



**Department
of Health**

New York State Public Health Corps Fellowship Program

Statewide Consortium Networking Meeting

December 10th, 2025 | Zoom

WELCOME

Alberto Guzman, DPS, MSW

Region 5 Fellowship Placement Coordinator

Shirley Wild

Region 3 Fellowship Program Specialist

Agenda

- Welcome & Agenda Overview
- Spotlight Presentation: Karley Copeland
- Spotlight Presentation: Olivia Santiago
- Breakout Room Overview & Instructions
- Fellow Networking Breakout Rooms
- Debriefing from Breakout Rooms
- Closing Remarks & Announcements

FELLOW SPOTLIGHT:

Karley Copeland



KARLEY COPELAND

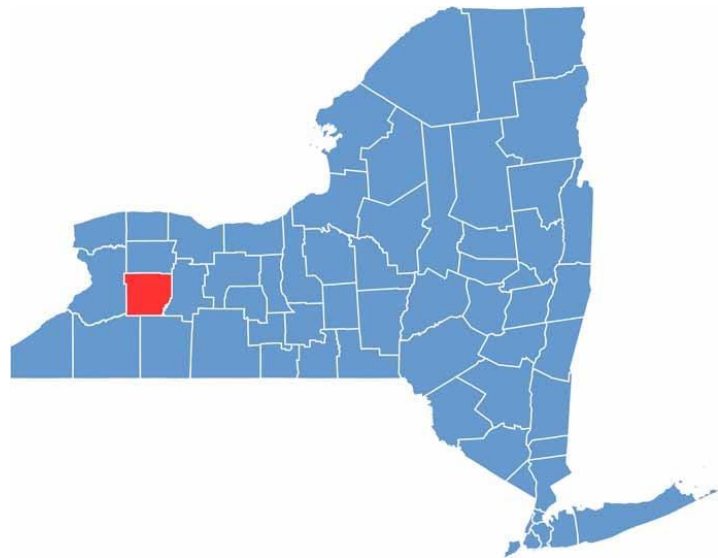
HARM REDUCTION EDUCATOR

Wyoming County Health Department



Public Health
Prevent. Promote. Protect.

WYOMING COUNTY AT A GLANCE



- **Population 39,588**
- **596 square miles**
- **More cows than people**
- **Stigma runs deep & wide**
- **Continues to have one of the highest rates of suicide per 100,000 in NYS (more than 2 times the state average)**



DORM BOXES

- Narcan
- Fentanyl Test Strips
- Xylazine Test Strips
- Alcohol Wipes
- Rubber Gloves
- Face Shield
- Band-aids
- Condoms
- Medication Disposal Bags
- Reproductive Health Materials
- Mental Health Materials
- Medication Lock Boxes
- Domestic Violence Materials





Welcome to CredibleMind!



Wyoming County Mental Health Department


Get started on your wellbeing journey today with resources you can trust.



Assessment

Mental Health Check-in


START ↗



Topic

Anxiety

Find healthy outlets to manage and treat anxiety



Topic

Resilience

Bounce back from life's challenges



Topic

Self-Care

Learn to take care of yourself and your health

Trending Topics [DISCOVER MORE](#)




Anxiety 
Find healthy outlets to manage and treat anxiety



Stress 
Explore ways to relieve stress and calm worries



Burnout 
Overcome stress and find work-life balance




Depression 
Find joy in life again



Workplace Wellness 
Achieve a healthier life while working



Mindfulness 
Be aware of the present to live a richer life



CredibleMind Client Report

Report Date Range: Feb 14, 2025 - Nov 03, 2025

Comparison Date Range: May 27, 2024 - Feb 14, 2025

Client: Wyoming County Health Department

Site Launched: Feb 14, 2025

Audience Overview: Report Date Range

Users

2,135

↑ 8,440.0% vs Previous Period

New Users

2,135

↑ 8,440.0% vs Previous Period

New Registered Users

65

↑ 1,200.0% vs Previous Period

Sessions Per User

1.16

↓ 98.8% vs Previous Period

Average Session Duration (Minutes)

4.95

↓ 13.26 vs Previous Period

Sessions

2,468

↑ 9,772.0% vs Previous Period

Audience Overview: All Time

Users

2,137

Registered Users

69

Sessions

2,470

Suicide Awareness and Prevention



Empower Your Team. Save a Life.

QPR TRAINING LUNCH AND LEARN

2-HOUR TRAINING | FREE LUNCH PROVIDED | LIFE-CHANGING IMPACT

WHAT IS QPR?

QPR stands for **Question, Persuade, Refer** - a proven, evidence-based suicide prevention training. In just two hours, your team will learn how to recognize warning signs, offer hope, and refer someone to the help they need.

WHY OFFER QPR AT YOUR WORKPLACE?


- ✓ Foster a culture of care and support
- ✓ Improve employee well-being and morale
- ✓ Show leadership in mental health awareness
- ✓ Learn practical tools to help someone in crisis



Together for Tomorrow: Promoting Mental Wellness in Wyoming County.

CONTACT US TO SCHEDULE YOUR FREE QPR LUNCH & LEARN SESSION

 kcopeland@wyomingcountyny.gov

 (585) 786-8890



OVERDOSE PREVENTION



Leave Behind Kits



Suspected Overdose Reporting – EMS

1. Date & Time: _____
2. Location (Address and/or Zip Code): _____
3. Patient Age: _____ Sex: M F Other
4. Responsive on EMS Arrival? Yes No
5. Narcan Given? Yes No
 - By: Bystander EMS
 - Doses: _____
 - Response: Improved No Change
6. Suspected Substance(s):
 Opioids Stimulants Alcohol Unknown Other: _____
7. Transported to Hospital? Yes No
8. Scene Evidence (optional):
 Paraphernalia Pills Syringes None
9. Leave Behind Kit Given? Yes No
10. Additional Details/Comments:

EMS Agency Name: _____

Please return form to:

Wyoming County Health Dept. Attn: Karley Copeland
5362 Mungers Mill Rd
Silver Springs, NY 14550

kcopeland@wyomingcountyny.gov

Narcan Training & Disbursement



108 Trained
586 Kits Disbursed

Thank you Ms Karley for taking out your time
to share your experience with us.
Thank you 😊

Thank you for teaching us all about Narcan!
It is very helpful and I appreciate all the details explained!

Thank You!

**Karley from the Wyoming County
Department of Health**

Thank you so much for the great educational
experience for our Health Careers Opportunity
Program (HCOP)! We are looking forward to
partnering with you in the future!



Community Night Out



Karley Copeland-Wyoming County Health Department
(585) 786-8890 ext. 5121
kcopeland@wyomingcountyny.gov

FELLOW SPOTLIGHT:

Olivia Santiago





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Western Region Emergency Preparedness

Olivia Santiago

December 10, 2025 NYSPHC Consortium

What is Emergency Preparedness?



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Overview

- Emergency preparedness and response focuses on coordinating, managing and providing logistical assistance in preparation for and in response to various emergencies and incidents.
- These can include but are not limited to:
 - Natural Disasters
 - White Powder Incidents
 - Active Aggressors
 - Cyber Incidents
 - Disease Outbreaks
 - Radiological Incidents

What I Do

- Risk Assessment
 - Identify potential hazards and impacts of each
- Planning and Coordination
 - Attend and assist workgroups for various risks/hazards
- Technical Assistance
 - Assist in creating plans and providing logistical help in trainings
- Resource Management
 - Ensure proper supplies are identified and given to staff
 - Maintain a supply of PPE and other equipment

What I Do continued

- Training and Exercises
 - Assist with identifying needed trainings and planning applicable exercises
- Evaluation
 - Assist with after action reviews, ensuring plan is revised keeping up to date with best practices
- Western Region Health Emergency Preparedness Coalition (HEPC)
 - Logistical support for coalition meetings as needed

All Hazards Emergency Operations Plan

- Regional plan that covers 2 regional and 2 district offices
- Identifies and defines threats
- Outlines plans for specified threats
- Identifies partnerships with Health and Safety Committee and Tenant Safety Organization representatives
- Identifies partnerships with local law enforcement and other entities as it pertains to safety

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How did we get to this point?



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First Steps

- Research
- Collaboration with Public Health Emergency Preparedness team, District Office Management, and Regional Administration
- Identifying purpose and scope of the document
- Identifying applicable hazards to the regional and district offices

Writing the Plan

- Utilize federal guidance, past plans and information from trainings
- Collaborate with regional administration to identify outside programs and partnerships that can be utilized to ensure safety in an emergency
- Find outside vendors to ensure plan accuracy and reliability

Finalizing the Plan

- Regular meetings with union representatives (Health and Safety Committee and Tenant Safety Organization) to ensure contract compliance is maintained through the plan
- Regular meetings with stakeholders within the department and other applicable entities to ensure best practices are being followed
- Sending plan for final review and approval from Regional Directors and The Office of Health and Safety

Continuity and Upkeep

- Revising and updating the plan with the release of new policies and procedures as they come out
- Routine review of the document and its contents to ensure accuracy and alignment with current standards contingent of change in guidance from other entities

Why does this matter

- Mitigate errors and casualties in the case of an event
- Keep individuals informed on latest information regarding plans and safety procedures
- Ensuring effective recovery and continuity of operations in the case of an event
- Engage with stakeholders ensuring the safety and wellbeing of all individuals

CONTACT INFORMATION

- Email: Olivia.Santiago@health.ny.gov
- Office: (585) 423-8006

NYSPHC Fellows

Networking Breakout Rooms



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What is Networking

- **Networking:** Builds professional connections and relationships to benefit Fellows now and in the long run.

Breakout Room Instructions

- Fellows will self-select breakout rooms based on the Fellowship project areas they selected when registering.
- There will be one round of discussion, lasting 30 minutes. We will debrief after the networking session.
- Since the purpose of this event is to make connections, all participants are expected to fully participate.

Breakout Room Instructions

- Fellows were asked to come with their own questions and conversation topics for their group. However, NYSPHC will share sample questions, which Fellows may use to further conversation.
- We ask Fellows to participate with an open mind and willingness to learn from each other.
- NYSPHC staff will be present in each breakout room to encourage networking.

Sample Questions for Discussion

- What's one current project you're working on, and what's a challenge or lesson you've learned from it?
- What's one tool, process, or partnership that's been especially helpful on your work?
- What's one thing you'd love to learn from someone in a similar role?
- What is an initiative that you just worked on that went well, and that you want to share with your colleagues?
- What is a challenge you're facing and looking for ideas you want to address?

Breakout Room Reminders

- Being able to see each other often helps to promote the feeling of connectedness.
- Be mindful of time, be sure that everyone has time to participate.
- Participate with an open mind and willingness to learn from each other.

Breakout Room

30 minutes



You will now join a breakout room based on your area of interest.

Topics to choose from are:

- Epidemiology and Data
- Communications and Partnership Development
- Policy Development and Emergency Preparedness
- Program Management and Organizational Development

Breakout Room

30 minutes

- There are some topics that have more than one room for the topic because many Fellows indicated interest.
- Please join the room with your topic of interest that has the fewest number of participants to keep the rooms balanced.
- NYSPHC staff may rebalance rooms if needed.

Breakout Room

30 minutes

- To join a room, click the “join breakout rooms” icon on the black menu bar at the bottom of your screen.
- You will be returned to the main room after 30 minutes.
- There will be a group debrief, so please come ready to discuss what rooms you were in, what was discussed, and how it went. *Remember to assign a notetaker/reporter!*

Breakout Room Debrief

Breakout Rooms Debrief:

- Insights?
- Discoveries?
- Interesting Connections?

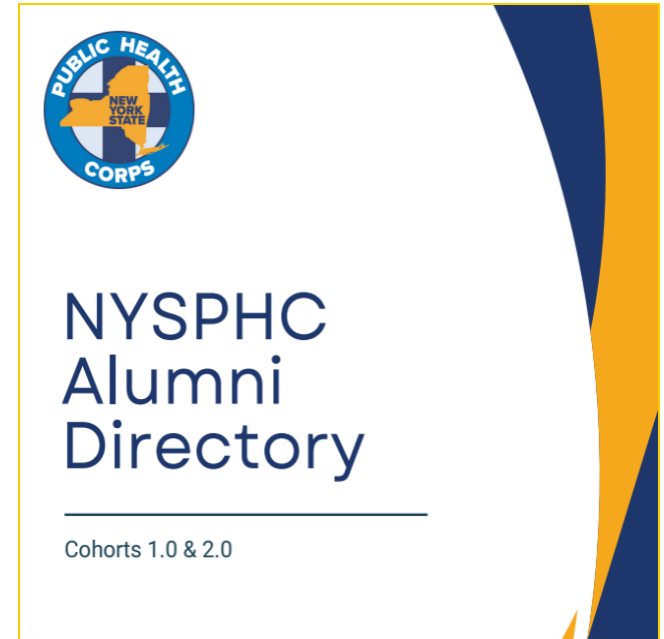
CLOSING REMARKS

NYSPHC Newsletter

- Check out our NEW Winter NYSPHC Newsletter – out now!
- Released December 9th - Available through T&R and on Canva.

Training & Resources Website

- Check out the newly updated Alumni Directory under Fellow Resources



- Be sure to tell us what you think about the Training & Resources Website through the feedback survey sent out December 1st.

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

Harm reduction is an example of prevention efforts. Prevention is in every aspect of public health including wearing a seat belt, using sunscreen, getting a flu shot, and organizing community clean-ups.

Based on the examples given in today's harm reduction presentation, what are some strategies that you have implemented or could implement in your current role?

LinkedIn: Continue the Conversation

Many different types of public health professionals support emergency preparedness through their work, which is vital to developing well-rounded emergency preparedness and response plans.

Examples of other roles that support emergency preparedness and response include communications teams, environmental health inspectors, and epidemiologists.

How does your role support emergency preparedness?

Reminder: Employee Assistance Program



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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 exchange available after hours. The Employee Assistance Program services are provided by uprisehealth, a third-party provider. Upromise does not provide the level of the Employee Assistance Program. Upromise is not responsible for the rate of administration by any provider or institution under the program. This information is for informational purposes only. It is not a contract. Only the information on the agreement can be used to determine services, benefits and conditions. Upromise and/or its health plan or the rights to the information on the Employee Assistance Program are provided at any time without notice. Legal services provided through the Employee Assistance Program will not be provided in consultation with or preparation for any action against Upromise, uprisehealth or your employer. The Employee Assistance Program is not an insurance benefit and may not be available in all states. Please contact your administrator for more information. © The Guardian Life Insurance Company of America, New York, NY. uprisehealth, uprisehealth, G-540112, Upromise and/or its health plan are registered trademarks of The Guardian Life Insurance Company of America used with uprisehealth written permission. © Copyright 2022 The Guardian Life Insurance Company of America.

Thank you!