



# The Monocle

A closer look at Public Health

HHP Public Health Quarterly Newsletter: Winter 2021

## IMPORTANT DATES



NOV 1—FEB 28

APRIL CHES Exam  
Registration

NOV 30

APRIL CHES Early Bird  
Registration Deadline

OCT 1—Mar 1

APSU Scholarship  
Applications [LINK](#)

## UPCOMING EVENTS



NOV 18

MUC Plaza Fall Festival

## PUBLIC HEALTH FACULTY



Kadi Bliss, PhD, MCHES®  
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## NEW: Public Health Internship Option

The public health program is rolling out a new internship experience! Starting spring 2022, the department is no longer offering HHP 4989 Pre-Internship and Career Seminar, and public health students interested in completing an internship will be required to enroll in a new, self-guided 4-module pre-internship experience on D2L the semester prior to internship.

During the pre-internship experience, students will explore internship options, fine-tune essential workplace skills, prepare a formal internship application, and complete the required paperwork. Based on a review of applications, students will be selected for an interview. Internship approval is not guaranteed, and students not approved for internship can complete the program by taking an additional 6 credits of Extended Public Health Coursework (EPHC).

If you have questions about the new pre-internship experience or need to enroll for the spring 2022 semester, please contact the internship coordinator, Shannon Haselhuhn, at [haseluhns@apsu.edu](mailto:haseluhns@apsu.edu) or reach out to your advisor.

# INTERNSHIP



*be inspired*

**VIDEO: [The Man in the Red Bandana](#)**



## Mental Health: I Wish They Knew...

The Mental Health and Wellbeing Committee at APSU is interested in compiling a collection of comments to create an insightful experience and a better understanding of mental health among the APSU Community. We found many students and faculty/staff felt that during the beginning of the pandemic, they were not heard.



Please scan the QR Code or click [HERE](#) to anonymously share your thoughts.

**AP Austin Peay**  
State University



**Reilly Ellis, CHES**  
Public Health Program  
Coordinator  
YMCA  
Beverly, MA

## APSU Professional Spotlight : Reilly Ellis

Hello Austin Peay! I'm Reilly Ellis, APSU Alum and Public Health Program Coordinator for the Be Healthy Beverly Coalition in Beverly, Massachusetts. My coalition's focus is youth substance use prevention, and we are addressing this issue through education, programming, resource promotion, policy change, and advocacy all funded by the Federal Drug Free Communities grant. My main roles in the coalition include: developing social media posts, acting as a resource person to the community and other organizations, developing educational and promotional materials, program planning, implementation, and evaluation, community outreach, managing data we need to report to the CDC for our Drug Free Communities grant, and much more. My day-to-day changes rather often, going from meetings with our stakeholders, to tracking the coalition's purchases, and tabling at events in the community. Every week is always fulfilling, and so far never boring. If any of you have questions for me about my position specifically, or want to know more about what it's like to work in a small community coalition like Be Healthy Beverly, please feel free to reach out to me at: [ellisr@northshoreymca.org](mailto:ellisr@northshoreymca.org)!

*“ Do what you love  
and success will  
follow. Passion is  
the fuel behind a  
successful career.”*

*-Meg Whitman*

## Stressed? Take a Deep Breath

The most common form of stress in Westernized societies is psychological and social in nature. In humans, the physiological stress-response system, evolutionarily reserved for acute physical emergencies, is often activated for purely psychological reasons. When the stress-response cannot be turned off at the completion of a stressful event, illness can result (Sapolsky, 2004). One of the easiest and most accessible methods for turning off the stress-response in most situations is via diaphragmatic or belly breathing. All one needs is a comfortable position, quiet and focused concentration, and some mental imagery (Miller, 2018).

To learn more and apply diaphragmatic breathing in particular situations in your life, please watch this 3-part series from Dr. Linda Bolle, PsyD, a clinical psychologist with Harvard Vanguard Medical Associates. Video: [Diaphragmatic Breathing](#)



## Acronym Soup: CINAHL

CINAHL stands for Cumulative Index to Nursing and Allied Health Literature. This is a database to find journal articles and publications regarding nursing, biomedicine, health sciences, consumer health, and allied health disciplines.

Watch a [TUTORIAL VIDEO](#) on how to use CINAHL.

## Common Public Health Job Titles

Searching for jobs in the public health field? Try these searches:

Community Health Educator	Patient Education Coordinator
Wellness Coordinator	Health Promotion Programmer
Cancer Information Specialist	Public Health Inspector
Health Education Director	Health Information Specialist
<a href="#">Click HERE for more</a>	

## Professional Organization Clubhouse

Stay current. Following your professional organizations will give you a boost. Click the logos below to read the latest news!



## Did you Know?

Govs Outdoors has a Challenge Course for team building exercises. Work with facilitators to tailor a plan for your student group or team to develop group decision making, communication, trust and cooperation. Click [HERE](#) for more information.