



Viewpoint Online



ILLINOIS PUBLIC HEALTH ASSOCIATION

MESSAGE FROM THE PRESIDENT



As I write this last Viewpoint article as IPHA President, I looked back on what I wanted to accomplish in my leadership role at IPHA:

- ◆ Increase the voice of public health in legislation and the administration
- ◆ Increase funding for public health
- ◆ Increase collaboration/partnerships across the public health system
- ◆ Ensure a public health voice in health care transformation
- ◆ Increase membership and engagement in IPHA

I also wrote in my statement for the ballot that “I truly believe that to strengthen the public health system we have to find ways to set aside our differences and to work together for the common good of the residents of this state. I believe in the power of collaboration, especially in times of scarce resources. We can always get more done together than we can by acting alone.”

I have based my public health career on setting goals and increasing collaboration, and these two principles have served me well as IPHA President. As you can see from the list above, we did not fully accomplish any of these goals, but we have made significant progress in several areas. I am particularly pleased with the ground work we have laid for the public health associations and the state health department to work more effectively together. This initiative was recently named, Public Health Is Stronger Together (PHIST). PHIST is a collaborative strategic initiative including IPHA, Illinois Department of Public Health, Illinois Association of Public Health Administrators, Northern Illinois Public Health Consortium, Southern Illinois Public Health Consortium, & University of Illinois-Chicago School of Public Health’s MidAmerica Center for Public Health Practice. The focus is on strengthening the entire public health system by first increasing the effectiveness of the governmental public health system. This initiative has already proven the value of collaboration with the successful passing of the Immunization Rules, training on Conveying the Value of Public Health and a plan for joint media campaigns with local and state health departments working in tandem to convey the value of public health. We are also working on plans to align workforce development opportunities and much more. Stay tuned and find a way to be involved in PHIST.

June 30 will mark both my last day as president of IPHA and my last day as administrator of Jackson County

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Health Department, a position I started on July 1, 1997. Four years in leadership and 20 years as an administrator has taught and reinforced many lessons. I will convey these lessons through some of my favorite quotes, first on collaboration and then on planning:

- ◆ “Collaboration is key, it takes innovation and creativity to the next level.”
- ◆ “Alone we can do so little; together we can do so much.” --Helen Keller
- ◆ “A rising tide lifts all boats.”
- ◆ “People with goals succeed because they know where they are going.”
- ◆ “If the plan doesn’t work, change the plan but not the goal.”

Thank you for the opportunity to work with you and the public health system.

It has been my honor and pleasure. My last quote,

“Leadership is about making others better as a result of your presence and making sure the impact lasts in your absence.”

Miriam Link-Mullison



Leadership is about making others better as a result of your presence and making sure the impact lasts in your absence.

TWO IPHA AMERICORPS MEMBERS RECOGNIZED FOR THEIR SERVICE



AmeriCorps Week was celebrated in Illinois and across the United States March 4-11, 2017. As part of IPHA’s AmeriCorps Week celebration, we asked the host site supervisors for their nominations in order to recognize current IPHA AmeriCorps Members for their

dedication to National Service, the IPHA AmeriCorps Program, their host site agency, and the communities they serve.

Christiana DeVoney and Devin Kindt were selected as outstanding members based on their demonstration of the AmeriCorps Week theme ‘AmeriCorps Works’ and commitment to the AmeriCorps pledge.

In just 7 months, Christiana and Devin have made quite the impact at their host site agencies and in the communities they are serving!

Christiana DeVoney serves at Lee County Health Department in Dixon, Illinois. Her host site supervisor, Tim Trader, had the following to say about Christiana:

“Christiana has done great things since becoming our Amer-

iCorps Member.

She exemplifies the motto ‘AmeriCorps Works’. Her work with the Lee County Volunteer Corps (LCVC) has been nothing short of impressive. She

has streamlined and improved communication with volunteers. She has parlayed this increased communication to developing trainings that further the goals of the LCVC, as well as the goal of further fulfillment of the volunteers. She has helped implement, and in some cases developed, training plans that span from recruitment of the volunteers, to training and serving, and when appropriate, management of a division. Additionally, she has done a great job expanding our closed POD (Point of Distribution) network. This is a critical part of our medical distribution plan. Given that



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our plan must account for medical distribution to all Lee County residents, the addition of agencies and businesses willing to distribute to their employees and their families drastically reduces the strain on our plan. When Christiana started, less than 10% of residents were covered by a closed POD. With Christiana's work, we now have more than 25% and counting in our closed POD network."

Trader noted Christiana's ongoing accomplishments that show dedication to the line in the AmeriCorps pledge that states 'I will bring Americans together to strengthen our communities.' "In both her work with our LCVC members and our closed POD network, she is strengthening our community. The membership in the LCVC continues to climb and the level of training and personal preparedness of the volunteers is at an all-time high. With our closed POD network expanding, more citizens will be covered (provided medication) in a shorter period of time, in the case of a distribution event. "

Devin Kindt serves at Common Threads in Chicago, Illinois. Her host site supervisor, Allie Temkin, had the following to say about Devin: "Devin works incredibly hard to teach kids and families to eat and cook healthy food. She is using her AmeriCorps year to gain valuable community development, education and non-profit operations skills that will make her a more impactful member of the community after her time in AmeriCorps. The best example of this is her work with our volunteer program. She was able to take the reins on a program that no one else had capacity to run, and turn it into a well-oiled machine. She's been able to onboard and train 20-40 volunteers a month, which expands the work we are able to do and exponentially grows the impact of our program!"

Temkin noted Devin's dedication to the line in the AmeriCorps pledge that states 'Faced with adversity, I will

persevere.' "Devin has had to manage some very tough school challenges so far this year, which has required a lot of tact and persistence. But when faced with adversity, she has persevered. She maintains consistent, professional communication and balances the line between being flexible and empathetic, but also firm with what she needs for our critical nutrition and culinary programming to be successful. She has taken on more than almost any of our previous AmeriCorps members, and manages to juggle multiple projects while keeping a cool, calm demeanor and positive attitude. She has driven all over the city implementing a variety of programs and supporting our teachers and Chef Instructors. Devin never hesitates to jump in when the Program Team needs something and she is always solution oriented when problems arise. We are very fortunate to have someone so dedicated and passionate on our team!"



The AmeriCorps Pledge:

I will get things done for America - to make our people safer, smarter, and healthier.

I will bring Americans together to strengthen our communities. Faced with apathy, I will take action.

Faced with conflict, I will seek common ground.

Faced with adversity, I will persevere.

I will carry this commitment with me this year and beyond.

I am an AmeriCorps Member, and I will get things done.



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AFFILIATE NEWS

SIU School of Medicine

Community as the Classroom

Over the past two years, SIU Medicine-Department of Family & Community Medicine has teamed up with faculty at area colleges and universities to seek improved educational experiences for student learners, while simultaneously implementing new programming that targets “super utilizers” of the healthcare system, a group known to have high costs with minimal health benefit. Partnerships have included St. John’s College of Nursing, University of Illinois-Springfield campus social work and business departments, University of Illinois-epidemiology department, SIU Edwardsville campus pharmacy department, and SIU Center for Family Medicine, a Federally Qualified Health Center and family medicine residency program. The result has been a growing interprofessional team that continues to push the boundaries of what healthcare has historically been able to offer high need, complex patients.

At its core, this is an educational program aiming to pilot a different way of training students in internships, practicums, independent studies, and other educational programs. This collaboration has founded programming on protocols created by Camden Coalition’s HotSpotting migrant program, providing educational curriculum on topics such as harm reduction, motivational interviewing, attachment theory, and other related models of care to students. Additionally, SIU Medicine has led the team to participate three times in national meetings aimed at developing this work in Philadelphia, PA. Students have shared that the program’s focus on developing trusting relationships with a small number of patients has taught them much they did not learn in their



educational institutions, and in some cases has led them to change career trajectories to working with underserved populations. Each cohort also includes a few standout students who become leaders, and who have been able to participate in peer reviewed conferences around their work with patients. While the focus has been hands on education, with the community serving as the classroom, it has become clear that it additionally serves as leadership training.

The most differentiating thing about SIU Medicine’s interdisciplinary approach to working with high needs complex patients is the sole focus on patient care. All programming is built around the patient, and is changed as needed based on patient needs. Focus is consistently on engaging patients, and building trusting relationships with them, beginning the work with no agenda. Cost savings and improved health outcomes have proven this philosophy to be effective; a fresh take when considering how to meet the needs of chronically ill, “super using” patients and when training future healthcare leaders.

2017 IPHA ELECTION - MAKE YOUR VOTE COUNT!



1. Review the online [2017 Nomination Packet](#)
2. [CLICK HERE](#) to access the online ballot
3. Cast your vote by **11:30 PM, May 20, 2017**

Elected candidates will assume office on July 1, 2017.

AFFILIATE NEWS

McLean County Health Department

Got Donor Milk?

After a February 14th ribbon cutting ceremony, McLean County Milk Depot (MCMD) at the McLean County Health Department (MCHD) in Bloomington, is accepting human milk from donors approved through Mothers' Milk Bank of the Western Great Lakes. The partnership between MCMD and Mothers' Milk Bank of the Western Great Lakes, a Chicago-based milk bank, will help provide donor milk to premature and/or ill infants in Illinois and Wisconsin. Never heard of human milk banking? Well, the practice is actually over 100 years old, making it older than blood banking -- and with a safer track record.

America's first milk bank was created in 1911 to combat "summer sickness", or diarrheal disease, that so many infants succumbed to due to alternative feeding methods. Prior to that time, many different substances were utilized in attempt to feed infants when a mother's own milk was not available and wet nursing was not possible. Contaminated water or animal milk was often used in the mixing of the alternative substances and unfortunately became a major cause of infant mortality. Human milk, being species-specific, is superior to alternatives for newborn feeding, plus it has both short- and long- term benefits for the health and development of the child.

The optimum source of nutrition for the first six months of a baby's life, breast milk should remain part of the healthy infant diet for the first two years of life and beyond, if possible. Both the World Health Organization and the American Academy of Pediatrics, along with many other health care organizations and associations, agree that when a mother's own milk is not available for fragile babies, the next best alternative is banked donor human milk. As the practice of milk banking began to grow, the Human Milk Banking Association of North America (HMBANA) was established to set standards through scientific evidence for all North American milk banks.

In addition to the development of human milk banking standards to ensure the safety of banked human milk, human milk depots have also been formed to remove barriers from the donation process and make it more convenient for



Pictured: First breastmilk donors with WIC supervisor Tammy Brooks and Breastfeeding Peer Counselor Sarah Berglund. Together they contributed over 700 ounces of breastmilk to the milk depot on February 14.

moms to donate. A milk depot is a controlled collection point where women can donate their breast milk.

The journey to become a human milk depot was nearly eight months in the making at the MCHD. It began with the health department's Women, Infants, and Children (WIC) staff requesting approval from the health department's administration to pursue the application process through Mothers' Milk Bank of the Western Great Lakes. Tammy Brooks, WIC supervisor, recalls "Our administration had a lot of questions for us about the process and we kept providing answers to those questions. Eventually, we received approval to begin the application process."

On September 6th, an agreement was established between McLean County Health Department and Mothers' Milk Bank of the Western Great Lakes to open McLean County Milk Depot. "We were so excited when we got the news," says Brooks. "This is much larger than simply providing a storage place for human milk. We are contributing to a process that saves the lives of babies."

Donating breast milk via a milk depot is quite simple. Moms approved as donors simply drop their frozen donor milk to the depot where it is kept in a deep freezer until it is shipped to the milk bank. This convenience spares busy moms the task of packaging and shipping their milk.

Now that the McLean County Milk Depot is open for business, Brooks is as proud as a new mother. "This is not just a WIC project. This is a public health initiative. We are very excited to be a part of this project and hope to not only increase awareness of human milk banking, but to increase awareness and support of breastfeeding as a public health imperative."

Academic/Practice Partnership Spotlight

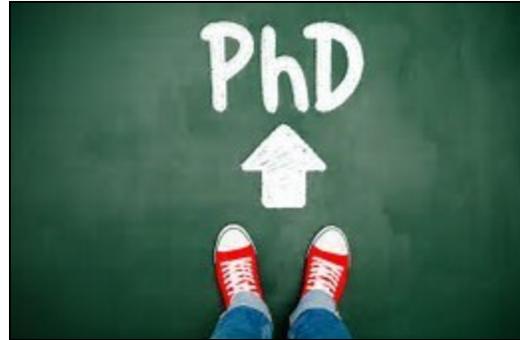
Submitted by Northern Illinois University

PhD in Health Sciences, Northern Illinois University

How do we train future leaders, whose research-driven innovation will change health systems, create new careers and, ultimately, enhance economic vitality? According to the National Research Council, doctoral programs are an important part of the answer.¹ While most of us learned from people with a PhD or equivalent during our own educational programs or career path, only about 10 percent of all graduate students are enrolled in a program that results in the degree or professional track at the highest level for their field.² Obviously, society needs additional leaders in innovation and research. Is someone you know considering doctoral study? Are you? What factors are important as you consider doctoral education as a next step?

Several years ago, faculty and administration in the College of Health and Human Sciences at Northern Illinois University (NIU) began discussing the prospect of starting a PhD program. According to Dean Derryl Block, "With each meeting, faculty grappled with more questions." Is there a demand for more doctoral education? Are we preparing enough future faculty and future professionals? Are enough people considering doctoral education? If not, why not? With a lot of planning and learning along the way, we developed a program to meet future needs for interprofessional education and sought input to problem-solve key challenges to completing doctoral programs

Ultimately, NIU made the decision to build on the college's existing programs so students could work with and learn from faculty, community leaders, and fellow students from across health and health-related disciplines. Fall 2015 marked enrollment of our first cohort in an interdisciplinary doctoral program in Health Sciences in the College of Health and Human Sciences. In this article, we provide some background about the PhD in Health Sciences housed in the College of Health and Human Sciences at Northern Illinois University to offer insights about doctoral education and introduce you to this program.



Questions Frequently Asked by Applicants

Q: If I start, will I ever finish?

A: Some estimate a 40% to 50% attrition rate in doctoral education.² Top reasons for leaving graduate school include: financial/work/job-related issues (40%), change in family status (30%), dissatisfaction with program (16%), or not a match (7%). Planning and finding a good fit seem key.

Q: Where do doctoral degree holders work?

A: An increasing number of positions will be in both academia and service industries, such as professional, scientific, and technical services, or in government, according to the Bureau of Labor Statistics.

Q: Why does it take so long?

A: Contrary to the relatively fixed timeline of professional education, doctoral education is viewed as open-ended. However, as noted in an interesting article by Lee Shulman, "doctoral education shouldn't be a marathon."³ Dr. Shulman states: "My argument is not to replace a "real Ph.D." with a "Ph.D. light," but to spread the rigor across multiple events. A decathlete need not be the best in the world in any of the competition's 10 events, but must be good enough in most, even if far from outstanding in one or two."

Q: What are reasons to select an interdisciplinary program rather than a discipline-specific program?

A: In an ever-more complex interprofessional world, it is essential to focus on collaboration, communication, and enhancement of singular perspectives on research and practice.

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Q: How can I pay for a doctoral degree?

A: Despite the potential value of a doctoral degree, the actual cost does need to be considered. Options that may help with funding include scholarships, grants, and fellowships from the institution of choice, professional organizations, or national agencies.⁴ Developing a financial plan to see you through is an important step. A change in work status or other financial reasons are noted reasons for leaving graduate school.²

Other Issues to Consider

Here are some details about how our program responds to issues prospective students face when choosing a doctoral program.

What is the design of the program? NIU's PhD in Health Sciences is designed to:

- accommodate full-time and part-time students from a wide range of professional and education backgrounds;
- link students with faculty based on a student's career and research interests;
- use a hybrid model of online course delivery and strategic face-to-face sessions; and,
- make it possible for students to plan their graduate experience by providing an Admission-to-Graduation template.

What are the planned outcomes of the program? The PhD in Health Sciences is designed to:

- apply in-depth interprofessional knowledge to research and practice;
- demonstrate professional integrity in educator and researcher roles;
- design, conduct, and analyze the results of original research;
- disseminate new knowledge and, as appropriate, assess the application of that knowledge to professional practice; and
- demonstrate the interprofessional communication skills necessary to function effectively in today's academic and professional environment.

What is the curriculum? This minimum 45 credit hour curriculum includes 20 credit hours of core courses, 12 credit hours of an individual, focused study program, a candidacy exam (one credit hour), and 12 credit hours of dissertation research. Students must receive approval from their gradu-

ate committee to take the candidacy examination. The candidacy examination is based on the core courses, the individual program of study and reflects the interprofessional orientation of the program.

How is the program assessed? Results from evaluating student papers and presentations within specific courses, allow faculty to assess how well specific course and curricular program components are facilitating student mastery of learning outcomes.

Is the institution accredited? NIU is regionally accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools.

Considering a doctoral degree can be an exciting and nerve-wracking time. As we've heard from others, it can be helpful to compare different programs when considering a doctoral program that could match your goals and needs. Fortunately, students in our first cohort were still smiling during our face-to-face Fall 2016 meeting (pictured here).



Although following different course plans, they are each showing signs of early success. We look forward to their progress in the program, work on exciting research, and contributions to their fields. If you'd like to learn more about our program, please contact the Director, Dr. Daniel Boutin at dboutin@niu.edu.

References:

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3. The Chronicle Review. Lee S. Shulman. Doctoral Education Shouldn't Be a Marathon. April 4, 2010. <http://www.chronicle.com/article/Doctoral-Education-Isnt-a/64883/>
4. Paying for your PhD. GoGRAD. 2017. <http://www.gograd.org/financial-aid/paying-for-your-phd/>

NPHW Photo Contest

IPHA hosted an 'I am Public Health' student photo contest during National Public Health Week. Thank you to everyone who participated!



And the Winner is... Tejasvi Diccar

Tejasvi is an international student from India, currently in her second year of Northern Illinois University's Master of Public Health program. Her concentration is in Health Services and Management. She is also a Graduate Teaching and Research Assistant in the Department of Public Health.

She has a Bachelor's Degree in Dental Surgery from India.

Tejasvi's interest in public health emerged from her interest in medicine and from the work of her father, who is a practicing physician in India. Her undergraduate "Community Dentistry" course helped her understand the common healthcare insufficiencies faced by different population groups, which led her to pursue a Master's in Public Health.

Tejasvi states, "I am passionate in my belief that health is a human right. The health care industry is going through dramatic changes. I want to equip myself with policy and leadership skills and would like to gain experience in the hospital setting and eventually go back to my home country and implement it."

Other photos voted in the Top 5...



IPHA IN ACTION



IPHA Staff, Jeffery Erdman and Michael Maginn, attended a four-day Healthy Relationships training in St. Louis. Healthy Relationships is a group-level HIV intervention that builds skills with HIV-positive individuals around disclosure of their HIV status and safer sex strategies.



Michael Maginn, IPHA HIV Program Manager, exhibits the HIV Care Connect Project at the State Capitol for Minority Health Month and Public Health Week.

Meet the Staff

JENNIFER HOPPER

TITLE: AmeriCorps Program Director

LENGTH OF TIME AT IPHA: 4 1/2 years



What are the primary responsibilities in your current role? My primary responsibilities include recruiting for and training AmeriCorps Members and their host site organizations, providing guidance and supervision to the members throughout their term of service, coordinating group service projects, promoting the AmeriCorps Members' activities, compiling program reports, managing the program budget, and ensuring our AmeriCorps Program is in compliance with State and Federal rules.

What did you do before you came to IPHA? Prior to coming onboard as the IPHA AmeriCorps Program Director, I was a Health Educator at the Macoupin County Public Health Department. I started my public health career at the St. Clair County Health Department serving two years as an IPHA AmeriCorps Member and then three years as a Health Educator.

Where did you go to College? Southern Illinois University- Edwardsville

What made you decide to join the IPHA team? Since my first term of service, I knew I wanted to stay connected to the IPHA AmeriCorps Program because it combined two things I am passionate about: public health and community service. When I was offered this position, I accepted it without hesitation because I knew it was the perfect next step in my career. Being in charge of a program that helped me, and countless others, start our public health careers and grow both personally and professionally has been, and still is, truly an honor.

What is your favorite thing about the job? Every year, I get to meet a diverse group of over 20 individuals who are passionate about various public health topics and want to help individuals and communities become healthier. One of my favorite things about this job is getting to know the AmeriCorps Members and watching their personal and professional growth during their term of service.

Where do you see IPHA as an organization in 10 years? I think IPHA will continue to grow over the next 10 years in the number and type of programs we are able to offer to local health agencies. I think IPHA's membership will continue to improve in both the number of members and the involvement of members in IPHA activities.

What do you enjoy doing in your free time? In my free time, I like to catch up on my favorite tv shows and just relax and enjoy life with my husband and our two dogs.

Who has been the greatest inspiration in your life? There are so many people that inspire me, I don't think I can choose just one person. I am inspired by my husband, mother, and older brother who are the most selfless people I know. I am also inspired by the many people I have met and know that have gone through, or are currently going through, cancer treatments or have life-threatening diseases. I find their strength and positive attitudes, despite what they have gone through, or are currently going through, to be very inspirational.

What is one thing about you that might surprise people? My parents owned and operated a campground in Southern Illinois for over 10 years, so I spent my adolescent years living on and working at a campground.

What goal (personal or professional) do you hope to achieve this year? I would like to take some art and cooking classes.



76th
Annual Meeting
 September 19-21, 2017



Jackson County Health Department staff celebrate National Public Health Week.

*Public Health:
 Stronger Together*

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APHA 2017
 ANNUAL MEETING & EXPO
 ATLANTA | NOV. 4 - 8

CALENDAR OF EVENTS

- ◆ **IPHA Presentation Abstract Submission Deadline**, May 12, 2017, 5:00 p.m.
- ◆ **Susan G. Komen Race for the Cure – Springfield**, May 19, 2017
- ◆ **IPHA Election Voting Deadline**, May 20, 2017, 11:30 p.m.
- ◆ **IPHA Executive Council Meeting**, June 8, 2017, Springfield
- ◆ **IPHA Scholarship Application Deadline**, August 4, 2017, 5:00 p.m.
- ◆ **IPHA Executive Council Meeting**, September 19, 2017, Springfield
- ◆ **IPHA 76th Annual Meeting**, September 19-21, 2017, Springfield
- ◆ **APHA 145th Annual Meeting**, November 4-8, 2017, Atlanta, Georgia

*MARK YOUR
 CALENDAR!*