



The NYSPHC **Mentor** **Directory**

The Mentor Directory

The NYSPHC Mentor Directory is an index of NYSPHC Fellowship Program Mentors listed by both region and name. The directory is updated on an as-needed basis when Mentors submit their profiles to the program.



By Region

Capital District Region

Rachel Cicigline

Expert in: Environmental Health

Finger Lakes

Joe Fantigrossi

Expert in: Outreach and Partnership Development, and Pre-K-12th Grade Education

Kelly McDermott

Expert in: Outreach and Partnership Development and Community Health

Christy Richards

Expert in: Chronic Disease Health Equity, Health Education, Maternal/Child Health, and more

North Country

Ray Babowicz

Expert in: Outreach and Partnership Development, Public Policy and Government Relations, Community Health, and more

Kelly Bonnar

Expert in: Chronic Disease Health Equity, Violence Prevention, Community Health, and more

Jessica Darney Buehler

Expert in: Health Literacy, Wellness Coaching, Community Health, and more

Bertha Nichols

Expert in: Communicable Disease Health Informatics/IT, Community Health, and Health Education

Missi Woolridge

Expert in: Community Health, Outreach and Partnership Development, and Harm Reduction and Substance Abuse

Western New York

Jessica Kulak

Expert in: Community Health, and Harm Reduction and Substance Abuse

Michelle Larimore

Expert in: Community Health, Outreach and Partnership Development, and Health Education

Christine Schuyler

Expert in: Maternal/Child Health, Community Health, Outreach and Partnership Development, and more

Mickey Sperlich

Expert in: Maternal/Child Health, Mental Health, Health Education, and more

Michael Tritto

Expert in: Outreach and Partnership Development, and Vaccination and Testing

Multi-Regional

Steven Sawicki

Expert in: Community Health and Quality Improvement

Suzanne Swan

Expert in: Maternal/Child Health, Community Health, and Family Health



RACHEL CICIGLINE

She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

NYSDOH Albany, NY –
Center for Environmental
Health, Bureau of Water
Supply Protection

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

All Counties

AREAS OF EXPERTISE

❖ Environmental Health

CONTACT

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ABOUT

Why did you decide to become a Mentor?

My career path was a bit jagged. If I had a mentor when I was just starting out, it would have helped me gain clarity. I became a Mentor so I could help others like me find opportunities to network and grow in their career.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is having a better understanding of the direction public health needs to go to continue to be of service to the public.

How does NYSPHC fit in with your larger career goals?

Even though I am a Mentor, I also feel like a mentee. There's so much I'm learning through the speakers that present for my cohort and the NYSPHC speakers that come from all backgrounds. It is also helping me network, and it's getting me out of my comfort zone!

Fun fact:

I've been a NASM Certified Personal Trainer for ten years, specializing in corrective exercise and fitness for those with autoimmune diseases and arthritis.

Hobbies:

I love to paint, make jewelry, and exercise often. I wouldn't be being honest if I didn't say I like to chill out with my two cats!



JOSEPH FANTIGROSSI

EdD

He/him

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

Monroe 2-Orleans BOCES

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Wayne, Seneca, and
Monroe County

AREAS OF EXPERTISE

- ❖ Outreach and Partnership Development
- ❖ Pre-K-12th Grade Education

CONTACT

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ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor to pay it forward to all who took time to mentor me.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is building a relationship with a respected colleague.

How does NYSPHC fit in with your larger career goals?

Health is a key component to the community schools work I do.

Fun fact:

I have run 2 marathons.

Hobbies:

I am a father of two boys, I exercise, and I attend sporting events.



KELLY MCDERMOTT

MS

She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

University of Rochester

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Monroe County

AREAS OF EXPERTISE

- ❖ Outreach and Partnership Development
- ❖ Community Health

CONTACT

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ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor because I am passionate about the health of our communities and feel strongly that we can do a lot when we connect with one another and use our relationships to move toward a common goal.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

I am brand new so I am excited to work with the NYSPHC and to help in any way that I can.

How does NYSPHC fit in with your larger career goals?

I would love to create relationships across the state to spread information and close the gap between what we know in research and what we do in the real world.

Fun fact:

I have been a huge Swiftie since before it was cool to say so and I was able to score Eras Tour tickets in Canada!

Hobbies:

My free time is spent with my family which includes my husband, 6-year-old daughter, a black lab, and an orange tabby cat. When I'm not running around with them, I love live music and a good book.



CHRISTY RICHARDS

MPH, MSN, RN

She/her

WORK EXPERIENCE

EMPLOYER/PH AFFILIATION

Ontario County Public
Health

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Ontario County

AREAS OF EXPERTISE

- ❖ Chronic Disease Health Equity
- ❖ Community Health
- ❖ Maternal/Child Health
- ❖ Mental Health
- ❖ Epidemiology and Data
- ❖ Family Health
- ❖ Health Education

CONTACT

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RAY BABOWICZ

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

Community Health Center of
the North County

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Franklin, Jefferson, and St.
Lawrence County

AREAS OF EXPERTISE

- ❖ Outreach and Partnership
Development
- ❖ Community Health
- ❖ Health Education
- ❖ Harm Reduction and
Substance Use
- ❖ Public Policy and
Government Relations

CONTACT

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ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor to help usher in the next generation of healthcare workers who are in it for the mission.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is learning.

How does NYSPHC fit in with your larger career goals?

I feel one of the most important things we can do is help those coming into the field understand the critical role they are about to take on and the legacy level impact they can leave on the communities they serve. I'm honored to have that part of my career.

Fun fact:

I am a pilot.

Hobbies:

I enjoy cooking, fishing, golf, and the outdoors.



KELLY BONNAR

PhD, CHES
She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

SUNY Potsdam, Department of
Public Health & Human
Performance

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

St. Lawrence County

AREAS OF EXPERTISE

- ❖ Chronic Disease Health
Equity
- ❖ Community Health
- ❖ Sexual Health
- ❖ Health Education
- ❖ Violence Prevention

CONTACT

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bonnarkk@potSDam.edu

ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor because it is a great way to connect with our local departments of public health and in general to support our field.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is that I made a great professional connection!

How does NYSPHC fit in with your larger career goals?

The NYSPHC provides an amazing professional connection, not just for myself, but my students who are seeking careers in the field.

Fun fact:

I used to be a professional figure skater.

Hobbies:

I am a mom and a figure skating coach.



JESSICA DARNEY BUEHLER

WORK EXPERIENCE

EMPLOYER/PH AFFILIATION

Essex County Health Department

COUNTY(IES)

Essex County

AREAS OF EXPERTISE

- ❖ Maternal/Child Health
- ❖ Community Health
- ❖ Family Health
- ❖ Epidemiology and Data
- ❖ Chronic Disease Health Equity
- ❖ Communicable Disease Health Informatics/IT
- ❖ Outreach/Partnership Development
- ❖ Vaccination and Testing
- ❖ Health Education
- ❖ Community Mobilization
- ❖ Wellness Coaching
- ❖ Health Literacy

CONTACT

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MPH

She/her

ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor to provide a smooth and consistent oversight practice in the Department.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is how I've learned from our Fellow different ways to engage with communications & use different communications tools.

How does NYSPHC fit in with your larger career goals?

Engaging people with various backgrounds in a love for public health from their unique perspectives, education, training & skills has been a way to broaden public health advocates.

Fun fact:

I was a horseback riding trail guide for 6 years and when one of my horses left me on the trail/field during a nightly gate check, I ran back to the barn through the trails & that sparked my love for trail running. He went right back to the barn and, luckily for me, didn't open other gates (which he was known to do if able). He was quite a character.

Hobbies:

Cross-Train, Snowboard, Ski, Snowshoe, Trail Run, Mountain Bike, Garden, Read, Puzzles



BERTHA NICHOLS

**Safety and HIPPA Officer, Fellowship
Coordinator, RN**

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

Franklin County Public Health
Department

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Franklin County

AREAS OF EXPERTISE

- ❖ Communicable Disease
Health Informatics/IT
- ❖ Community Health
- ❖ Health Education

CONTACT

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bertha.nichols@franklincountyny.gov

ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor to expand my experience as an RN to mentor others in the field of public health.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is the variety of applications and the multitude of their experiences.

How does NYSPHC fit in with your larger career goals?

I am 73 years old and work part time to keep my hand in the nursing field.

Fun fact:

I like computer games like Farmville 2.

Hobbies:

I enjoy going to my grandkids' events at school, doing sudoku puzzles, reading, and doing housework.



MISSI WOOLDRIDGE

MPH

She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

SUNY Potsdam; Healthy
Nightlife, LLC

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

St. Lawrence County

AREAS OF EXPERTISE

- ❖ Community Health
- ❖ Outreach and Partnership
Development
- ❖ Harm Reduction and
Substance Use
- ❖ Cannabis

CONTACT

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ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor because I've had strong female mentors and wanted to provide the same for others.

I also have a unique background and skillset that would benefit many public health professionals entering the field of harm reduction of substance use.

Fun fact:

I was once on the Katie Couric Show!

Hobbies:

I enjoy music and traveling.



JESSICA KULAK

MPH, PhD
She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

University at Buffalo

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Erie County

AREAS OF EXPERTISE

- ❖ Community Health
- ❖ Harm Reduction and Substance Abuse

CONTACT

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ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor because I have benefitted from great mentorship throughout my career and enjoy being able to now be able to provide mentorship to upcoming public health professionals.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

Being a Mentor is a great way to ensure that I am continuing to learn and stay current in public health practice.

How does NYSPHC fit in with your larger career goals?

I am happy to support the mission of NYSPHC to support and advance our state's public health preparedness.

Fun fact:

My dog competes in dock diving.

Hobbies:

I spend time with my husband and dogs. I try to fit in gardening and reading when I can.



MICHELLE LARIMORE

MPH

She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

WNY Children's
Environmental Health
Center/UBMD Pediatrics

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Erie, Niagara, Allegany,
Chautauqua, Cattaraugus,
Genessee, Orleans, and
Wyoming County

AREAS OF EXPERTISE

- ❖ Community Health
- ❖ Outreach and Partnership
Development
- ❖ Health Education

CONTACT

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ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor because throughout my career, I've had several incredible mentors who helped me navigate the broad scope of public health and my many passions. I know how impactful it is to have someone who provides continuous support and guidance.

Fun fact:

I recently took a pottery course. My daydream is to master the art and sell customized gifts someday!

Hobbies:

In my free time, you can find me spending time outdoors with my partner and our dog, checking out hidden gems in Buffalo, or picking up a new hobby like boxing or pickleball.



CHRISTINE SCHUYLER

BSN, RN, MHA
She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

Jamestown Community
College

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Chautauqua and
Cattaraugus County

AREAS OF EXPERTISE

- ❖ Maternal/Child Health
- ❖ Community Health
- ❖ Outreach and Partnership
Development
- ❖ Family Health
- ❖ Health Education

CONTACT

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christineschuyler@mail.sunyjc.edu

ABOUT

Why did you decide to become a Mentor?

Although I no longer work for a local health department, I felt like my health & human services knowledge and years of experience would be helpful to others.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is the gratification for helping to shape the future of public health.

How does NYSPHC fit in with your larger career goals?

I embrace the opportunity to continue to learn, network, and positively contribute to public health.

Hobbies:

I enjoy my friends and family (especially my grandchildren!), traveling in our motorhome, bicycling, and reading.



MICKEY SPERLICH

PhD, MSW, MA, CPM

She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

University at Buffalo School
of Social Work

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Erie County

AREAS OF EXPERTISE

- ❖ Maternal/Child Health
- ❖ Mental Health
- ❖ Health Education
- ❖ Sexual Health

CONTACT

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ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor to help build capacity for addressing health equity related to the provision of perinatal care.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is being able to provide reflective space to support the work of my mentee.

How does NYSPHC fit in with your larger career goals?

Mentorship is a key way in which I can "pay it forward" and honor the mentorship that I have benefitted from in the past.

Fun fact:

I had a long career as a midwife before becoming an academic.

Hobbies:

I enjoy kayaking, swimming, and playing music.



MICHAEL TRITTO JR.

He/him

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

Back to Basics Outreach Ministries

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Erie County

AREAS OF EXPERTISE

- ❖ Outreach and Partnership Development
- ❖ Vaccination and Testing

CONTACT

EMAIL:

mtritto@backtobasicsministries.org

ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor because it is part of my job, and I have been a mentor on and off in my former teaching career and as a volunteer with Big Brothers Big Sister.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is getting to know committed, young people who want to make a difference.

How does NYSPHC fit in with your larger career goals?

The NYSPHC supports the Fellows, who support our agency's mission.

Fun fact:

I am a former actor and theater director.

Hobbies:

Alternatives to Violence Project workshops; Quaker Meeting; bicycling.



STEVEN SAWICKI

MHSA

He/him

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

- ❖ New York State
- ❖ Department of Health
- ❖ Health Equity and Human Rights
- ❖ AIDS Institute
- ❖ Center for Program Development, Implementation, Research and Evaluation
- ❖ Office of Quality Initiatives
- ❖ New York Links

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

All Counties

AREAS OF EXPERTISE

- ❖ Community Health
- ❖ Quality Improvement

CONTACT

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stevensawicki@health.ny.gov

ABOUT

Why did you decide to become a Mentor?

I decided to become a Mentor because I think it is important that new staff have an opportunity to connect outside their standard chain of command.

What is the most valuable thing you have gained as being a Mentor in the NYSPHC?

The most valuable thing about being a Mentor is the connection I've made with new staff entering the system.

How does NYSPHC fit in with your larger career goals?

Mentorship is an opportunity for me to pass along some of what I have learned over my career.

Fun fact:

I have an extremely varied background.

Hobbies:

I enjoy endurance sports car racing, consulting on grant writing and management issues, movies, books, and gardening.



SUZANNE SWAN

MPH

She/her

WORK EXPERIENCE

EMPLOYER/PUBLIC HEALTH AFFILIATION

New York State Department
of Health

COUNTY(IES) WHERE YOU ARE INVOLVED IN PUBLIC HEALTH

Statewide

AREAS OF EXPERTISE

- ❖ Maternal/Child Health
- ❖ Community Health
- ❖ Family Health

CONTACT

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