



Department
of Health

New York State Public Health Corps Fellowship Program

Statewide Consortium Networking Meeting

October 22nd, 2025 | Zoom

WELCOME

Denise Harding

Region 6 & 7 Fellowship Placement Coordinator

Shirley Wild

Region 3 Fellowship Program Specialist

Agenda

- Welcome & Agenda Overview
- Spotlight Presentation: Rachael Jagger
- Spotlight Presentation: Mary Ross
- Spotlight Presentation: Rayon Soares
- Public Health Expert Introductions
- Breakout Room Instructions
- Breakout Rooms
- Breakout Rooms Feedback/Debrief
- Closing Remarks

FELLOW SPOTLIGHT:

Rachael Jagger



Maternal Child Health

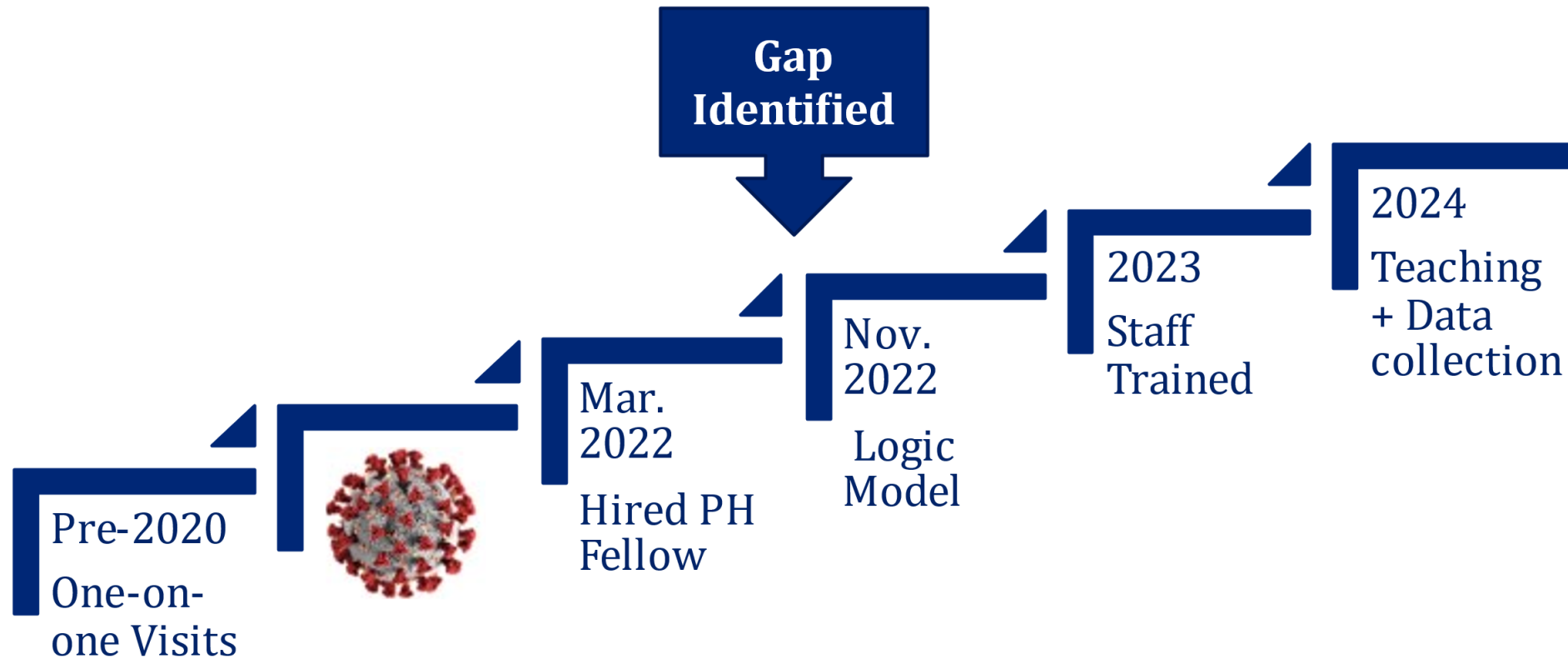
Rachael Jagger CCCE, NPE, CLC,
Doula

NYS Public Health Fellow

October 22th, 2025



Building a New MCH Program



Why We Changed Our Focus

- Ontario County families lacked access to evidence-base prenatal, breastfeeding, and newborn care education.
- Very few in-person classes in the County; none of which were low-cost or free.
 - Hospitals systems offered online classes only; also not free.
- Our community was asking us for affordable classes.



Target Populations

- Pregnant and breastfeeding families
- Low Income/rural families
- Populations historically less likely to access MCH services
- Still finding our way to some target populations
 - Takes time, conversations, and collaboration with community partners.



Better Birth Outcomes with Education

- Women who take childbirth classes are 3x (OD 2.90) more likely to have a vaginal delivery.
- Studies indicate childbirth classes reduce primary C-section rates by 7%
- **MOST POWERFUL:** Education leads to informed patient-centered management of labor and delivery.



Education=Higher Breastfeeding Rates

- Prenatal breastfeeding education builds confidence and increases initiation and duration of breastfeeding.
- Mothers who take classes breastfeed longer and more successfully than those who don't.
- Breast milk decreases infant morbidity and mortality, particularly in preemies.
- Breastfeeding for more than 6-months protects against obesity, diabetes, asthma, and cardiac conditions (Sokou, etal., 2023).



Newborn Care Classes Start Healthy Families

Classes enhance parenting skills, promote bonding, decrease ACES and improve health outcomes.

- Newborn safety: feeding, sleeping, clothing, etc.
- Infant CPR and choking
- Signs of developmental delays
- Support and referral to community resources
- Really fun practicing for all those “first” moments with their newborn.



Progress Report; September 2025

- Birth, Newborn Care & Breastfeeding Classes
 - 239 Families
- Lactation Visits:
 - 2023: 4 Visits
 - 2024: 13 Visits
 - 2025: 12 Visits
- Demand for Classes is increasing.
- All 2025 classes have been full with waiting lists.



Challenges and Considerations

- Getting moms to complete breastfeeding surveys @ 3, 6, & 12 months.
- Reaching low SES residents and culturally diverse populations.
- Misinformation: Overcoming myths and misconceptions in our society



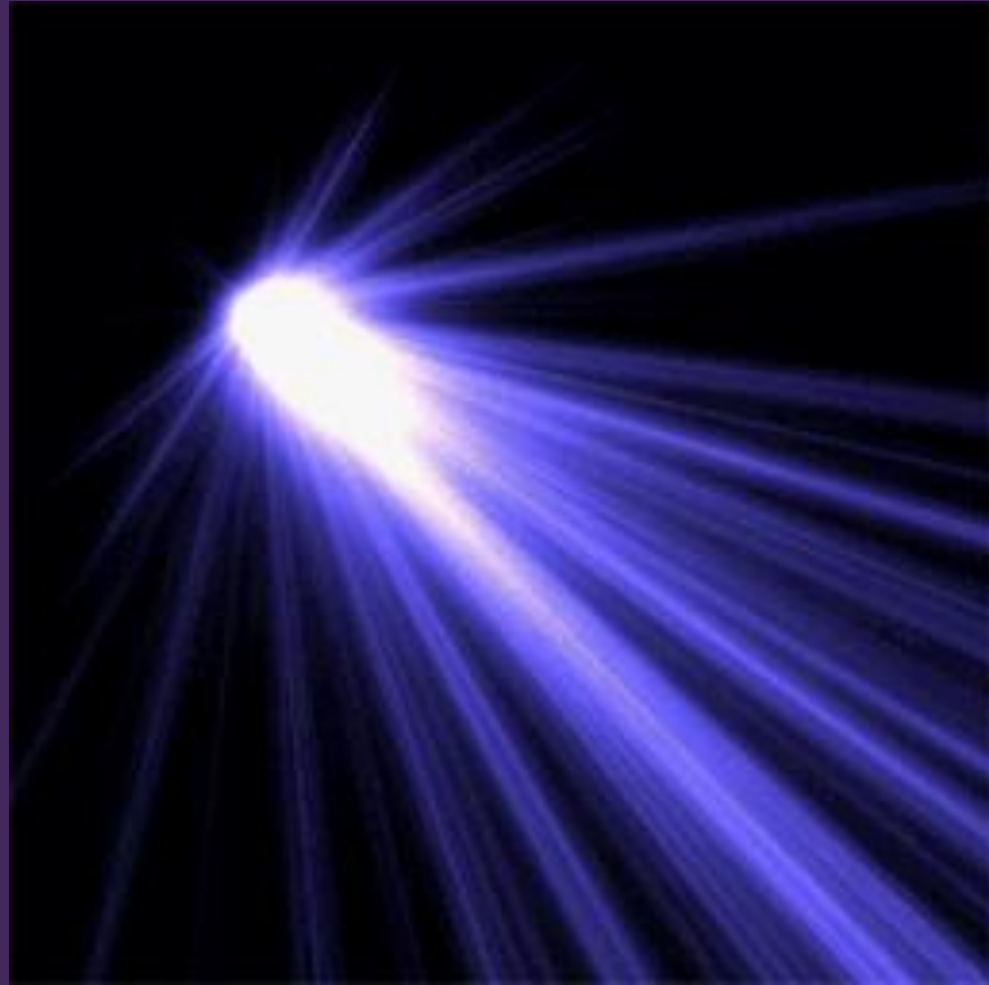
Thank you!

Question and Answers



FELLOW SPOTLIGHT:

Mary Ross





SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES



Office of Minority Health Fellowship Overview



Mary C. Ross, MPH (she/her/hers)
New York State Public Health Corps Fellow II



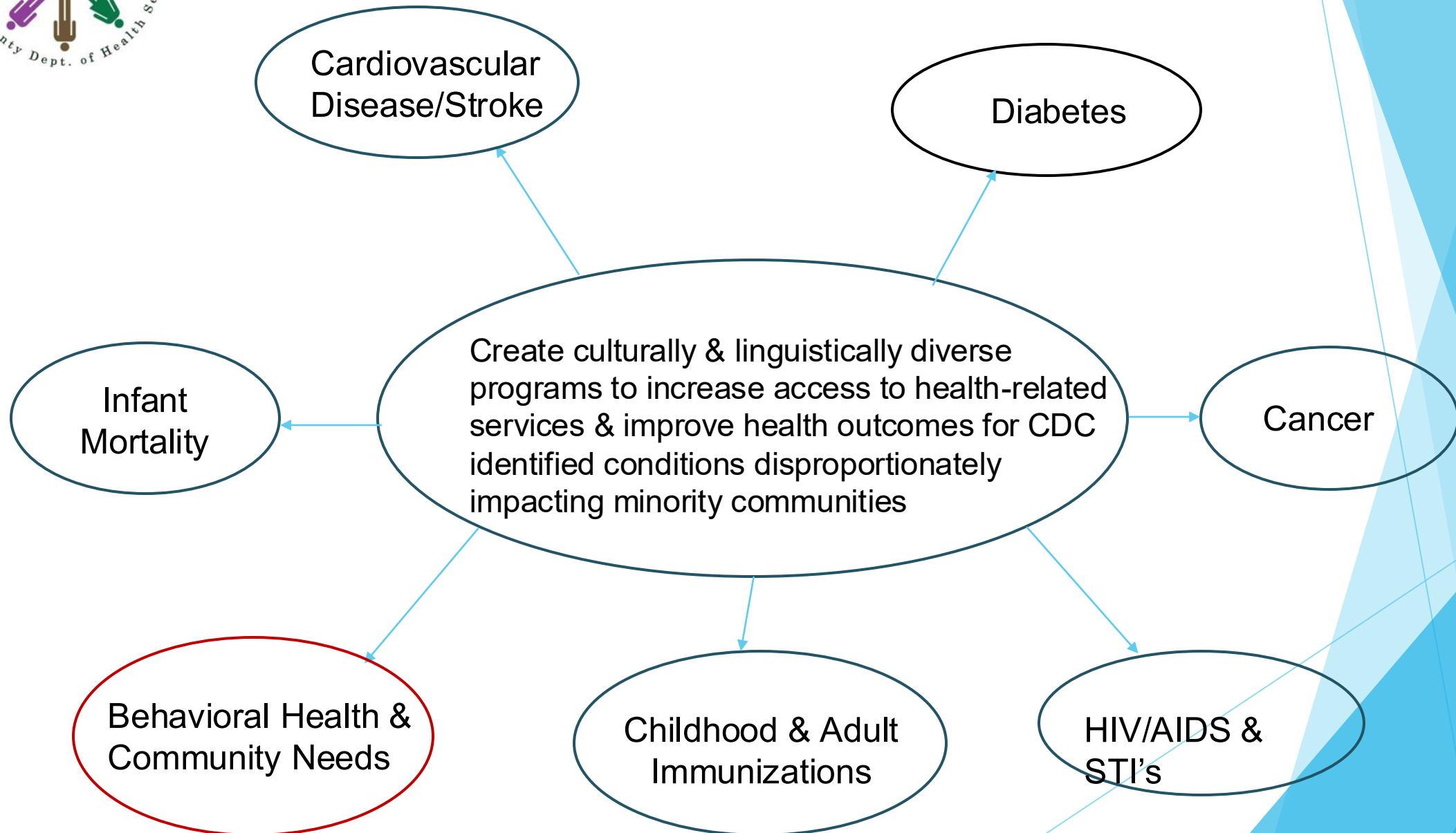
Suffolk County and Office of Minority Health (OMH)

- ▶ Suffolk County is home to ~1.5 million residents and covers 910.9 square miles of land area, making it the 20th largest county in New York
- ▶ OMH launched in December 2005
- ▶ Dedicated to addressing health disparities and inequities for racially and ethnically diverse and underserved populations in Suffolk County





OMH Mission





OMH Goals

Increase	Increase healthcare access and information for racial and ethnic minorities and other marginalized communities
Collaborate	Collaborate with community, faith-based and grassroots organizations that serve racial and ethnic minorities and assist them in implementing health education and promotion programs
Increase	Increase community awareness about existing health disparities
Improve	Improve the cultural competency level of all health professional staff within the Suffolk County Department of Health Services
Collect and Analyze	Collect and analyze data on racial and ethnic minorities to better determine the health needs of these communities in Suffolk County



Suffolk Showers

“A Healthy Baby Begins with You”

- ▶ Part of the US DHHS Office of Minority Health campaign to educate African American, Latinx, and Native American/Indigenous women on decreasing risks related to infant mortality
- ▶ Open to all pregnant women in Suffolk County, but aimed at recruiting the aforementioned populations
- ▶ Ongoing, quarterly basis program at community spaces
- ▶ From 2008-2025, Suffolk Showers has educated and assisted **817** pregnant women in Suffolk County

YOU ARE INVITED!
“A Healthy Pregnancy Begins with You,”
Suffolk Baby Shower Program
Explore New Trends in Care for You & Soon-to-be-Born baby

*If you would like to Register or have questions contact:
Suffolk County Office of Minority Health
@ 631-854-0378
OMH@suffolkcountyny.gov

baby & family fair
Games, Refreshments & Prizes
EXPECTANT PARENTS WELCOME!
When: Septemeber20, 2023 5:00pm- 7:30pm
Where: Riverhead Public Library 330 Court St, Riverhead ,NY 11901

Sun River Health
Perinatal Health Services Program
Allied



Suffolk Showers

“A Healthy Baby Begins with You”

- ▶ Presentation topics:
 - ▶ Benefits of Breastfeeding
 - ▶ Newborn & Pediatric Care
 - ▶ Prenatal Nutrition
 - ▶ Signs of Preeclampsia
 - ▶ Questions to ask Your Doctor!
- ▶ Programs also include raffles and games where mothers can win baby clothes, gift baskets, and keepsake gifts
- ▶ Every mother receives a take home gift and an educational information & resource packet





Suffolk Showers

“A Healthy Baby Begins with You”



Suffolk Shower Program
in Wyandanch NY –Sun
River Health Center



SCDHS Health
Commissioner
Gregson Pigott MD, MPH



Suffolk Showers program at the
Riverhead Public Library



Nature Walk Series

- ▶ A new pilot program started in 2024 to encourage physical activity & introduce residents to nature spots in Suffolk County
- ▶ Created due to environmental health concerns and barriers for minority populations
- ▶ Program format: short chat with healthcare provider → guided bird watching → environmental/conservation experts discussion
- ▶ Walks are free and offered bilingually in English and Spanish
- ▶ We have had 164 nature walk participants



Nature Walk Series: Exploring Health & Conservation

Join us for our final community walk of the year. We'll start with a women's health talk from a local provider, followed by a guided nature walk to explore birds, wildlife, and the link between personal well-being and access to safe, natural spaces.

**October 25th
10am-12pm**

**Sears Bellows County Park
65 Bellows Pond Rd.
Hampton Bays, NY**

Registration:

To register call or email SCDHS Office of Minority Health at
631-854-0378 OMH@suffolkcountyny.gov

How to Prepare for your Nature Walk!

- Wear light-colored clothing, long pants & sleeves.
- Consider using bug repellents & walk along the center of trails.
- Conduct frequent clothing checks & carefully inspect your body for ticks.
- Bring water, wear sunscreen (at least SPF30) and consider wearing a brimmed hat & comfortable, supportive shoes (no flip flops).



Community Outreach

Un paseo bilingüe con educación impartida en español.



Nature Walks Series



2025 Nature Walks: Belmont Lake, Lakeland County & Cordwood Landing Parks



SC Multicultural Advisory Committee (SC MAC)



- ▶ A Regional Committee of the NYS MAC for Suffolk County who advises the NYS Office of Mental Health and the SC Division of Mental Hygiene
- ▶ SC MAC has about 30 substance use and mental health member organizations
- ▶ SC MAC works to:
 - 1) **Create** programming for diverse individuals with mental health and emotional challenges
 - 2) **Ensure** policies, programs, and activities are culturally, spiritually, and linguistically inclusive
 - 3) **Remove** barriers and disparities in recovery
- ▶ Recent MAC programming: Mental Health 101, Veterans Mental Health, LGBT 101, Gambling Addiction, Perspectives on Self Injury, Behavioral Health Issues in Indigenous Communities



SC MAC



SC MAC Community Mental Health Forums: Boys and Girls Club in Bellport and Mattituck-Laurel Library



Community Events





Thank You!

- ▶ Questions?
- ▶ Office information:
 - ▶ P: 631-854-0378
 - ▶ E: omh@suffolkcountyny.gov
- ▶ Social Media:
 - ▶ Facebook: [suffolkcountyhealth](https://www.facebook.com/suffolkcountyhealth)
 - ▶ Instagram: [suffolkhealth](https://www.instagram.com/suffolkhealth)
 - ▶ X: [SuffolkCoHealth](https://twitter.com/SuffolkCoHealth)



Our Office Team

FELLOW SPOTLIGHT:

Rayon Soares



Multi-County Medical Examiner Initiative



PRESENTER: RAYON SOARES
ROLE: FELLOW II - QUALITY SPECIALIST
LOCATION: JCPHS

PROJECT MISSION OBJECTIVES



Role and
Responsibilities



To highlight current
project



Q & A

CURRENT PROJECT



Multi-County Medical Examiner Initiative



MULTI-COUNTY MEDICAL EXAMINER INITIATIVE CASE DETAILS

COUNTY	YEAR	AUTOPSIES	EXTERNAL EXAMS	CASE REVIEWS ONLY D.C. SIGNED BY PCP	CASE REVIEWS ONLY D.C. SIGNED BY CORONER PHYSICIAN / ME	CONSULTATIONS	CASE TOTALS 2022 - 2024
A	2022	81					81
	2023	42					42
	2024	21					21
	COUNTY TOTAL	144	0	0	0	0	144
B	2022	101	1	21	74	3	200
	2023	108	7	30	50	3	198
	2024	86	11	42	38	1	178
	COUNTY TOTAL	295	19	93	162	7	576
C	2022						0
	2023						0
	2024						0
	COUNTY TOTAL	0	0	0	0	0	0
D	2022	99	0	192	18	0	309
	2023	97	0	184	28	0	309
	2024	83	0	170	37	0	290
	COUNTY TOTAL	279	0	546	83	0	908
E	2022	97		78	204		379
	2023	90		98	164		352
	2024	78		54	197		329
	COUNTY TOTAL	265	0	230	565	0	1060
GRAND TOTAL FOR ALL COUNTIES		983	19	869	810	7	2688

PROSECUTED / ME / CORONER CASES		
COUNTY	YEAR	CASE TOTALS 2022 - 2024
A	2022	
	2023	
	2024	
	TOTAL	0
B	2022	10
	2023	5
	2024	2
	TOTAL	17
C	2022	
	2023	
	2024	
	TOTAL	0
D	2022	3
	2023	2
	2024	3
	TOTAL	8
E	2022	
	2023	
	2024	
	TOTAL	0
GRAND TOTAL		25

MULTI-COUNTY MEDICAL EXAMINER INITIATIVE PROGRAM COST

PROGRAM COST						MEDICAL FEES BREAKDOWN					PROGRAM COST TOTALS 2022 - 2024
COUNTY	YEAR	STAFFING	FRINGE	ALL OTHER EXPENSES	MEDICAL FEES	TRANSPORTATION COST	PHYSICIAN COST	HOSPITAL FEES	LABORATORY FEES	OTHER	
A	2022	\$65,000	\$5,640	\$38,950	\$170,211						\$279,801
	2023	\$65,000	\$5,621	\$26,371	\$123,669						\$220,661
	2024	\$65,000	\$5,648	\$41,461	\$172,566						\$284,675
	COUNTY TOTAL	\$195,000	\$16,909	\$106,782	\$466,446	\$0	\$0	\$0	\$0	\$0	\$785,137
B	2022	\$229,844	\$73,139	\$22,486	\$235,866	\$103,476	\$28,150	\$74,094	\$29,745	\$401	\$561,335
	2023	\$170,202	\$54,093	\$12,187	\$331,194	\$128,789	\$125,174	\$49,692	\$27,539	\$0	\$567,676
	2024	\$118,732	\$43,536	\$9,943	\$437,964	\$157,371	\$236,682	\$27,764	\$14,647	\$1,500	\$610,175
	COUNTY TOTAL	\$518,778	\$170,768	\$44,616	\$1,005,024	\$389,636	\$390,006	\$151,550	\$71,931	\$1,901	\$1,739,186
C	2022	\$28,500	\$6,851	\$542	\$166,953	\$94,160	\$8,846	\$15,412	\$41,290	\$7,245	\$202,846
	2023	\$14,900	\$5,766	\$0	\$173,159	\$23,822	\$11,744	\$7,025	\$18,908	\$111,660	\$193,825
	2024	\$0	\$1,285	\$450	\$193,092	\$122,954	\$38,439	\$22,864	\$5,235	\$3,600	\$194,827
	COUNTY TOTAL	\$43,400	\$13,902	\$992	\$533,204	\$240,936	\$59,029	\$45,301	\$65,433	\$122,505	\$591,498
D	2022	\$42,774	\$6,339	\$943	\$448,683	\$63,866				\$384,817	\$498,739
	2023	\$47,217	\$6,623	\$0	\$291,962	\$67,886				\$224,076	\$345,802
	2024	\$44,463	\$5,958	\$560	\$307,469	\$67,264				\$240,205	\$358,450
	COUNTY TOTAL	\$134,454	\$18,920	\$1,503	\$1,048,114	\$199,015	\$0	\$0	\$0	\$849,098	\$1,202,991
E	2022	\$43,970	\$81,205	\$445	\$304,887	\$93,929	\$111,000	\$42,022	\$49,416	\$8,510	\$430,507
	2023	\$47,069	\$72,828	\$550	\$281,447	\$58,798	\$130,500	\$35,200	\$40,500	\$16,450	\$401,894
	2024	\$43,118	\$71,443	\$440	\$264,407	\$49,213	\$119,050	\$38,800	\$40,082	\$17,262	\$379,408
	COUNTY TOTAL	\$134,156	\$225,476	\$1,435	\$850,741	\$201,940	\$360,550	\$116,022	\$129,998	\$42,222	\$1,211,809
GRAND TOTAL FOR ALL COUNTIES		\$1,025,788	\$445,975	\$155,329	\$3,903,529	\$1,031,527	\$809,585	\$312,873	\$267,362	\$1,015,726	\$5,530,621

County Notes

- County C 2023 Other Cost
- \$107,000 for new morgue equipment NOT included in total.
- County D Other Cost
- Medical Examiner Contracted Services.

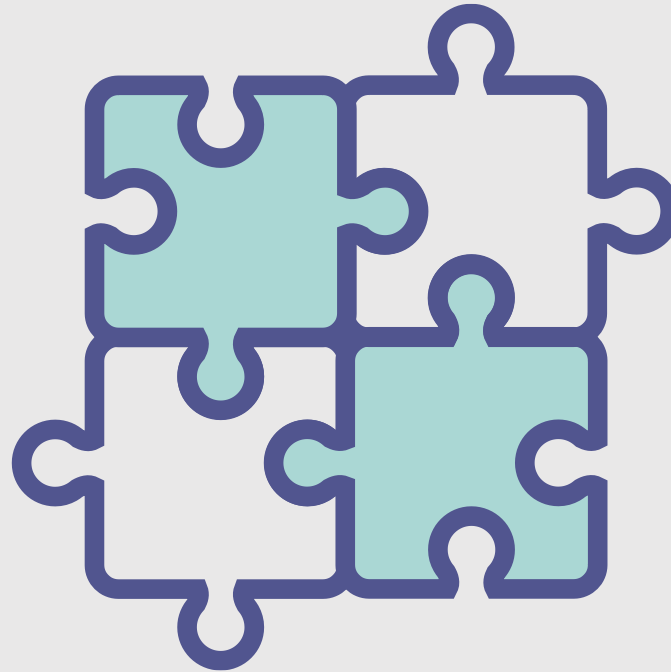
FACTORS AFFECTING ME PROGRAMS

Salary

Lack of Morgue Assistants

Longevity

Location / COL



**Thank you very
much!**

PRESENTED BY RAYON SOARES

Public Health Expert Introductions

Bryon Backenson

Luke Grandis

Samantha Hidalgo

Breakout Room Instructions

- There will be two rounds of discussion, each lasting 20 minutes.
- Each breakout room will feature either one of the Public Health Experts or a Fellow Spotlight Presenter.
 - ❖ Ask questions about their work and that of others in the group
 - ❖ Employ your listening and speaking skills
 - ❖ Network with each other
 - ❖ Be engaged and curious
 - ❖ Use sample questions to start the conversation if needed

Breakout Room Instructions

- A NYSPHC staff member will be in each room, primarily to problem solve and to get things rolling
 - ❖ Fellows are expected to drive the conversation
- Being able to see each other often helps to promote the feeling of connectedness
- Be mindful of time. Try to keep responses to questions to under a minute so everyone can participate.
- Participate with an open mind and willingness to learn from each other.

Breakout Room #1

20 minutes

You will be randomly assigned to a breakout room and returned to the main room after 20 minutes

Breakout Room #2

20 minutes

You will be randomly assigned to a second breakout room

- ❖ You *may* be randomly assigned to a breakout room with the same Presenter or Public Health Expert.
- ❖ Most of the breakout room should be new faces with whom you can connect, or it can be an opportunity to learn more about a peer from the previous group

Breakout Room Debrief

Fellow Feedback:

- Insights?
- Discoveries?
- Interesting Connections?

CLOSING REMARKS

NYSPHC LINKEDIN GROUP

- Stay connected with NYSPHC on LinkedIn
 - Stay updated on public health events
 - Engage with polls and share your insights
 - Keep today's conversation going



LinkedIn: Continue the Conversation

We hope you were able to have beneficial networking conversations today! What is something that you learned today that you are excited to act on?

Reminder: Employee Assistance Program



Department
of Health

Help for what matters most

Your employee assistance program

Our Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance is available for assistance with family and personal issues online at worklife.uprisehealth.com and by phone at 1-800-386-7055.

Help with health	Help with family	Help with legal and financial
<ul style="list-style-type: none"> • Healthy living • Stress management • Mental health • Diet and fitness • Overall wellness 	<ul style="list-style-type: none"> • Parenting support • Child and elder care • Learning programs • Special needs help 	<ul style="list-style-type: none"> • Legal issues • Will preparation • Taxes and debt • ID theft services • Financial tools and assistance • Medical bill negotiation tools

Connect to a counselor for complimentary support services:

Email: eapcounselor@uprisehealth.com

Phone: 1-800-386-7055

Available 24 hours a day, 7 days a week*

Web: worklife.uprisehealth.com

(Access code: worklife)

When calling for assistance please use the following information

Employer - Staffing Solutions Organization

Group Number - G-540112

*Offering hours Monday through Friday 8:00 AM - 5:00 PM. Live services are available 24 hours a day. The Employee Assistance Program services are provided by uprisehealth, a third-party contractor. Upromise does not provide any part of the Employee Assistance Program. Upromise is not responsible for the cost of assistance provided by any provider or institution under the program. This information is for informational purposes only. It is not a contract. This information is provided for informational purposes only. Services, benefits and restrictions (Guardian and/or uprisehealth) are subject to change without notice. Upromise does not provide any part of the Employee Assistance Program. The Employee Assistance Program is not an insurance policy and may not be available in all states. Please contact your insurance broker for more information. © The Guardian Insurance Company of America, New York, NY. uprisehealth, uprisehealth.com, Guardian and uprisehealth are registered trademarks of The Guardian Insurance Company of America. All other trademarks are the property of their respective owners. © Copyright 2022 The Guardian Insurance Company of America.

Thank you!



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