



THE VOICE

SPRING 2018

FROM THE CHAIR'S DESK

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Greetings and welcome to our Spring 2018 issue of the MPH VOICE! We invite you to journey with us through activities and events at LIU Brooklyn, through Belgrade, Serbia, learn more about our students’ local internships and participation in the CUGH conference. Happy reading!



Dr. Beric, Associate Professor and Department Chair, LIU Brooklyn.

“Dear Stress, Let’s Break Up”

By: Melissa De Santo, MPH Student

The event “Dear Stress Let’s Break Up”, planned by Dr. Sarah Rush and MPH students on LIU Brooklyn campus in the Health Science Lobby, on April 17th, 2018, had a variety of activities, including mindfulness meditation, the art station, the bubble station, with the big wands, the soul pancake station to sit with dark chocolate and throw your problems away station. The main goal of this program-planning event is to learn how to work with others and to learn how to plan and evaluate an M.P.H program. This event was a true success because we all worked hard. The LIU students as well as professors who attended stated in their surveys that they felt calmer especially during the time between classes or after classes.

My station was “Mindfulness Meditation with Sudha, where we both worked hard to buy material needed for this event including the positive quotes, picture frames, table cloth, etc. It took a few minutes for some of the relaxation techniques and activities on campus and these techniques can be done anywhere in your chair, on the train,

Editors of The Voice:

Melissa De Santo
Sara Stebbings
Bojana Beric

or at home to de-stress. The MPH students at the event including students and the professors, from different departments, were content in knowing that the stickers collected from different departments, will get them a free slice of pizza in at end.



MPH students from the Program Planning class at the event.



Painting station at the event.

STUDENTS' CORNER

Nidal Adam's internship in Belgrade, Serbia

By: Nidal Adam, MPH student

I am blessed to have the opportunity to pursue my MPH at LIU Brooklyn after finishing my Bachelor degree in Pharm D. As a refugee who came as a child from Sudan and grew up in Jordan and New York, my professional journey started here. I was able to do my internship for 40 days at the Institute of Public Health of Serbia "Dr. Milan Jovanovic Batut". My project in Batut was about Sedative use and misuse from the public health perspective, with the purpose of comparing the policy, trends, and prevalence of sedative use in Serbia, the United States, and European Union Countries.

In collaboration with professor Joyce Hall from LIU Brooklyn and my mentors in Batut, Dr. Milena Vasic and Dr. Biljana Kilibarda, we started writing an article about this topic.



Round table organized by Batut at the Belgrade Art Hotel with the topic "Malignant diseases-risk factors".

During my first week, I was able to attend a round table "Malignant diseases-risk factors" organized by Batut at the Belgrade Art Hotel. One of the speakers, professor Radan Dzodic,

Director of Institute of Oncology and Radiology in Serbia, spoke about the importance of prevention and education. During this event I had the opportunity to talk and meet with a majority of the attendees.

Through LIU's partnership with the European Center for Peace and Development (ECPD), I attended a lecture "The Making of the Contemporary Society: International Organizations and Global Development" by Dr. Luka Rossi, Professor and head of the National Institute of Health in Italy.



"The Making of the Contemporary Society: International Organizations and Global Development" by Dr. Rossi.

For my third week in Batut I attended a round table "Improving Disaster Risk Reduction Skills and Resilience-building Practices in the Western Balkand", where directors of different institutes of health from Macedonia, Albania, Montenegro, and Serbia gathered to work on a project under supervision of the National Institute of Health in Italy, directed by Dr. Rossi. During this event I learned how to put personal prejudice aside and collaborate with people we have conflicts with. As Dr. Rossi said, "instead we negotiate conflicts and fights, we negotiate collaboration".

Moreover, the director of the Public Health Institute in Macedonia said, "public health problems are without borders". As public health professionals we are obligated to prevent, promote, and protect the well-being of the public in any situation. This event taught me how to behave at personal level before I become a professional.

During my internship I was able to use what I have learned through the MPH program and create fact sheet for the public about benzodiazepines. I was able to take the lead and write project goals and objectives, in addition to creating a network by communicating efficiently with the professionals at the events.

I would like to thank the MPH department for your help and the continuous support while I was there. Without your efforts I would not have been able to get this wonderful experience.

Our students' local internships *Pratik Jadhav – Diaspora Community Services, Brooklyn, NY:*



We are the Communities We Serve

By: Sara Stebbings, MPH Student

Through his 6-month internship at Diaspora Community Services, Pratik worked as a data analyst in the Healthy Homes department with his project on Quality Improvement. His task was to collect, manage, and organize data from care coordinator charts. He learned two

different software programs, GSI (population health management) and Welligent (electronic health record).

Maithilee Jani – Arthur Ashe Institute of Urban Health, Brooklyn, NY:



Maithilee has been at the Arthur Ashe Institute of Urban Health since January 2018, where she works as a health educator to spread awareness for colorectal cancer and breast cancer screening. She has learned a lot about leadership and communication skills.

Honor Society Induction Ceremonies

By: Sara Stebbings, MPH Student

We would like to congratulate our students, Michelle Jackson-Gilzean, Naiya Patel, Neelam Shaikh, Manasa Chowdary Edpuganti, Michael Girard, Vinodini Kumaravelu, and Shaneeka Stanley, and our professors Dr. Rush, Dr. Malogajski and Professor Hall who were inducted to the **Alpha Eta Honor Society** on April 12, 2018. This is the National Scholastic Honor Society for the Allied Health Professions.



MPH students and faculty at the Alpha Eta induction ceremony.

We would also like to congratulate Vinodini and Neelam Shaikh who were inducted to the **Phi Kappa Phi** Honor Society on March 29, 2018. This is the nation's oldest and most selective multidisciplinary collegiate honor society.



Vinodini and Nelaam inducted to Phi Kappa Phi.

FACULTY IN THE SPOTLIGHT

Interview with Dr. Sara Rush, Assistant Professor LIU Brooklyn

By: Sara Stebbings, MPH student

S: Tell us about your background and how you got into the field of public health?

Dr. Rush: While I knew since I was very young that I wanted to spend my life improving the health and quality of life of others, I still wasn't sure what I wanted that to look like and decided to pursue music in Nashville, Tennessee for five years after college. During that time, I vividly remember driving down the road on a cool, fall morning when I received a call from a close friend who had been diagnosed with stage four cancer at the age of 27. It was walking with her through that journey that reawakened my desire for healthcare and focused my career on prevention through Public Health.

S: What is the most fulfilling work you have done as a public health professional?

Dr. Rush: The most fulfilling work I have done has been work that may never win an award or make millions of dollars, but has changed the way I think and live...the most fulfilling work I have done has been watching individuals go from a state of despair or doubt or even disillusionment with health professionals in general, to a state of taking charge of their own health, making decisions to live healthier lives, and becoming so passionate about it that they became advocates for change in their communities.



Dr. Sarah Rush, Assistant Professor LIU Brooklyn.

S:

What are your favorite topics to teach and why?

Dr. Rush: The longer I teach, the more I realize that I love teaching most if I can apply a topic to real life. Currently, I love teaching Program Planning and Ethics in Public Health. I believe that it is impossible to live life without facing ethical dilemmas, especially in the healthcare field, and guiding students through the process of developing an ethical framework and critical thinking skills is one of the most fulfilling experiences as an instructor.

Also, I really fell in love with Public Health when I had my first hands-on experience with planning a health program, so being able to walk students through that process for the first time and watch theory and practice come together for them is extremely rewarding!

S: What kind of research topics are you currently working on?

My research focuses on women's health issues on both a national and global level. I am currently working on mental health and health equity research among women on college campuses, in underserved communities, and in various settings around the world.

S: Can you tell us about your recent participation at the SOPHE conference?

Dr. Rush: At the recent *Society for Public Health Education* conference, I had the privilege of not only presenting research in three different areas, but also serving as a representative for the MPH program at LIU Brooklyn. I had the opportunity to discuss best practices with representatives from other MPH programs across the country and also make connections with potential candidates for our MPH program. It was so much fun to describe all the unique and wonderful things about our program and university to students who are trying to find the best fit for their career path and future!

WHY SHOULD YOU GET YOUR C.H.E.S. CERTIFICATION?

By: David Thomas, MPH

The Certified Health Education Specialist (CHES®) examination is a competency-based tool to measure possessions, application, and



interpretation of knowledge in the Seven Areas of Responsibility for Health Education Specialists delineated by A Competency-Based Framework for Health Education Specialists 2015. The CHES® exam has met national standards in credentialing, and has been accredited by the National Commission of Certified Agencies accreditation since 2008.

If you want to learn more about the exam, visit: www.nchec.org/ches

DUAL PHARM D/MPH DEGREE

By: Sara Stebbings, MPH Student

Starting Summer 2019, pharmacy students will have the opportunity to enroll in the PharmD/MPH dual degree.

Students receiving the dual degree will be well positioned for broader career opportunities in pharmacy practice, community outreach organizations, public health agencies, and research institutions or in academia.

ALUMNI

CUGH Global Health Conference

By: Melissa De Santo, MPH student

The 9th annual CUGH conference “Health Disparities: A Time for Action” took place in New York City March 16-18. Our MPH alumni Jimi Patel and Alyssia Caruso presented e-posters at this years conference, “A Qualitative Comparison of Risk and Protective Factors for Health among Serbian and American Young Adults” and “A qualitative comparison of priority health issues among Serbian and American young adults“, respectively. The annual conference has become the world’s leading academic global health conference, where professionals and students from diverse fields of study meet to discuss, explore, and critically assess the global health landscape.



Jimi Patel and Alyssia Caruso at the CUGH conference

Third annual MPH alumni reunion

By: Sara Stebbings, MPH student

The third annual MPH alumni reunion will take place May 10 at Long Island University, Brooklyn. This is an opportunity to meet alumni, faculty, and current students to network, reconnect, and mingle.

Dr. Nellie Correa will be our guest speaker, who became the first Hispanic woman to be named chair of the department of obstetrics and gynecology at Lincoln and Mental Health Center, a large hospital-based group practice in the Bronx.

Please join us to hear Dr. Correa's comments on her career path and on providing obstetrics care in Kosovo as part of an International Health Outreach.

INTERNSHIPS

By: Melissa De Santo, MPH Student

Global Talent Intern

June 4–August 31, 2018 – full time
Yale University, CT

Apply on:

<https://jobs.lever.co/ghcorps/d9470d1f-f8b7-46bb-b16b-7cc033e52744>

United Hospital Fund of New York Internship

Located in NYC: 1411 Broadway 12th floor

Timeframe: 05/28/18-08/06/18

Apply here:

<http://nyspha.roundtablelive.org/intern>

New York Public Health Association Internship

Opportunities: Fall and Summer 2018.

Applications for Fall 2018, will be reviewed in late Spring and Summer 2018.

Apply Here:

<http://nyspha.roundtablelive.org/intern>

Mental Health Associations Innovations in Mental Health NYC Internship

Located in NYC: 50 Broadway, New York, NY 10004

Applications for Fall 2018 and Summer 2018

Apply here:

<http://www.upmcmymyhealthmatters.com/integrative-medicine-mental-health/>

AIDS Institute Spring Internship

January-May, 2018 – full time

Washington DC (Federal Policy Internships),
Tampa, FL (Education/Public Health, State Policy, or Communications)

Tallahassee, FL (HIV/AIDS Research Internships)

Apply on:

<http://www.theaidsinstitute.org/node/232>

CONFERENCES

HIV Innovations in Action Conference

Fri, June 15, 2018

8:30 AM – 5:00 PM

Location: Memorial Drive Cambridge, MA 02139

Apply here:

<https://www.eventbrite.com/e/hiv-innovations-in-action-tickets-44461470455?aff=es2>

N.N.P.H.I 18th annual Conference

“Annual Conference and Public Health Workforce forum”.

May 22-24, 2018, New Orleans, LA

<https://nnphi.org/event/nnphi-2018-annual-conference-workforce-development-forum/>

2018 Northwell Health Behavioral Health Conference

Wed, October 10, 2018

7:30 AM – 4:00 PM EDT

LOCATION: The Inn at New Hyde Park, 214 Jericho Turnpike, New Hyde Park, NY 11040.

Apply here: www.eventbrite.com/e/2018-northwell-health-behavioral-health-conference-tickets

Mental Health First Aid for Faith Community Leaders

Wed, July 18, 2018

8:30 AM – 5:00 PM EDT

Location: Emblem Health

55 Water Street

New York, NY 10041

Apply here:

<https://www.eventbrite.com/e/mental-health-first-aid-for-faith-community-leaders-tickets>

5th annual International Conference on Neglected Tropical and Infectious Diseases

“Uniting all to overcome and fight against NTD’S & Infectious diseases for improved health”

August 29-30, 2018 - Boston, MA

<https://tropicaldiseases.conferenceseries.com/>

6th annual International Conference on Sustainable Development

“Creating a unified foundation for the Sustainable Development: research, practice and education”

Rome, Italy

<http://www.rsc.org/events/detail/28731/icsd-2018-6th-international-conference-on-sustainable-development-12-13-september-2018-rome-italy>

FELLOWSHIPS

CDC Prevention Effectiveness Fellowship

January 2019 – January 2012

NYC Department of Health, NY

Application for the Class of 2019 will open Fall 2018

Apply on: <https://www.cdc.gov/pef/>

OUR PARTNERS



Our global partner is European Center for Peace and Development (ECPD), established by United Nations University for Peace in Belgrade, Serbia. To learn more about what they do, click [here](#)



INSTITUTE OF PUBLIC HEALTH OF SERBIA
"Dr Milan Jovanovic Batut"

Partnership with ECPD has allowed us to establish collaboration and working relationship with the Institute for Public Health "Milan Jovanovic Batut" in Belgrade. To learn more click [here](#)



Brooklyn Historical Society is a nationally recognized urban history center dedicated to preserving and encouraging the study of Brooklyn's extraordinary 400-year history. Today's BHS is a cultural hub for civic dialogue, thoughtful engagement and community outreach. To learn more, click [here](#)



START is one of New York State's largest non-hospital providers of health and human services. For more than 40 years, START has offered treatment to over 40,000 self-referred patients throughout Brooklyn, Manhattan, and The Bronx. To learn more, click [here](#)



Diaspora Community Services is a Brooklyn-based multi-service and multi-cultural nonprofit organization, providing comprehensive support to low-income residents, immigrants, and the chronically ill. To learn more, click [here](#)

MEET THE FACULTY



Bojana Beric-Stojisic. MD, PhD, CHES
Associate Professor & Department Chair
Bojana.beric@liu.edu
Courses taught: MPH 740 & MPH 798



Joyce Hall. MPH
Director of Practicum & Career Development, Adjunct Assistant Professor
Joyce.hall@liu.edu
Courses taught: MPH 799, MPH 575



Jelena Malogajski. MD, PhD
Assistant Professor
Jelena.malogajski@liu.edu
Courses taught: MPH 610, MPH 735, & MPH 750



Sarah E. Rush. PhD, CHES
Assistant Professor
Sarah.rush@liu.edu
Courses taught: MPH 620, MPH 755, & MPH 545



Janice Blake. MPH, MCHES
Senior Director, Office of Workforce Development, New York City
Department of Health and Mental Hygiene
Adjunct Associate Professor
Janice.blake@liu.edu
Course taught: MPH 600



Aicha. M. Diallo-Bennett. MPH, CHES
Director for the Cancer Support Helpline
Adjunct Professor
Aicha.diallo-bennett@liu.edu
Course taught: MPH 745



Kevin, Konty. ABD, MS, MA
Director, Research and Analytics New York City Office of School Health
Adjunct Assistant Professor
Kevin.konty@liu.edu
Course taught: MPH 615



Jolanta Kruszelnicka. MPH, LEED AP
Environmental and Occupational Health Educator
Adjunct Assistant Professor
Jolanta.kruszelnicka@liu.edu
Course taught: MPH 625



Vanessa, Mejia. MPH
Youth Services Program Manager Diaspora Community Services,
NYC
Adjunct Assistant Professor
Vanessa.mejia@liu.edu
Courses taught: MPH 620 & MPH 755



Natarena A. Parham-Cofield. MBA, PhD Candidate
Executive Secretary Social Work & Public Health
Natarena.parham-cofield@liu.edu