

Public Health & Human Performance

A NEW NAME TO CAPTURE OUR GROWING IDENTITY

What is Community Health?

You've probably had to explain it once or twice. Maybe your parents or siblings hadn't heard of it, or maybe your roommate was curious about a class you were taking.

Community Health continues to be an important part of our department, but if you graduated from the Community Health Department, you now have a home in the Department of Public Health and Human Performance.

We changed our name in January 2018 in order to better reflect the multiple facets of the department- not just Community Health, but also Exercise Science and Wilderness Education. We offer an M.S. and B.S. in Community Health, a B.S. in Exercise Science, and Minors in Community Health, Fitness, Nutrition, Sexual Health, Therapeutic Recreation, and Wilderness Education. We also run the Campus Food Pantry, host the Eta Sigma Gamma Honor Society, and support interns in the field as they learn to apply their knowledge and skills.

Our fields are growing in exciting ways, and we look forward to continuing to adapt and improve our programs so that we can keep sending excellent, qualified graduates into their fields of choice.

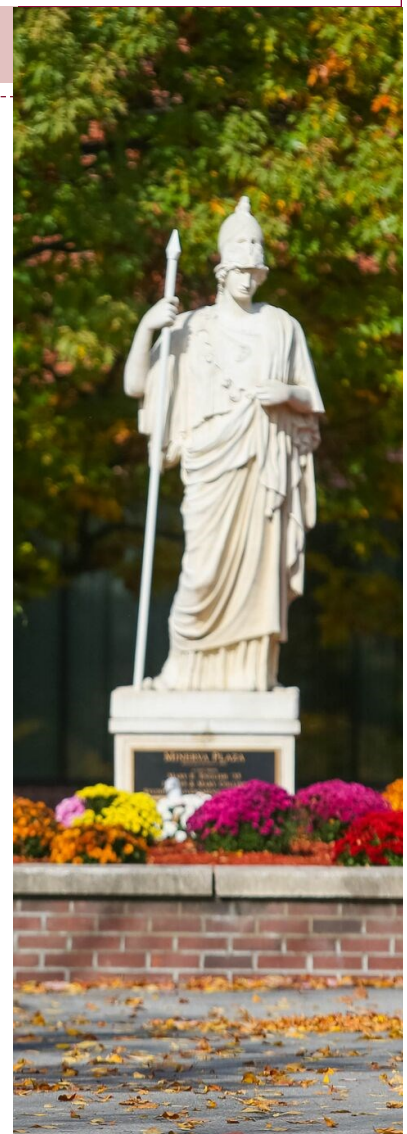
SUNY POTSDAM CAMPUS FOOD PANTRY

Located in Dunn 101 C, the Campus Food Pantry is open Monday through Friday, 8am-8pm, for anyone who needs a bite to eat. Whether they're having trouble affording groceries or just don't have time to run to the dining hall, we don't want our students to be hungry.

All are welcome!

We always accept donations of food or funds. To donate, make a check out to the Potsdam College Foundation with a note that the money should go to the food pantry, or online at secure.potsdam.edu/giving

We want to give a special shout-out to Kim Loucks and the other generous alumni from the Order of Prometheus. They raised over \$3000 during the Alumni Reunion in 2018, as well as over 100 gallons of food.



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SPECIAL POINT OF INTEREST

- Since 2017, 40% of Community Health undergrads were offered a job with at least one internship site



ETA SIGMA GAMMA UPDATE

In the fall 2017 semester, Eta Sigma Gamma members continued to push forward the tobacco-free campus movement with the aid Seaway Valley prevention. Gammons were out in force doing multiple butt clean ups, partnering with local agencies, and tabling a petition to make campus tobacco-free.

Also, in the fall 2017 semester, Torie Keeton (active member & former president) was selected for the Community Champion Award by the

Seaway Valley Prevention Council's Advancing Tobacco-Free Communities in Jefferson, Lewis, and St. Lawrence counties program.

The future looks bright for Delta Theta Chapter, our new student officer has great plans to make SUNY Potsdam a safer, healthier campus.

Contact Dr. Brent Crow for information about joining Eta Sigma Gamma.

“These internships are the stepping stones to your future careers, so the more you gain from them the more knowledge you'll be carrying into the next step of your professional lives. “

AWARDS AND HONORS

Fall 2017

Martinez Community Health Internship Scholarship: Morgan Dean

Susan Cancilla Witkowski '79 Endowed Internship Scholarship: Rachel Barnhart

Chancellor's Award: Torie Keeton

Spring 2018

Martinez Community Health Internship Scholarship: Rachael Cooke

Susan Cancilla Witkowski '79 Endowed Internship Scholarship: Meghan Doherty

Johnson Scholarship: Mary-Lynn Glenn

Fall 2018

Martinez Community Health Internship Scholarship: Jenna Kesner

Susan Cancilla Witkowski '79 Endowed Internship Scholarship: Grace Harwood

M.S. IN COMMUNITY HEALTH: DESIGNED TO FIT A BUSY SCHEDULE

Since enrolling the first class in 2014, the Master of Science in Community Health Program has continued to grow. During Spring 2018, we had five students completing professional projects on a variety of topics with community organizations to get practical experience in fields such as substance abuse harm reduction, aging populations, and college campus nutrition. One of our community health graduate alumni, Megan Snow, CHES, recently presented a poster, “Tobacco policy: Attitudes and perceptions of point of sale marketing in rural, New York State” at the 2018 Association of Schools and Programs of Public Health in Washington, DC. John Bresett has recently been accepted as a PhD student at Southern Illinois University at Carbondale to continue his work on substance abuse issues.

We are proud of the work that all of our students are completing in collaboration with the community and are excited to see what the next generation of graduate students bring.

If you are interested in pursuing a MS in Community Health, please contact Dr. Janelle Jacobson or find more information here:

<http://www.potsdam.edu/academics/SOEPS/CommunityHealth/msincommunityhealth>



Morgan Hillman '18 completed one internship with the American Red Cross of Central NY. She focused on installing smoke alarms and teaching families about fire safety.

THREE QUESTIONS FOR MORGAN HILLMAN, CLASS OF 2018

How can students get the most out of their internship?

Ask questions! There is no such thing as a stupid question, and when you start your internships you'll have so many. The more questions you ask, the more you'll learn. Also, dive right in. The best choice I ever made was just going head first, I felt overwhelmed at first but it ended up paying off because I was never bored. The more work you do, the more your work ethic will show and this will increase your chances of getting a job offer or a good reference if that's what you're looking for. Lastly, go out of your comfort zone. For me and many others, this was my first professional job. It felt weird dressing business casual and having my own desk, but I ended up loving it. At first you'll feel uncomfortable, but just know you're not alone.

Please describe your work in the public health community.

My full time job is a harm reduction specialist at ACR Health, a nonprofit organization in Syracuse, NY. I help my clients get linked to care that will help fight their drug addictions, whether it's an outpatient rehab, detox facility, or long-term rehab. ACR Health was where I did one of my internships, and after I completed that they offered me a full time position. Part time, I am also a youth development professional at Elmcrest Children's Center. I work with children ages 6-18 to help them reach their developmental/professional/treatment goals while they're staying with us.

Any thoughts as a graduate from our department who now works in the field?

Get the most out of your internships. This is the time to ask questions, go out of your comfort zone, and learn new things. These internships are the stepping stones to your future careers, so the more you gain from them the more knowledge you'll be carrying into the next step of your professional lives. Do many things at each internship, that way you'll have a wide variety of experiences that will help you determine what part of the health field you'd like to work in.

INTERNSHIPS AND APPLIED LEARNING

Each of the programs in the Department of Public Health and Human Performance have huge applied learning components.

Community Health Majors complete two seven-week long internship placements, for a total of at least 518 field hours. Students in our MS program complete two semesters of internships and one professional project.

Exercise Science Majors complete internships as well, which help them succeed in the job market or in their pursuit of professional programs such as Occupational Therapy or Physical Therapy.

The Wilderness Education Minor has two tracks, both which include excursions in the field. The Wilderness Leadership Track culminates in a 20-day student-led and student-planned expedition.

EXERCISE SCIENCE: TWO TRACKS

Students may choose between the Exercise and Sports Performance track and the Pre-Professional track. Within the Exercise and Sports Performance track, students will be prepared to work specifically in the fitness field, focusing on the enhancement of human physical performance, with an eye towards sports-specific training.

While the Pre-professional track also prepares students wishing to work in the exercise science field, this program could be used to satisfy prerequisites to any number of professional programs (eg: Occupational Therapy or Physical Therapy). However, students should check carefully with the specific program and institution to which they are applying to ensure the courses they complete at SUNY Potsdam meet that program's specific prerequisites.

WILDERNESS EDUCATION GRANT UPDATES

Mark Simon was awarded the "Bob" applied learning grant for Wilderness Leadership II's western expedition to Montana where students will participate in a 5-day trail work and horse packing training in the Bob Marshall wilderness in addition to their 21-day expedition in Montana.

Adam Wheeler was awarded funding through the Loughheed Applied Learning Grant to obtain training to become a Certifying Instructor for the National Association of Interpretation. This certification is the industry standard worldwide for individuals who are seeking employment with parks, museums, nature centers, zoos, botanical gardens, aquariums, historical and cultural sites, and commercial tour companies. Housing this certification in the Wilderness

Education Program will allow for applied learning collaboration between Wilderness Education and other programs and departments school-wide.

Mark Simon was awarded funding through the Loughheed Applied Grant to obtain training to update climbing technical skills related to WILD 170 and 175 (Rock and Ice Climbing) by attending the Professional Climbing Guides Institute Single Pitch Guide course.

Mark Simon worked with Friends of Azure Mountain to receive \$7,000 in grant funding via the NYS PTNY Grant. The grant is for trail and facility improvements on Azure Mountain which is a local Service Learning work site for the Wilderness Education program.



COMMUNITY HEALTH HONORS PROGRAM

The purpose of the Community Health Honors program is to engage undergraduate Community Health majors in independent research activities. Honors students accepted into the program will apply fundamentals of public health research through the completion of an Honors Thesis project and seminar. This experience is designed for students interested in pursuing graduate education in public health.

To apply to the Community Health Honors Program, students must have a 3.25 GPA in the major and a 3.0 overall, and must have completed at least 15 credit hours towards their major requirements (at least 9 of these must be core, upper division credit hours). Students must also have at least 2 semesters left before graduation.

Contact Person:

Dr. Patricia Anafi, Honors Program Coordinator
100C Dunn Hall, (315) 267-3195, anafip@potsdam.edu



John Fealy '15, Community Health Major and Wilderness Education Minor

“When I learned the necessary foundational skills that the program offered, I then began to understand how to appreciate the wilderness and people on a deeper level.”

A NOTE FROM JOHN FEALY '15

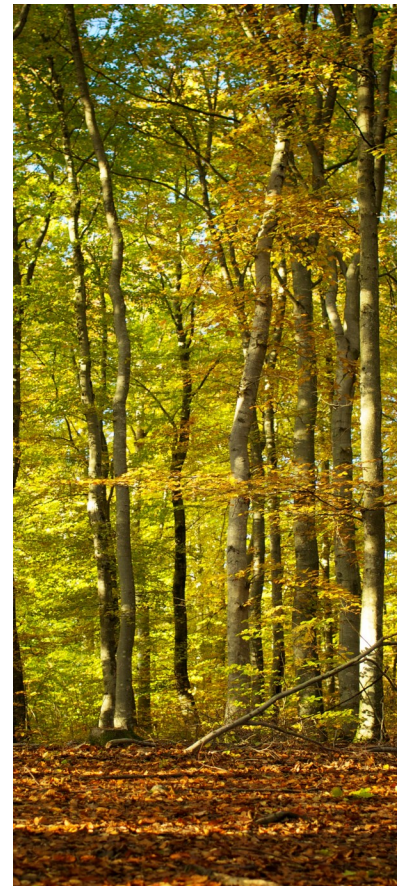
I was a student in the Wilderness Education Minor from 2012-2015.

The program allowed me to cultivate a leadership style that stayed with me on my path as a wilderness therapy guide. After graduation, I spent a year working at Pacific Quest. Pacific Quest is a horticulture therapy program on the Big Island of Hawaii. The program uses outdoor education, farming, and rites of passage to empower adolescents and young adults. Field guides get experience overseeing group dynamics by working in a small community settings each shift.

From there, I headed to Vermont and began work as a Field Guide for True North in Vermont. True North is a more traditional wilderness therapy program. Students learn skills in primitive fire making, map and compass navigation, and fundamental backpacking skills similar to the Wilderness Education program at

Potsdam. Field Guides work with students in a backcountry setting in Vermont to facilitate safety and therapeutic work using the metaphors of primitive survival to direct an intervention in the lives of adolescents and young adults.

Having an opportunity to concentrate on my individual needs/wants in a backcountry setting at Potsdam, gave me a great upper-hand when I embarked on wilderness therapy work. It allowed me to think about the needs of others with great clarity because my gear, clothes, food, etc.. had a system of organization that I learned during my time in the wilderness program. When I learned the necessary foundational skills that the program offered, I then began to understand how to appreciate the wilderness and people on a deeper level.



MEET DR. NUHU AND DR. THOMAS

Dr. Kaamel Nuhu



DR. KAAMEL NUHU

Kaamel Nuhu is a public health physician and educator. After earning his MD from the University of Ghana Medical School, he worked in rural areas of Ghana during which time he developed a strong interest in public health as a sustainable approach to mitigating community health problems he encountered during his practice in these rural communities. He subsequently pursued postgraduate training in public health, earning an MPH with specialization in Community Health and a PhD in Health Education both from Southern Illinois University Carbondale.

A Certified Health Education Specialist, Kaamel is an active member of the American Public Health Association as well as the Ghana Medical Association. He retains full licensure to practice medicine from the Ghana Medical and Dental Council, often combining his clinical and public health training for health promotion activities in his local community in the Upper West Region of Ghana when on holidays in Ghana. He is an active clinical and public health researcher with special interests in the social determinants of health, mental and behavioral health, chronic noncommunicable diseases as well as maternal and child health.

Kaamel is a passionate public health practitioner and educator who aspires to train and empower many students in public health for local engagements in health promotion and disease prevention. He combines his wealth of personal and professional experiences with current issues in public health to make community and public health more relatable and practical to his students. He has taught courses in Foundations of Human Health, Human Growth and Development, Planning and Implementing Public Health Education Programs, Foundations of Community Health, Human Diseases and Social and Behavioral Determinants of Health.

DR. SABENA THOMAS

Dr. Thomas earned her doctoral degree from the West Virginia University in Public Health Science, Social and Behavioral Science. Her research work focuses on health disparities, more specifically an examination of cardiovascular health among Afro-Caribbean immigrants in New York City. She remains passionate about immigrant and minority health but also has interest in rural health disparities.

Having most of her lived experiences in the U.S. from rural America, she identifies health disparities that parallel developing countries where she has lived and worked. Dr. Thomas, a Jamaican native brings local and international experience to SUNY Potsdam. Her teaching experience includes courses such as health disparities, social determinants of health, public health evaluation among others.

Dr. Sabena Thomas



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