

THE BRIDGE

A monthly newsletter connecting CSUN public health students, faculty, alumni, and communities



The Bridge Welcomes Students and Faculty Back to Campus!

Written by William Reeves

As the new semester begins, we here at The Bridge are once again excited to welcome students and faculty back to campus! The Bridge team is dedicated to providing our readers with public health updates and events while focusing on the achievements of the faculty, the alumni, and our student colleagues. We strive to highlight the content that is important to our community, so that we may continue to *build the bridge* between students, faculty, alumni, and public health organizations.

This issue will introduce the new editors who will be working on The Bridge throughout the Fall 2022 semester, and focus on important public health program updates. This issue will also spotlight faculty, alumni, and student news, and showcase events to look out for in October.

Here's to Building Bridges!



Newsletter Highlights

Meet the Editors

Program Message
and Updates

Spotlight Central

This is Public
Health

Upcoming Events
in October

MEET YOUR EDITORS



Amanda Van Dyke
(she/her/hers)

William Reeves
(he/him/his)

Hollis Grimm
(they/them/theirs)

What Drives Your Passion for Public Health?

Amanda Van Dyke

"Having learned the importance and beauty of community through the MPH program, my passion is in the people. I have come to understand how the communities we are apart of play a large part in our individual well-being. The cultivation of well-connected and resilient communities motivates me on a personal and professional level. As someone in the field of Public Health, my biggest goal is to connect individuals to their communities in a meaningful way. "

William Reeves

"As a child, I was overweight as a result of a medical condition. I was encouraged to take health electives in school, such as nutrition. This way I could learn how to better manage my weight. These classes gave me a new perspective on health and the various factors in our lives that influence it. Moving forward, I knew I wanted to do something that could help others gain a new understanding of health, an understanding that could hopefully change their lives for the better."

Hollis Grimm

"In my time as a student, I've learned that public health reaches further than I'd initially believed. I look around now and see things like a parking lot that would be impossible to navigate safely in a wheelchair, or sidewalks that are unwalkable, or a stretch of city with no trees and parks, and I know that people don't have to live that way. It's just about compassion. There are so many ways we can help people and help improve their health and happiness, we just need to be willing to act."

A MESSAGE FROM OUR INTERIM PROGRAM DIRECTOR



I hope you all had a healthy and enjoyable summer! I am excited to resume my role as Interim Program Director and am looking forward to a successful and productive academic year. I want to take this opportunity to welcome our newest full-time faculty member, Dr. Christopher Rogers. Dr. Rogers is not only a CSUN graduate but has been teaching as a part-time faculty member at CSUN for a few years, so we are thrilled to have him full-time now. I'm also thrilled to welcome Josefina Gudino to our program, who will serve as an Academic Advisor for our undergraduate students. Welcome back and I look forward to working with you!

- Stephanie Benjamin, PhD, MPH

"My main goal is to **increase cohesion** among the program and **build relationships** between students and faculty, by organizing workshops and events that build students' skills and social networks."

-Dr. Suzanne Spear



Dr. Suzanne
Spear

Community Health
Education (CHE)
Graduate Coordinator

Dr. Stephanie
Benjamin

Interim Program
Director

Dr. Lawrence
Chu

Applied Epidemiology
Graduate Coordinator

Public Health Program Updates

New Department Chair

The Public Health program welcomes our new interim Department Chair Dr. Bethany Rainisch.



"As Interim Chair, I'm looking forward to returning to campus; and hope to inspire educational growth and success through respect, fairness, passion, logic, and collaboration. Don't hesitate to stop by and say hello!"
- Dr. Bethany Rainisch

Need Advisement?

Check out [this link](#) to get a list of the academic advisors for Fall 2022!

Are you an undergraduate with questions about advising? Please contact the new Health Sciences department advisor Josefina Gudino!

Health Sciences Advisor



Josefina Gudino

Email: josefina.gudino@csun.edu
Health Sciences Office: 818-677-4081

Appointments Hours:

Tues, Wed, Thurs (On-Campus/Zoom)
9:30AM - 11:30AM, 1:30PM - 4:00PM

Walk-In Hours:

Mon, Fri (Zoom) from 9:30AM - 4:30PM
Location: Jacaranda Hall 2554

Josefina offers help with general academic advising, course sign up, course sequence, course waivers, course substitution, applying for graduation, grad checks, and change of majors.

Public Health Program Updates

Grants Awarded for Research

Dr. Kacie Blackman received the USC MADRES pilot program funding (1 year) for her project titled "Birth Equity Workers Glowing."

Birth Equity Workers Glowing explores the effects of burnout, well-being, and racial discrimination on stress among birth equity workers (e.g., maternity support workers, perinatal doulas, lactation consultants). During the COVID-19 pandemic, birth equity workers were not labeled as essential workers and could not serve their clients.



MPH Town Hall Meeting

Dr. Spear and Dr. Chu are hosting a virtual town hall once a month for current MPH students to learn about campus resources, ask questions, and share ideas with colleagues and your graduate coordinators.

**First meeting: Friday October 7th
from 5:00pm to 6:00pm.**

Meeting ID: 301 086 9726

Passcode: 265154



Are you a current CSUN student (undergraduate preferred) and interested in joining Dr. Blackman as a research assistant? Contact Dr. Blackman (kacie.blackman@csun.edu) to learn more.

Looking to Move More?

The CSUN College of Social and Behavioral Sciences is hosting the first annual CSUN BikeFest on Sunday, October 23, 2022 from 10:00am to 3:00pm on campus. **Click** the bike below to learn more about the event!



SPOTLIGHT CENTRAL

FACULTY SPOTLIGHT



Christopher Rogers,
PhD, MPH

Dr. Christopher Rogers is a graduate of CSUN, earning a Bachelor of Science in Public Health and a Master of Public Health in Applied Epidemiology. Dr. Rogers recently completed a Ph.D. in Preventive Medicine at the University of Southern California. He has worked for the Los Angeles County Department of Public Health and for a variety of non-profit community health providers.

The Bridge is excited to welcome
Dr. Rogers as the department's newest full time
faculty member!

Dr. Rogers has been a lecturer at CSUN since 2018. In the fall of 2022, he joined the CSUN faculty as an Assistant Professor in Health Sciences. Dr. Rogers returned to CSUN with a passion for public health research, and for mentoring students. He strives to provide opportunities for learning and research, citing his favorite part of teaching as seeing students develop their own research ideas and helping to see them through. Dr. Rogers' research focuses on student health and the impact of life course stressors.

ALUMNI SPOTLIGHT

Lt. Vanessa Davies is an active duty commissioned officer in the Commissioned Corps of the United States Public Health Service (USPHS). She is currently earning a PhD in Epidemiology. As a Facility Healthcare Program Manager, Lt. Davies ensures the quality and compliance of healthcare, addressing individual, community, and environmental needs.



Lt. Vanessa Davies,
MPH

Lt. Davies cites her time in Sierra Leone, West Africa, as the beginning of her passion for public health. Her community could not easily access healthcare and resources, and struggled when faced with dangers such as malaria. Her own experience and witnessing her community inspired Davies to support and protect the health and safety of those she serves.

To students, Davies advises:

"Do not limit yourself. Be organized to alleviate stress. Stay relevant and engaged in professional networking platforms. Seek mentoring and academic advice from your professors. Above all, demonstrate professionalism and be ethical."

Jenzie Tamayo



Jenzie Tamayo (BSPH student) participated in the Public Health Scholars Training program at UCLA and interned with Sustainable Economic Enterprises Los Angeles (SEE-LA) during summer 2022. Jenzie was involved in a number of valuable experiences as part of the Public Health Scholars Training Program and with SEE-LA such as participating in a variety of panel discussions, doing community outreach, and conducting nutrition and physical activity classes in South Los Angeles.

Jenzie also helped to implement a healthy nutrition program at the Peak of the Season Farmers Market. This program included specialty crop samples and recipe cards, a learning activity, and a market survey. The event gave her an opportunity to engage and connect with the community in a meaningful way. She was also able to network with other public health advocates and supporters and to learn about initiatives to improve health equity.



Jenzie encourages students to get involved on campus and apply to programs such as the UCLA Health Scholars Program to further their understanding of the field. She plans to obtain an MPH and work as a Health Educator at a college student health center.

Learn more about the UCLA Public Health Scholars Training Program!

Attend an Info Session: October 11th, 4 pm - 5 pm

Email Dr. Carla Valdez (mary.valdez@csun.edu) to sign up and for location information.

THIS IS PUBLIC HEALTH

The Bridge will share recommended readings, podcasts, and job/internship opportunities every month!
Click the underlined hyperlinks below to learn more!

WHAT WE READ IS INFLUENTIAL

Concerns about Mental Health Crisis Hotlines
LA Public Health on Monkeypox
Finding Jobs in the Hidden Market



WHAT WE LISTEN TO IS INSPIRING

Harassment of Public Health Officials
The College Mental Health Crisis
White House Response Team on Monkeypox



WHAT WE WATCH IS MOTIVATIONAL

Zuralone in Postpartum Depression
Leveraging Body Cameras to Better Understand Opioid Overdose
Post-Roe Abortion Rights and Access

WHERE WE INTERN, WE EXCEL

Graduate Intern, Health Economic & Outcomes Research
Clinical Informatics & Evaluation Intern
Public Health Microbiologist Internship

WHERE WE WORK MATTERS

Public Health Community Coordinator
Part Time Health Educator
Kaiser Permanente Health Educator
Infection Prevention Practitioner

JOB



UPCOMING IN OCTOBER

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



October is [Breast Cancer Awareness Month!](#)



4	<u>Webinar: From COVID to Monkeypox - A Conversation with Dr. Anthony Fauci</u>
5	<u>California Clean Air Day</u>
2 - 8	<u>Mental Illness Awareness Week</u>
11	<u>Webinar: What is Alzheimer’s disease and why can’t we develop effective treatments?</u>
17 - 21	<u>National Health Education Week</u>
23	<u>CSUN BikeFest</u>
27 - 28	<u>International Conference on Adolescent Health and Nursing</u>
29	<u>21st Annual Breast Health Breakfast Forum - Celebrating Women's Health</u>

SIGN UP FOR OUR NEWSLETTERS!

Click the link below to subscribe to our email list and get monthly access to our newsletters!

SIGN UP

GOT A STORY TO SHARE?

Let's stay informed! Contribute to The Bridge by filling out our content form so we all stay updated and connected!

