Direct call (585) 243-1882</li> </ul>	<b>Accessing the Team</b> <ul style="list-style-type: none"> <li>• Open access via 3-1-1</li> <li>• Direct call (585) 243-4592</li> <li>Other:                             <ul style="list-style-type: none"> <li>• (585) 734-8356</li> <li>• (585) 243-4533</li> <li>• (585) 734-8317</li> </ul> </li> </ul>
<b>Services Offered</b> <ul style="list-style-type: none"> <li>• Crisis evaluation, evaluation and stabilization</li> <li>• Case consultation with other agency care providers</li> <li>• Risk assessment</li> <li>• Family support</li> <li>• Safety planning</li> <li>• Linkages to appropriate BH and SA services</li> </ul>	<b>Services Offered</b> <ul style="list-style-type: none"> <li>• Crisis evaluation, evaluation and stabilization</li> <li>• Case consultation with other agency care providers</li> <li>• Risk assessment</li> <li>• Family support</li> <li>• Safety planning</li> <li>• Linkages to appropriate BH and SA services</li> </ul>

Want to serve your community?

**Join the Medical Reserve Corps (MRC)!**  
If you are interested in becoming an MRC volunteer, please contact the Livingston County Department of Health.



2 Murray Hill Drive  
Mount Morris, NY 14510-1691  
dept-of-health@co.livingston.ny.us

Phone: (585) 243-7299  
Fax: (585) 243-6794



**Andrea Callahan**  
Livingston County  
NYSPPHC Fellow

"I write and develop media for Livingston County, including press releases, public service announcements, and social media. I also develop and maintain the Department's orientation materials, communication materials for individual programming, and other outreach materials."

## IMPORTANT UPCOMING EVENTS

### NYSPPHC Educational Series

Justice, Equity, Diversity, Inclusion (JEDI)  
Wednesday, April 12, 2023, from 12-1 PM (virtual)

### NYSPPHC Educational Series

Change Management  
Wednesday, May 10, 2023, from 12-1 PM (virtual)

### NYSPPHC Fellow Virtual Lunch & Chat

Finger Lakes & Western Regions  
Monday, May 22, 2023, from 12-1 PM

### Finger Lakes/Western Regional Consortium

Finger Lakes & Western Regions  
Wednesday, June 7, 2023, from 10AM-12PM (virtual)

### NYSPPHC Educational Series

Grant Writing  
Wednesday, July 12, 2023, from 12-1 PM (virtual)

## LINKS FOR YOUR FUTURE CAREER OPPORTUNITIES

[Finger Lakes Region Civil Service Openings](#)

[Western Region Civil Service Openings](#)

[DOH Employment Opportunities](#)

[StateJobsNY](#)

[HRI Employment](#)



## Spread the word!

Do you know someone who resides in the Finger Lakes or Western Region who would be a great Fellow?



## Seasonal Recipe Brought to you by Amber!

### Brooke's Best Bombshell Brownies



<https://www.allrecipes.com/recipe/143667/brookes-best-bombshell-brownies/>



## Did you know...

During each day of National Public Health Week (NPHW), there is a focus on a particular public health topic. The ways that anyone can make a difference on that topic are identified. These areas are critical to the future success of creating the healthiest nation; everyone can do their part to help.



**Check out more NPHW information by visiting [this link!](https://www.nphw.org/)**

Source: <https://www.nphw.org/>

(Puzzle key can be found on page 6)

## National Public Health Week Daily Themes April 3 - 9, 2023

M X B T T V E K B I Y T H N R H F Q T M S E O K X  
E N G H I S C I R Q O Z R S P G N L J K S U P A S  
N R U R S S W P R Z K Q J L S R R X Y Y K U R Y N  
T M F O O D A N D N U T R I T I O N R I P N K P T  
A G S M L Y B G W P A F Q K M P P O H G M B B C Z  
L L T U I D J B C G N Z A M P O U M F A Z O G U I  
H D M Y Q O Q N N B R E O Y B L Q K B R M B R H I  
E I T L A F B W Q T E O F I X D E B P T U Y R S M  
A H D Y I G X Z D S Y Y X Z Z M I G W U N D U J N  
L E P E V I O L E N C E P R E V E N T I O N T C D  
T W E J I Y F C K Y K S N N B L C Z C E O Z C X P  
H E I D B C D G B Q Z V Y C X I T N Q Z G P Z B M  
A X X Y Z D X Y S D R G J X J M I T K C U Y M S P  
B C G Z I U S E X U A L H E A L T H F S R R J F K  
L T C F S E Y X C O M M U N I T Y T S E P U H V B  
A L R E P R O D U C T I V E H E A L T H Q R C G O  
W J K W S F K J G J Z T F Z O B R O S R D A Y C L  
F V U R O S E N N I H E Z W D P G U A K B L F Y T  
H H T Y S S I H E L Z H B Z M C Z S N L T H V D T  
J H Z I D E M B D D I U S D V V F Q U L Q E C Q G  
C X J X C W X M I W O C M N V C G Y K R R A C S I  
L C E D T O M E T L I D W J K Z R S E A D L H Z U  
G I N D K V W G S Q I I H D X G X H M P D T U L O  
V S K M I S X L G X Z T U D O F O F C U B H I F B  
Y Z Y D X F G S L I K U Y N I N N P P V J A Z T N

violence prevention  
reproductive health  
food and nutrition  
rural health

accessibility  
mental health  
sexual health  
community

# NYSPPHC March Consortium Recap

Sending a huge THANK YOU to our March 2023 Consortium speakers, Dr. Frank Cerny, Margi Taber, Jill Harper, Tina Murty, and Elizabeth Whelan!

# THANK YOU!

**What I've learned**

- Build relationships every chance you get
- Have clear vision and goals
- Look for what voices are missing
- Value the time and expertise of the members

→

**PROBLEM --> VISION**  
**VISION --> GOALS (SMART)**  
**GOALS --> MEASURES**

**Vision connects back to relationships**

Who can see your viewing activity? X

**The Art of Collaboration**

Training objectives:

- Improve participant level of awareness of building capacity for collaborations
- Consider where they are at with collaboration building and possible next steps participant may want to apply to their work.

COLLABORATION  
WHY AND HOW?

ESPECIALLY IN RURAL AREAS.

**NYSTEC**  
YOUR INDEPENDENT TECHNOLOGY ADVISOR

And then this is just a silly comic I found, but it actually represents what the presentation is about.

Who can see your viewing activity? X

**Partnership Development 101**

roduce yourself every chance you have

- ▶ Talk about your role
- ▶ Step outside your comfort zone
- ▶ Talk about the gaps in your work

ork to people!

- ▶ Learn about what they do
- ▶ Take note of name/role



Check out the Finger Lakes and Western Region March 2023 Consortium recording [here!](#)  
**Passcode: ?bia0+!F**



# Non-Fellow Spotlight!

David E. Bell, Ph.D. MPH is the Emergency Preparedness Coordinator for the Genesee and Orleans County Health Departments (GO Health). At the height of the COVID-19 response, he supervised four temporary county positions dedicated to assisting response activities, including mass vaccination and testing operations. When the NYSPHC Fellowship Program became available, these temporary positions quickly transitioned to become the first GO Health NYSPHC Fellows, helping lead the ongoing local public health response to the pandemic. David, alongside Cora Young as the GO Health Emergency Preparedness Educator and Jennifer Rowan as the GO Health NYSPHC Local Coordinator, has had the privilege of leading an exceptionally talented group of Fellows dedicated to the safety and well-being of local communities during many critical times of the COVID-19 pandemic. As demand for immunization and testing declined, two Fellows have continued with David to help him rebuild traditional planning components of the Emergency Preparedness program. In contrast, other Fellows began to take on new duties with other supervisors, including routine immunizations, wastewater analysis, public health education, and accreditation planning. David finds the opportunity to work with Fellows as a chance to build on the ideals of public health: fostering collaboration, interagency bridges, greater workforce training, and new or improved public health services where they are most needed. GO Health Fellows have become foundational for making a difference when and where public health innovation has been most needed in the counties of Genesee and Orleans.



**David E. Bell,  
Ph.D. MPH**  
 NYSPHC Supervisor  
 Genesee and Orleans County  
 Health Departments  
 Emergency Preparedness  
 Coordinator

## Training & Resource Hub

# PUBLIC HEALTH TRAINING & RESOURCE HUB



Check out the newly created **Training & Resource Hub** created by the Finger Lakes Region Local Coordinators!



*Public Health Training & Resource Hub (ny.gov)*



**Amber and Shelby tabled at the Buffalo State Job & Internship Fair in March!**

### NYSPHC Educational Series

These are live monthly educational sessions addressing the Core Competencies of Public Health on the Second Wednesday of every month!

#### Justice, Equity, Diversity, Inclusion (JEDI)

April 12, 2023, from 12-1 PM

[Register Here](#)



#### Change Management

May 10, 2023, from 12-1 PM

[Register Here](#)



#### Grant Writing

July 12, 2023, from 12-1 PM

[Register Here](#)

### Reminder: Bookmark the NYSPHC Training & Resources website for quick access!

Training Resource Center | New York State Public Health Corps (ny.gov)



#### QUICK LINKS

[NYS DOH](#)

[NYSPHC](#)

#### Let's Connect!



New York State Public Health Corps Fellowship Program



[Join the NYSPHC LinkedIn Group](#)

#### National Public Health Week puzzle answer key

puzzle on page 3



M X B T T V E K B I Y T H N R H F Q T M S E O K X  
 E N G H I S C I R Q O Z R S P G N L J K S U P A S  
 N R U R S S W P R Z K O J L S R R X Y Y K U R Y N  
 T M E O O D A N D N U T R I T I O N R I P N K P T  
 A G S M L Y B G W P A F O K M P P O H G M B B C Z  
 L L T U I D J B C G N Z A M P O U M F A Z O G U I  
 H D M Y Q O Q N N B R E O Y B L Q K B R M B R H I  
 E I T L A F B W Q T E O F I X D E B P T U Y R S M  
 A H D Y I G X Z D S Y X X Z M I G W U N D U J N  
 L E P E V I O L E N C E P R E V E N T I O N T C D  
 T W E J I Y F C K Y K S N N B L C Z C E O Z C X P  
 H E I D B C D G B O Z V Y C X I T N O Z G P Z B M  
 A X X Y Z D X Y S D R G X I J M I T K C U Y M S P  
 B C G Z I U S E X U A I H E A L T H P S R R J F K  
 L T C E S E Y X C O M M U N I T Y T S E P U H V B  
 A L E P R O D U C T I V E H E A L T H O R C G O  
 W J K W S E K J G J Z T F Z O B R O S R D A Y C L  
 F V U R O S E N I H E Z W D P G U A K B L F Y T  
 H H T Y S S H E L Z H B Z M C Z S N L T H V D T  
 J H Z I D E M B O D I U S D V V F Q U L Q E C Q G  
 C X J X C W X M W O C M N V C G Y K R R A C S I  
 L C E D T O M E T I D W J K Z R S E A D L H Z U  
 G I N D K V W G S Q I H D X G X H M P D T U L O  
 V S K M I S X L G X Z T U D O F O F C U B U I F B  
 Y Z Y D X F G S L I K U Y N I N N P P V J A Z T N

### FINGER LAKES REGION

**Sarah J. Walker, MSHSA**  
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 sarah.walker@health.ny.gov

**Shelby L. Smith, MSPH, CASAC**  
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### WESTERN REGION

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