

NYSPHC

JULY 2026 NEWSLETTER



NYSPHC EVENTS & REMINDERS

REMINDERS

Final NYSPHC Check-in meetings:

Final check-ins between NYSPHC Fellows and their region's FPS have taken place in June. Additional meetings can be scheduled as needed.



NYSPHC CALENDAR

Check out the [events calendar](#) to see upcoming webinars, trainings, lectures and more!

OFF BOARDING CHECKLIST

Check out the [NYSPHC Offboarding Checklist](#) for end of fellowship guidance including:

- Updating your contact information
- Saving professional certificates
- Adding the fellowship to your resume
- PCG offboarding

FELLOW UDEMY ACCESS

We are excited to offer access to Udemy, which offers a collection of business and technical courses designed to help people develop their professional skillset through virtual learning. The Udemy platform has a variety of training programs available to users and provides flexible access at a self-paced learning speed.

For Fellows to opt-in for their free Udemy account, they should fill out this [Udemy Microsoft Form](#) and answer all questions. Fellow access will continue beyond the end of the Fellowship and will remain active through **January 13, 2027**.

Please note that opting in for Udemy access is optional.

APPROACHING AWARENESS MONTHS

July

- National Minority Mental Health Awareness Month
- UV Safety Month
- Juvenile Arthritis Awareness Month

August

- National Breastfeeding Month
- Immunization Awareness Month
- Children's Eye Health and Safety Month

September

- Suicide Prevention Month
- Sickle Cell Awareness Month
- Ovarian Cancer Awareness Month

THANK YOU FROM NYSPHC

JULY 2026

NYSPHC Fellows:

Thank you for your unwavering commitment to public health and to the New York State Public Health Corps Fellowship Program. NYSPHC Staff recognize the strength and resiliency required to simultaneously work towards improving the health of New Yorkers while also facing potential funding cuts. We stand in awe as we acknowledge the impact that each of you has made in the field of public health, at your host organizations, in your communities and for the overall health of New Yorkers.



As a NYSPHC participant, you have applied your skill sets, stepped outside of comfort zones and expanded your understanding of public health to build strong networks of prepared and committed professionals. We look forward to seeing what comes next for you and encourage you to keep in touch in the mighty, yet small world of public health. Thank you again for your part in making the New York State Public Health Corps Fellowship program the striking success it has been. Congratulations, NYSPHC Fellows!

Sincerely,

NYSPHC Staff



YOUR JOURNEY WITH NYSPHC FELLOWSHIP PROGRAM



Fellowship Projects

Host sites across NYS identified projects and provided job related training and supervision to guide Fellows in their roles as the frontline of response in current and future public health emergencies.



Mentorship

Individual and group meetings with public health professionals were designed to increase networking opportunities and to provide tailored support.

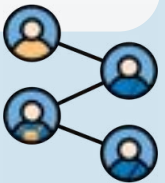
Program Guidance from NYSPHC Staff

Routine communication between Fellows, NYSPHC, staffing agency, and host site assessed program success and enhanced professional development.



Statewide Networking Opportunities

Annual Summit and Quarterly Consortia gatherings for NYSPHC participants were designed to showcase Fellow projects and increase statewide networking.



Educational Series

Live sessions centered on 10 Core competencies with subject matter experts focusing on strategic skills and knowledge of emerging public health activities, programming, and state priorities.



Professional Development Certificate Programs

Public health certificate programs were presented to NYSPHC Fellows from Cornell University and the University of Miami to increase knowledge and capacity.



NYSPHC SUMMIT 2026

22 April 2026

New York State Public Health Corps

Lake Placid



NYS Public Health Partnership Conference & NYSPHC Summit

Thank you to everyone who joined us for the 2026 NYSPHC Summit!

We were thrilled to bring everyone together one last time before the conclusion of the program. The day was filled with meaningful networking, engaging learning opportunities, and well-deserved celebration!

The following two days continued with even more opportunities to learn and connect. We also want to recognize the incredible fellow poster presenters. Thank you to everyone who presented. Your hard work was evident, and our team truly enjoyed learning about your projects.

Summit Photos

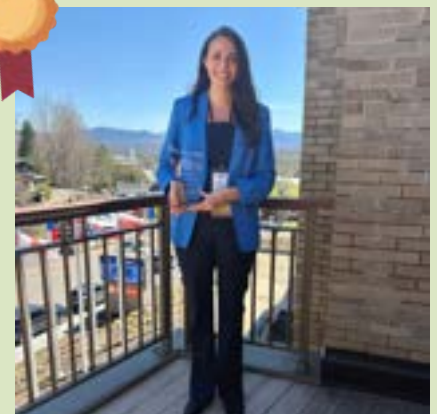
To view more photos from the 2026 NYSPHC Summit, [click here](#).



NYS Fellowship Excellence in Public Health Award

Another round of applause for our two NYS Fellowship Excellence in Public Health Award winners, Allyson Castellani and Nancy Del Mastro, representing regions 3 and 7.

This award recognizes fellows in the NYS Public Health Corps who are committed to public health initiatives and community improvement.



Pictured: Nancy Del Mastro

NYSPHC BY THE NUMBERS

54

For the 2.0 cohort, NYSPHC partnered with **54 host organizations**, such as:

- The State Health Department
- County Health Departments
- Community Based Organizations

199

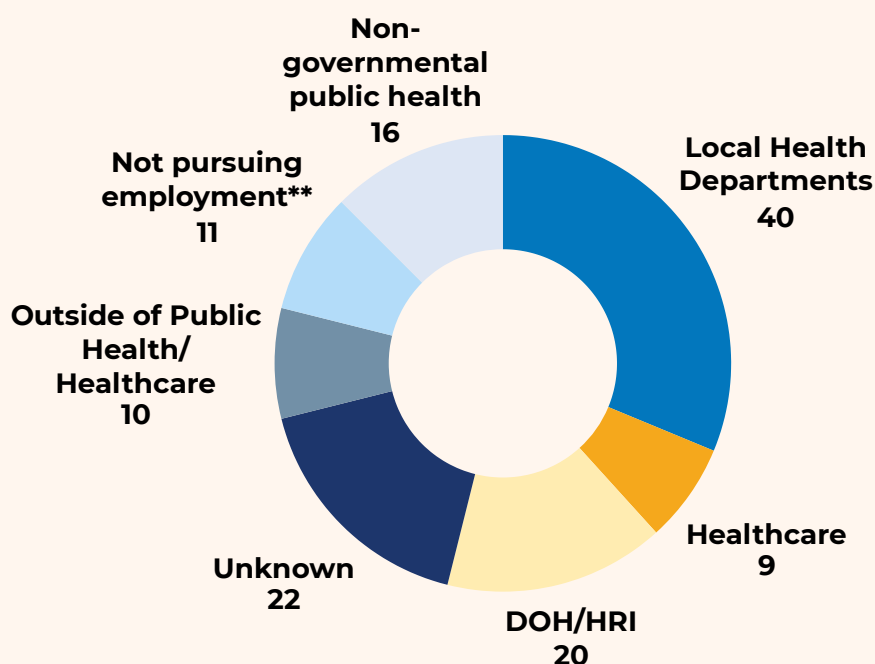
199 Fellows were hired by 50 unique organizations to improve the health of New Yorkers

60

At present, **60 Fellows*** across New York State, are currently addressing issues of public health concern for New Yorkers

139

139 NYSPHC 2.0 Fellows* have used the training and experience they've gained in the Fellowship Program to secure employment or other advancement opportunities in the following fields:



*Source: NYSPHC Weekly Data Report from June 5, 2026 – June 11, 2026. Prepared: June 12, 2026.

** The "not pursuing employment" category includes Fellows who are pursuing education post-Fellowship



SHAHNAZ SIAL

Region 5- Schenectady County Public Health Services

As a Public Health Fellow, this blood drive was especially meaningful because it was the last event I coordinated with our blood drive team. Seeing so many people come out to donate made all of our hard work worthwhile. Through community outreach and our partnership with the American Red Cross, we had an amazing turnout, exceeded participation from previous drives, and reached the Red Cross's blood collection goal for the day.

This photo is especially meaningful to me because it includes two former Public Health Fellows one from Cohort 1 and another from Cohort 2, on my left—who are now employees of Schenectady County. It represents the lasting impact of the fellowship program and the strong network of public health professionals who continue to serve our community.

As I wrap up my fellowship, I'm proud to have been part of such a successful event and grateful for everything I've learned along the way. A huge thank you to NYSPHC for giving me this incredible opportunity, supporting my growth, and opening new doors in my public health career. I'm excited to see where this journey takes me next and look forward to continuing to make a difference in the communities I serve.

SCHENECTADY COUNTY



CAREER CORNER

JOB SEARCH RESOURCES

- ★ [State-funded jobs with the New York State Department of Health \(NYSDOH\)](#)
- ★ [Health Research Inc: Grant-funded jobs with NYSDOH](#)
- ★ [New York State Association of County Health Officials \(NYSACHO\) job board](#)
- ★ [State Jobs NY](#)
- ★ [The CDC Foundation](#)
- ★ [New York State Job Bank Online Posting Board](#)
- ★ [The Emory public health job bank](#)
- ★ [The job list at Epidemiology Monitor](#)
- ★ [Career Mobility Services](#)
- ★ [Regional Career Center Locations](#)
- ★ [New York State Virtual Career Center](#)
- ★ [New York State Career Center Events and Recruitments](#)



DEPARTMENT OF LABOR RESOURCES

Career Center Services and Resources:

- [InterviewStream](#)
 - A web-based mock interview program
- [Resume and Cover Letter Help](#)
- [Events and Workshops Calendar](#)



ADDITIONAL RESOURCES

[Public Health Works](#)

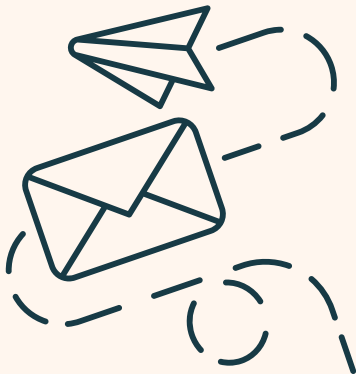
Check out NYSPHC's [Public Health Career page](#) for more information & resources including:

- Charting your public health career path
- Writing cover letters
- Interviewing
- Transferable skills
- Salary negotiation skills
- Stories, inspiration, and guidance to build your dream public health career

TRAINING AND RESOURCES

Make sure you're checking the T&R website for any Fellow Resources such as:

- [Public Health Careers](#)
- [Mental Health Resources](#)
- [NYSPHC Offboarding Checklist for Fellows](#)



PREVIOUS NEWSLETTERS

Check out our Previous Newsletters:

- [April 2025 - Spring Newsletter](#)
- [August 2025 - Summer Newsletter](#)
- [December 2025 - Winter Newsletter](#)
- [March 2026 - Spring Newsletter](#)

CONTINUE TO EXPAND YOUR NETWORK!

Check out these resources to build your Public Health Network!

- [Mentor Directory](#)
- [LinkedIn Group](#)
- [Alumni Directory](#)



Mental Health & Job Searching

Navigating the job search is a stressful endeavor and not always as straightforward as we would wish for it to be. It's Important to take a break and check in with yourself.

Below are some resources to better understand what you can do to support yourself along the way!

A guide on how to effectively manage a stressful experience:

[Protecting your Mental Health During a Job Search](#)

- Navigating Uncertainty – How to Stay Grounded
- Why Job Searching Affects Mental Health more than we expect

Published Research on Emotional Intelligence, Resilience and it's effect on mental health during the job search.

[Emotional Intelligence, Mental Health, and the Job Search Behaviors during Unemployment: The Mediating Role of Resilient Coping](#)



NYSPHC
Resources



1. Check out our tab in T&R for [Mental Health Resources](#)
2. Get in touch with your [SSO EAP](#) and book an appointment to speak with a counselor for complimentary support services

PCG HIGHLIGHTS



Celebrating NYSPHC Fellowship & Key Resources

A Lasting Impact Across New York State

Public Consulting Group (PCG) and Staffing Solutions Organization (SSO) extend our deepest thanks for your dedication, professionalism, and commitment throughout the NYSPHC Fellowship program.

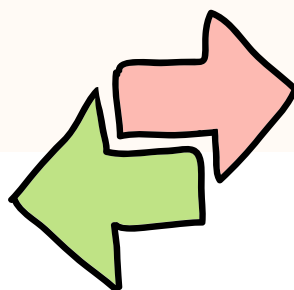
Through a strong partnership with the New York State Department of Health, the NYSPHC Fellowship has been a resounding success, supporting critical public health efforts and making a meaningful difference in communities across the state. Your work has strengthened local capacity, advanced key initiatives, and directly improved outcomes for thousands of New Yorkers.

Your contributions have been truly meaningful, not only in building a strong and successful partnership but also in making a lasting difference in the health and well-being of communities across New York State. The impact of your work will continue to be felt well beyond the life of this program.

Supporting You Through the Transition

As you begin to consider your next steps, please know that resources remain available to support you. Benefits, including the Employee Assistance Program (EAP), will continue through the end of your final month of employment, with COBRA coverage options available to help maintain continuity of care.

Unemployment resources are also available through New York State for those who may be eligible, offering additional support during this transition. As you look ahead, we also encourage you to explore opportunities within PCG and SSO, where your experience, skills, and contributions are truly valued and can continue to make an impact.



Dear Fellows,

As I write this note, I am experiencing several emotions. The feelings are bittersweet. I am sad that this is the final NYSPHC Newsletter, but I am also excited because I know the journey is just beginning for all of you.

Although your fellowship is coming to an end, your career is just beginning. Whether you plan to stay in public health or pursue a different path, you will leave your fellowship with the foundational public health knowledge, skills, and experience needed to take you to the next level. What comes next is up to you and while that uncertainty can feel intimidating, the opportunities ahead are full of promise and excitement.

I want to thank each of you for your dedication to your fellowship and to public health. Communities across New York State have been strengthened because of your hard work and commitment. Whether you have been engaged in community outreach and education, working on infectious disease and emergency preparedness initiatives, or providing epidemiological and data support, you have made a meaningful difference in the lives of New Yorkers.

Public health needs passionate and dedicated professionals now more than ever. Continue to bring your expertise and commitment to the important work ahead. I am excited to see where your journeys take you and the impact you will continue to make.

Thank you again for all that you have contributed. I wish you the very best, and I hope our paths cross again in the future.

Sincerely,

Ashley Tate

NYSPHC Director



Messages from NYSPHC!

NYSPHC FELLOWS!

It has been an absolute pleasure witnessing your journey and the growth you have inspired at your host sites and in your communities. Being a part of this historic program, will forever be second to getting to know you along the way. Thank you for inspiring me and reminding me that the future of public health is bright and resilient.

With respect and gratitude,

Mallory DeJohn

Hello NYSPHC Fellows!

Look at everything we've done together! From a proposed one-year program to four years of excellence! In the time we've had together, each of you have achieved more than could have been imagined. Working and learning alongside of you all has been a dream, even through the struggles we faced along the way. Through all uncertainty, you have moved with grace and passion to continue your important work. Region 1, you made it all look so easy and I think you for that. Your impact will be felt in the region for years to come. As we come to the end of our program, walk away with your head high into your next adventure! You are more than capable! Please stay in touch.

Thank you for EVERYTHING! -
Amber Whiteside

Dear NYSPHC Fellows,

Though your public health journeys are just beginning, it is so important to look back, appreciate and celebrate the critical contributions you have already made to your communities. Congratulations! Your futures as public health professionals are so bright. We look forward to seeing all you will accomplish in the coming years. Cheers!

In health,

Denise Harding



To all the NYSPHC Fellows-

Congratulations!! I am so proud of all you've accomplished and am incredibly fortunate to have been a part of your journey. I can't wait to see what's in store for you during this next chapter! Special thanks to Region 5 and 8. It was such a pleasure getting to know you as your FPS. I thoroughly enjoyed our conversations, and will miss chatting with you! Please stay in touch. Once a fellow, always a fellow! <3 - Brynn Watkins

NYSPHC Fellows,

Thank you for all of your hard work, dedication, creativity, and energy these last two years. The work you have done has made all the difference. I wish you well in all of your future endeavors, whether in Public Health or beyond!

Cheers to you,

Shirley Wild

Messages from NYSPHC!

Congratulations NYSPHC Fellows!!!

Being able to go on this one-of-a-kind journey with you has been one of the best experiences of my professional career. Your dedication and commitment to your communities is unmatched. Thank you for sharing your insights, stories, data, presentations, and feedback with us; this program strengthen because of YOU! I look forward to hearing about your accomplishments. I am fortunate to be part of your public health community, so please keep in touch.

Cheers to all of you,

Aletha



Thank
you

Congratulations, Fellows!

I hope this journey has been enlightening, informative and an overall positive experience that has brought you closer to the importance of public health. We could not have asked for a better cohort that is so dedicated to the work and communities you serve. I am so in awe of each of you and am amazed every day by what you bring to the table. I hope you continue to see your impact and your value as you move forward to whatever is next in your journey!

Shoutout to Regions 6 and 8! I hope you keep in touch :)

Rida Saeed

Dear Fellows,

Thank you so much for all that you have contributed to improving public health in your individual communities and across the state as a whole. Wishing you all the best in your future endeavors - I know you will continue to do great things!

Debbie

Congratulations Fellows!!!!

Thank you all for your contributions to public health in New York State! You all should be incredibly proud of the work you have accomplished in such a short time. It has been my pleasure watching and learning about all of the incredible things you have done for your communities. Keep up all the amazing work- stay in touch on Linked In

Best,
Gabrielle