



**Connecticut
Public Health
Association**

Promoting Public Health in Connecticut Since 1916



12/4/2012

CPHA eNewsletter

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A Message from CPHA President, Kathi Traugh

As we close out 2012, CPHA celebrates a number of “firsts.” Our first membership section, the [Connecticut Association of Boards of Health \(CABOH\)](#) was officially added to the CPHA “family”. We also celebrated our first statewide networking event during [National Public Health Week](#), marking the popular exhibit, “[Big Food.](#)” The Mentoring Committee updated the publication, [Making Internships Work: A Toolkit for Public Health Employers](#), and we reached out to support the state’s Community Health Workers as they explore organization of their own professional network in Connecticut (be sure to visit our new [CHW Resources](#) site on the CPHA website). We also upgraded our Membership Services platform, and celebrated the most widely attended [CPHA Annual Meeting & Conference](#) in our history. It’s been quite a year for CPHA!

I would like to commend all of those who worked on one or more of CPHA’s committees this year. Your contributions are what help us to continue our success as the APHA state affiliate. And to everyone who made it a priority to become a new member, or attended one or more of our events this year, thank you!

Please join me in extending my heartfelt thanks to our outgoing Committee Chairs: [Health Education Committee](#) Chairs, **Kimberly Ploszaj** and **Tracey Van Oss**, [Membership Committee](#) Chair, and **Alison Gilcreast**, [Program Committee](#) Chair. All volunteered hundreds of hours of time over these past years in their leadership roles and should be as proud of their accomplishments as I am!

The year 2013 should also be one of more achievements for CPHA. We will build on our successes, offering more education and networking opportunities, and supporting our advocacy, mentoring, and CABOH initiatives. You will also see a more streamlined membership webpage. And remember to get out your calendar and save these dates: CPHA Awards & Networking Event on April 4, 2013 and the CPHA Annual Meeting & Conference on Friday, October 18, 2013.

Best wishes for a wonderful holiday season, and a healthy and prosperous 2013.

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Save the Date

CPHA's Semi-Annual Meeting & Awards event will take place on Thursday April 4, 2013. CPHA will recognize several public health colleagues in our state for their dedication and hard work in keeping Connecticut's residents healthy. Join us as we honor them, celebrate **National Public Health Week** and network with colleagues!

Guest speaker for the evening will be [APHA](#) President-Elect, **Dr. Adewale Troutman, MD, MPH, MA, CPH**. The venue for this event is yet to be determined.

A Call for CPHA Award Nominees will be announced soon. For a detailed description of CPHA's annual Recognition Awards and past recipients, [click here](#).

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CPHA Committee Updates

Mentoring Committee (MOR)

Public Health 101 Course at Connecticut's Community Colleges

On November 27, 2012, MOR representatives introduced Middlesex Community

College students to public health careers and concepts. Strategies about the most successful ways to implement Public Health 101 during the Fall 2013 semester was discussed with professors following the student presentation (i.e. classroom speakers with expertise in specific areas of public health). In early December, MOR and Housatonic Community College will convene a meeting to discuss offering a Public Health 101 class within the year.

CPHA MOR Presents at 2012 APHA Annual Meeting

In early November, MOR representatives, Cyndi Billian Stern and Colleen O'Connor presented a workshop entitled, "Innovative Public Health Courses" at the 2012 APHA Annual Meeting. The workshop discussed: Connecticut's first high school Public Health 101 course; a training program to prepare rising undergraduates for international internships; and utilizing service learning to teach about budgeting in public health. Conference attendees were eager to learn about new strategies to prepare the future workforce and how to expose pre-college students to public health. A discussion ensued about the importance of educating younger students about public health and public health careers.

2012 Experiential Learning Education Requirement Boosts MOR Efforts

As of July 2012, legislation requires that every Connecticut school district submit a [Student Success Plan](#) phasing in experiential learning commencing in grade 6 and continuing through high school, and requiring a capstone experience for graduation (This legislation is part of the comprehensive secondary school reform in our state). With a 2020 deadline, some schools have already begun implementation with high school seniors. This provides an opportunity for public health organizations to introduce Connecticut's youth to public health through experiential learning. It also provides an opportunity to have public health ambassadors and mentors in Connecticut's schools.

How Can Connecticut's Public Health Professionals Become Involved?

1. **If you work or reside in areas of the state where schools are beginning to integrate experiential learning, consider getting involved with your local middle or high school's**

capstone/internship by becoming a classroom speaker, project advisor or internship host for students working toward their capstone requirement. To date, MOR has 7 public health organization-school partnerships that have expressed interest.

2. **If you live or work in the New Haven area, consider becoming a public health mentor/ambassador for our state's first public health course at Metropolitan Business Academy.** Eight units are taught throughout the year including environmental health, public health research and emerging public health issues. Linda Bergonzi King of Yale New Haven Center for Health Care Solutions has become the first ambassador for this high school public health course, teaching students how to make public health videos in conjunction with the New Haven Health Department.
3. **Attend a facilitated one-day workshop with neighboring high schools** to plan a public health capstone, community project or internship program. (Date TBA, dependent on funding.)

Email [Pamela Kilbey-Fox](#) or [Cyndi Billian Stern](#) if you would like to be involved in any of these activities.

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Health Education Committee (HEC)

[Health Education Committee](#) Co-Chairs Kimberly Ploszaj and Tracy VanOss will pass the proverbial baton and step down at the end of 2012. Kimberly served as HEC Co-Chair for 8 years, and Tracy for 6 years. Fortunately, Kimberly has recruited three outstanding new Co-Chairs—Molika Chea, Linda Mako, and Sharon Gauthier—who will assume their roles, effective January 2013. Please join us in commending Kimberly and Tracy for their outstanding leadership and in welcoming our new HEC Co-Chairs!

CPHA's HEC always welcomes new members! HEC meets 5 times per year (January, April, June, September, and November) on the second Wednesday of the month from 9 am until 12 noon. In 2013, meetings will be held at the State of CT Department of Transportation located at 2800 Berlin Turnpike in Newington.

[Certified Health Education Specialists \(CHES\)](#) are eligible to receive (2)

Category 1 CECHs for a \$6 fee at each meeting. For more information, please email the CPHA Health Education Committee at cphahec@yahoo.com or [click](#)

[here.](#)

For a complete list of upcoming 2013 HEC meetings, [click here.](#)

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Advocacy Committee - Coalition for a Safe & Healthy Connecticut

CPHA has partnered with the [Coalition for a Safe and Healthy Connecticut](#) since its inception in 2006 – working together to protect our residents by advocating for toxic chemical reform at the state and federal levels. In September, the Coalition reflected on its past efforts and kicked off the 2013 legislative year at an [Annual Meeting](#) in Farmington. Dr. Sarah Evans, PhD, Research Scientist and Environmental Pediatric Fellow at the [Mount Sinai School of Medicine](#), provided an informative presentation about her research on the health impacts of gestational exposure to phthalates on brain development. Also in attendance that evening were [State Representative Betsy Ritter](#) (D-Waterford), [State Representative Philip Miller](#) (D-Ivoryton) and [State Representative Richard Roy](#) (D-Milford) who were honored for their efforts to pass a comprehensive toxic chemical reform bill during the [2012 CGA Session](#) – the bill had strong support from lawmakers, but ran out of time during a session that addressed competing issues including education reform, the death penalty and Sunday liquor sales.

In 2013, the Coalition plans to build on last year's efforts, working with its legislative "champions" and citizen activists –new and old – to protect Connecticut's youngest residents from the potential health effects associated with exposure to toxic chemicals in everyday products such as toys, furniture, soaps and shampoos. The Coalition is optimistic that 2013 will finally be the year that Connecticut lawmakers will sign a toxic chemical reform bill into law—and hearing from our CPHA membership will go a long way toward helping the cause! **The Coalition welcomes anyone interested in learning more about legislative advocacy and in assisting with the Coalition's efforts during the upcoming session.** Please contact [Noele Kidney](#) (CPHA Project Coordinator) or [Colleen O'Connor](#) (CPHA Advocacy Chair) for more information. To learn more about the

Coalition for a Safe and Healthy Connecticut, visit their website at

www.safehealthyct.org.

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News From Our Agency Members

American Lung Association of New England - Teens Against Tobacco Use (T.A.T.U.)

[T.A.T.U.](#) is a tobacco education program targeting elementary and middle school aged youth, as well as teens, to recognize and identify the positive aspects of living tobacco-free. The program is designed to help teens develop strong leadership skills, while influencing their younger peers to live tobacco-free. T.A.T.U is currently seeking partners within community-based organizations, municipal departments, universities and local schools to assist in all areas of participation:

- **Adult Facilitators:** Adults of all ages who are interested in becoming trained in the T.A.T.U curriculum (6 hour training). This training will be facilitated by the American Lung Association.
- **Teen Groups:** T.A.T.U-trained adult facilitators are asked to train teen groups in their communities to develop leadership and presentation skills in order to be able to create presentations for their younger peers about tobacco-free lifestyles. T.A.T.U would also like to collaborate with community organizations that work with younger children (between 3rd and 8th grades).

Additional information is available at the [American Lung Association](#) or email Ruth Perry, M.P.H. | T.A.T.U. Program Coordinator, American Lung Association at rperry@LungNE.org or call (860) 289-5401.

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Qualidigm Adapts Evidence-Based Teamwork Training System TeamSTEPPS® To Improve Patient Safety in Nursing Homes

Qualidigm, a national consulting and research company located in Rocky Hill,

CT, has completed a two-year project with the Agency for Healthcare Research and Quality (AHRQ), the U.S. Department of Defense (DOD) and Abt Associates, Inc., giving the nation's long-term care industry its first evidence-based teamwork training curriculum, [TeamSTEPPS® for Long-Term Care](#). The goal of the project was to improve patient safety and quality by reducing patient risks and hazards in nursing homes. Modeled on the evidence-based TeamSTEPPS® Instructor's Guide widely used in U.S. hospitals, Qualidigm wrote TeamSTEPPS® for Long-Term Care, specifically tailoring its readability and relevance to all levels of nursing home staff and includes real-world scenarios, case studies, examples, guides, video presentations and graphics illustrating teamwork pitfalls and opportunities pertinent to the nursing home setting. [TeamSTEPPS® for Long-Term Care](#) can help define and create teams; melding clinical and non-clinical staff, improve coordination, interaction and communication, and identify important issues affecting long-term care facilities.

TeamSTEPPS® Long-Term Care is a free resource available in CD form and includes PowerPoint presentations, teaching modules, exercises and video vignettes. To order the CD, contact the AHRQ Publications Clearinghouse at AHRQPubs@ahrq.hhs.gov or call (800)-358-0295 or go to <http://www.ahrq.gov/teamstepstools/longtermcare/>.

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UPCOMING EDUCATIONAL OPPORTUNITIES FOR PUBLIC HEALTH PROFESSIONALS

The [CPHA website](#) maintains an updated list of state, regional and national educational opportunities available to public health professionals and students. We are constantly updating this list, so if you know of any upcoming events that may be of interest to members, please email them to cpha@cpha.info.

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