

# MPH Memos



## CONGRATULATIONS, WE MADE IT!

Summer is almost here! Congratulations to those of you who are graduating and to all students and faculty for an unconventional, yet fantastic 2020-2021 school year! Enjoy the last bit of ZOOM for now as UTK will be returning to in-person classes for Fall 2021. Take time this summer to relax, recharge, get outside, and most importantly if you have not already—get vaccinated! [Check out this article from the CDC](#) on the benefits of getting vaccinated. Looking for ideas of things to do this summer? Check out some recommendations from fellow students below! Plus, don't forget we are still in the middle of a pandemic—be sure to review the guidance from the CDC on what you can safely do once you've been fully vaccinated [here](#).



***“Hanging out at Lakeshore Park and eating LB&S Snowballs!”***

- Bonnie Valerio



***“Visit a local nursery—one of my faves is Thress Nursery Garden. Check out a local bookstore- My favorite is Union Avenue Books”***

- Brittany Rosette-Jones



***“I like to go to Ijams Nature Center and go paddle boarding. I am also partaking in a book club with my friends this summer!”***

- Sara Coley



***“I like to swim at the outdoor pool at TRECS and go to Hey Bear Café for delicious Bubble Tea and food trucks!”***

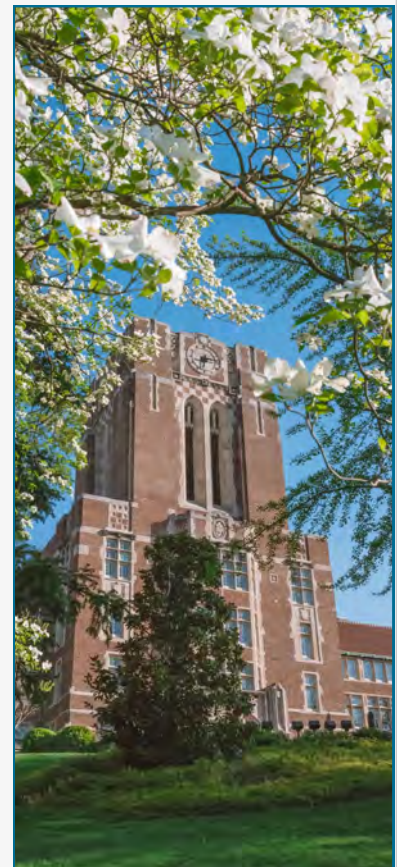
- Peyton Prothero

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### IMPORTANT DATES

- MPH Intern Presentations are on **Monday, May 3rd** and **Tuesday, May 4th**
- The Public Health Virtual Graduation Ceremony is on **Thursday, May 6th**
- Full summer session classes begin on **Tuesday, June 1st**



## PUBLIC HEALTH STUDENT ASSOCIATION



**On Saturday, April 24th, the PHSA joined [Trees Knoxville](#) and [Earthadelic](#) to help restore Citizens Cemetery in East Knoxville!**

**Stay tuned for events over the summer and in Fall 2021 including more opportunities to help out at the cemetery and watch parties!**

- Members will be notified of future events via email. **Want to join?** [Contact a PHSA officer today!](#)
- Follow PHSA on social media! **Instagram:** [@utk\\_phsa](#)

**MPH students, don't forget!** If you haven't already, [fill out the MPH Program Feedback Survey](#). The input provided helps maintain the overall quality and rigor of the program.

If you have questions, please contact Dr. Kathleen Brown at [kcbrown@utk.edu](mailto:kcbrown@utk.edu)

## PROFESSIONAL DEVELOPMENT

**Not taking summer classes, but looking for ways to stay engaged? Check out some opportunities for volunteering and professional development below.**

### 1) Mental Health First Aid (MHFA) Classes with Metro Drug Coalition

- MHFA is an 8-hour training that teaches you how to identify, understand, and respond to the signs of mental illness and substance use disorders.
- There is a training for adult MHFA and youth MHFA which is ideal for adults who work with adolescents aged 12-18.
- These trainings are free and open to the public. Multiple sessions offered throughout the semester. Find a schedule and more information by [visiting Metro Drug](#).



### 2) APHA Events

- *Addressing the “C” in ACEs: Combatting the Nation’s Silent Crisis*. Monday, May 3rd from 1:00-5:00 PM EST. [Register here](#).
- *Climate for Health Ambassadors Training*. Tuesday, May 11th from 12:30-4:30 PM EST. [Register here](#).
- *Stigma of Addiction Summit*. Thursday, June 10th from 12:00-6:00 PM EST. [Register here](#).

### 3) Volunteering

- [Keep Knoxville Beautiful](#). Opportunities to help with beautification projects, cleanups, and environmental stewardship in the community.
- Enjoy doing work in a healthcare or clinical setting? Consider becoming a volunteer at [East Tennessee Children’s Hospital](#), [Remote Area Medical](#), or [UT Medical Center](#).
- [Girls on the Run Knoxville](#). Opportunities to coach, support, and empower a group of young girls through GOTR curriculum or help out with annual events.



## APE HIGHLIGHT: ZHANNAE CUMMINGS

### **Please introduce yourself!**

I am a senior MPH-CHE-HPC student. I am a part of the first generation of my family born in the U.S., more specifically Orlando, Florida aka Disney World. The rest of my family is from Jamaica. I call both places home and recently caved into making Tennessee my 3rd home. Being the bridge between my immigrant family and living in America and navigating life as a Black woman in America has played a major role in my academic and career paths. Pursuing PUBH has equipped me to not only be “the bridge” for my family but to serve other people who look like me and are trying to navigate life in a society that continuously disregards our existence. Currently, I am working as a GRA for Dr. Meschke, for the CDC Rape Prevention Education (RPE) program that funds statewide sexual and dating violence prevention programming for adolescents and young adults through state departments of health. I also work as a GTA for the Intro to PUBH 201 course.

### **Tell us about your applied practice experience!**

For my APE, I am working with the Center for Health Education and Wellness here on UT’s campus. I pursued this as my placement because I have always admired how CHEW caters to our campus health and wellness on a variety of levels. A “gap” that I learned existed in CHEW was a focus on mental health. Throughout this semester, I have ultimately filled in a Wellness Coordinator role that focuses on just that. I have had opportunities to guest lecture for the Peer Health Educators course on social determinants of health, health disparities and inequalities, and mental health. I have also been a part of a massive data analysis of UT’s NCHA survey focusing on areas that pertain to the mental health and wellness of our students. With this analysis, CHEW will hopefully be able to better cater to the student body regarding mental health. Throughout my grad school career, I’ve focused my research on mental health in college students, more specifically Black college students. Although CHEW looks at the entire campus community, I have been able to partner with the Multicultural Student Life



Center in helping to implement and evaluate their #LIFT\_ME Series. This series is a program that hosts empowerment groups and specific events tailored towards Black students and their mental health. We also hope to submit a grant proposal that I have been working on since my grant writing class last semester to fund an “official” mental health program for students of color at UT which has been written based on the current #LIFT\_ME Series. One of our biggest hopes with this is to be able to hire Black counselors and get students engaged in mental health help especially with the way 2020 took a toll on us. What I enjoy the most about my APE is being mentored by a wonderful Black woman and building relationships with other Black faculty/staff and students on campus. They have not only been great in my professional development but in my personal development as well.

### **What are your career goals after graduation?**

My career goals after graduation are up in the air right now. Job hunting during a pandemic is....challenging. Ideally, I would end up in a position, whether it be as a wellness coordinator or a health educator that would allow me to continue mental health promotion in the Black community and do some type of program development, implementation, and evaluation. I want to be a resource for the Black community, and I feel like either of those roles will allow me to be that.

# MPH Intern Presentations Spring 2021



## MPH Intern Presentation Schedule

Students,  
preceptors, and  
faculty invited!

Feel free to  
come and go as  
needed.

Presentations  
will be via Zoom.

Questions?  
Contact Amanda  
Letheren,  
alethere@vols.utk.edu

### Monday, May 3, 9:00-11:00 A.M. EST

Zoom link- <https://tennessee.zoom.us/j/91373177264>

Telephone: +1 253 215 8782 Meeting ID: 913 7317 7264

- 9:05-9:25am- Lisa Quick, UT Emergency Management
- 9:28-9:48am- Raven Shallenberger, UT Contact Tracing Team; Student Health Center
- 9:50-10:10am- Matthew Pettepher, UT Student Health Center
- 10:12-10:32am- Zhannae Cummings, UT Center for Health Education and Wellness
- 10:35-10:55am- Kayla Simon, East Tennessee Regional Health Office

### Tuesday, May 4, 2:00-4:00 P.M. EST

Zoom link- <https://tennessee.zoom.us/j/96530780816>

Telephone: +1 312 626 6799 Meeting ID: 965 3078 0816

- 2:05-2:25pm- Emily Wells, Ballad Health
- 2:28-2:48pm- Samira Tamimi, Prevent Blindness
- 2:50-3:10pm- Davis Porcari, UT Student Health Center
- 3:12-3:32pm- Sara Keel, Knoxville-Knox County Community Action Committee
- 3:35-3:55pm- Victor Brown, Metro Drug Coalition

## PUBLIC HEALTH GRADUATES

- Victor Brown: MPH HPM
- Zhanna Cummings: MPH CHE
- Rachel Eichholtz: MS-MPH
- Madelyn Howe: MS-MPH
- Sara Keel: MPH HPM
- Ahmad Mitoubsi: MPH HPM & Epi Minor
- Elizabeth Molinet: MPH-DVM
- Matthew Pettepher: MPH HPM
- Davis Porcari: MPH HPM
- Lisa Quick: MPH HPM
- Mary Robbins: MS-MPH
- Raven Shallenberger: MPH HPM
- Kayla Simon: MPH HPM
- Kristen Strobel: MPH-DVM
- Samira Tamimi: MPH HPM & Epi Minor
- Faith Turner: MPH-DVM
- Sierra Turner: MPH CHE
- Emily Wells: MPH HPM
- Amanda Casteel: DPH CHE & Epi Minor/Cognate
- Aubrey Dalana: DPH CHE
- Deborah Kirkland: DPH CHE
- Amanda Letheren: DPH CHE
- Elizabeth Hall: PhD Public Health Nutrition & Epi Minor/Cognate

## CONGRATULATIONS GRADUATES!

Family and friends, please join us for our

# Public Health Graduation Celebration

Thursday, May 6, 2021  
1:00-2:00PM EST

Join our virtual ceremony at  
[tiny.utk.edu/PUBHgraduation2021](https://tiny.utk.edu/PUBHgraduation2021)

Or by phone, dial +1 646 876 9923  
International link <https://tennessee.zoom.us/j/ahIDnxsS2>

THE UNIVERSITY OF  
**TENNESSEE**  
KNOXVILLE   
DEPARTMENT OF PUBLIC HEALTH

**10 Health Policy and Management MPH Graduates**

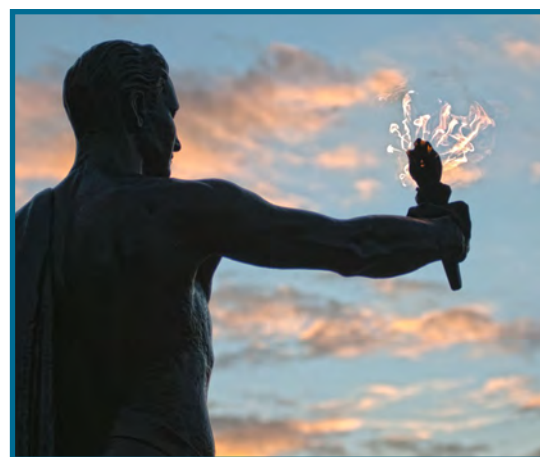
**6 Community Health Education Graduates—3 MPH & 3 DPH**

**3 MS-MPH Graduates**

**3 MPH-DVM Graduates**

**1 PhD in Public Health Nutrition Graduate**

**Plus, 4 epidemiology minors!**



## STUDENT AWARDS

**Several graduating students received awards for the wonderful work they have done in the department. Congratulations!**

*Dr. Charles Hamilton Award—for excellence in Health Policy and Management.* This award recognizes an MPH student in the HPM concentration. The awardee is recognized for consistently high levels of engagement through research and service throughout their tenure as a graduate student. This year, the Dr. Charles Hamilton award is presented to **Victor Brown.**



*Dr. June Gorski Award—for excellence in Community Health Education.* This award recognize an MPH student in the Community Health Education concentration. The award winner has demonstrated excellence in any or all aspects of health education including, community assessment, program development, and evaluation. This year's Dr. June Gorski award is presented to **Sierra Turner.**



*Dr. Betsy Haughton Award—for excellence in Public Health Nutrition.* This award recognizes an exceptional student in the dual MS-MPH program who has a strong interest in improving the health of mothers, infants, children, and their families. The Haughton award also recognizes a student who excels in professionalism, academic achievement, communication skills, and leadership. Priority is given to students who are interested in workforce development and/or policy, system, and environmental changes to improve population health. This year's winner is **Rachel Klenzman Eichholtz.**

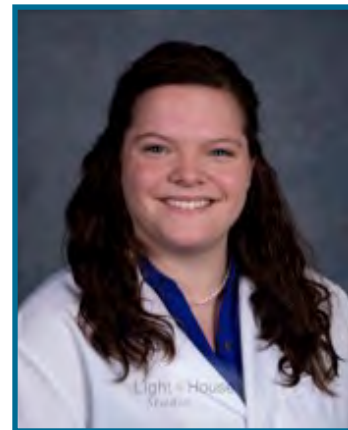


## STUDENT AWARDS , CONT.

*Gary and Becki Blauser Award—for excellence in Epidemiology.* This award is given to a public health graduate student who has declared a minor in Epidemiology, is receiving an MPH with an epidemiology concentration, or completed their doctoral cognate in epidemiology and has demonstrated great competency and application of epidemiological techniques as demonstrated through employment, volunteer efforts, coursework, or other relevant paths. This year’s winner is **Elizabeth Hall**.



*Dr. John New Award—for excellence in Veterinary Public Health.* This award is presented to a VPH student who has the highest GPA in MPH courses. This year’s award is presented to **Faith Turner**.



*Kathy Darnell Ebener Public Health Intern Award.* This award is presented to an MPH intern who demonstrates leadership in working with communities and contributes to projects, programs, or policies that promote health equity and improve health among underserved, vulnerable, or high-risk populations in a culturally appropriate, evidence-based way. Preceptor feedback on the intern’s performance is considered. This year’s awards are presented to **Zhannae Cummings and Emily Wells**.



*“I believe an APE, like any internship, is really what you make of it. Go into it with an open-mind and be willing to jump in on projects or sit in on meetings that may not line up with your main objectives or interests. That’s how I connected with staff and had some of my most valuable experiences.”*

*- Emily Wells, Intern at Strong Futures, Ballad Health*