2019 Public Health Career Panel

Presented by the Department of Family Medicine and Public Health & UCSD Career Services

March 14th, 2019
Career Services Center Horizon Room
Welcome
- Madison Noble, MPH

Opening Remarks
- Cheryl Anderson, PhD, MPH, MS

Panelist Introductions
- Dennis Trinidad, PhD, MPH

Panelist Presentations

Q&A Session
- Dennis Trinidad, PhD, MPH

Closing Remarks
- Madison Noble, MPH

Networking & Refreshments

Questions?
Send us an Instagram message:
ucsd-bsph
Acknowledgements

- **FMPH Education Coordinators**
  - Dina Rodgers
  - Rosemarie Subala
  - Josh Miller
  - Hollie Ward
  - Melody Bazyar

- **Department of Family Medicine and Public Health**
  - Cheryl Anderson, Interim Chair
  - Dennis Trinidad, BSPH Director

- **Career Services Center**
  - Jessica Kongthong

- **Panelists**

- **Students**
Opening Remarks
2019 Career Panel

- **Dismas Abelman, BA**
  - Emergency Manager, University of California, San Diego

- **Stephanie Escobar, MPH**
  - Community Health Promotion Specialist, County of San Diego, Health & Human Services Agency

- **Michelle Kantor-Anaya, MHA**
  - Quality Improvement Advisor, Department of Population Health and Care Redesign. Rady Children's Hospital-San Diego

- **Christopher Lee, MPH**
  - Marketing Manager, TEKEZE Solutions, Inc

- **Edith Mitchell, ARM, AU, ERM**
  - Director of Risk Management Program, University of California, San Diego

- **Teresita Rocha, MA**
  - PhD Student: Global Health Track; Center for U.S-Mexican Studies Visiting Fellow
Panelist: Dismas Abelman
Who Am I?

- **Background**
  - 27 Years in local Fire Departments – Retired Chief Officer
  - 5 Years – UC San Diego Emergency Manager
  - SDSU – BA, Public Administration, Cum Laude
CURRENT POSITION

- UC San Diego – Emergency Manager
- Responsibilities
  - Safety of Students, Faculty, Staff and Visitors
  - Plan, Prepare and Respond to incidents that affect campus
WORDS OF WISDOM

Pay attention to the little stuff
Panelist: Stephanie Escobar
Stephanie Escobar, MPH
Community Health Promotion Specialist
County of San Diego
Health and Human Services Agency (HHSA)
BACKGROUND - UNDERGRAD

- Summer Bridge
- Orientation Leader & Resident Advisor
- Research Assistant in Bioengineering Lab
- Volunteer at UCSD Medical Center - Hillcrest
- Chicanos/Latinos for Creative Medicine
- UCLA Pre-Medical Enrichment Program (PREP)
- Tobacco Cessation - Program Evaluation
- B.A. Human Development
GRAD SCHOOL & CAREER

- UCSD Biology Academic Advisor
- Planned Parenthood
- San Diego State: M.P.H
  - Concentration: Health Promotion and Behavioral Sciences
  - Thesis: Assessment of a Latino faith-based program
    *(Cambios Con Fe/Changes with Faith)*
- Valley Presbyterian Hospital
- County of San Diego - HHSA
  - Graduate Student Intern with First 5 San Diego
  - Aging & Independence Services
  - Community Health Promotion Specialist II
Community Health Promotion Specialist:

- **Public Relations & Communication** – Foster community relationships to improve health, safety, and quality of life for North County residents
- **Education** – Coordinate courses, conduct outreach, create or provide informational materials, supervise 2 graduate interns
- **Environment** – Work with partners and employees to change/adapt environments so healthier choices are easier to make or more accessible
Take advantage of opportunities to learn
- Volunteer/Intern
- Study Abroad
- Engage with your community
- Informational Interviews

Get out and meet people
- Networking and soft skills are essential

Develop your “brand” to market yourself
- Resume, business cards, identify your strengths
THANK YOU!

Stephanie Escobar, MPH
Community Health Promotion Specialist
Stephanie.Escobar@sdcounty.ca.gov  | 760-340-3044
Panelist: Michelle Kantor-Anaya
Who Am I?

- **Background**
  - 2012: University of San Diego:
    - B.A. Psychological Science
  - 2012-2014: Cornell University, Sloan:
    - Master of Health Administration
  - 2014-2015: St. Joseph Health:
    - Administrative Fellowship
CURRENT POSITION

- **Quality Improvement Advisor:**
  - Work to reduce variation in practice patterns by increasing adoption of evidence-based clinical guidelines
  - Improve the health of our pediatric population across San Diego and Southern Riverside Counties by reducing unnecessary utilization
  - Support practice transformation by providing ongoing identification, development, implementation and monitoring of quality improvement plans
WORDS OF WISDOM

- Remember that you can learn from everyone
- Be willing to take risks
  - Accept projects that will challenge you
  - Volunteer as much as you can
  - Be willing to take on any roles
- Continue to ask questions
  - You are not expected to know everything
- Advocate for yourself and what you want/need
  - Be kind to yourself when you make a mistake
- Know that you are making a difference
Panelist: Christopher Lee
### Background

<table>
<thead>
<tr>
<th>Year</th>
<th>Role/Institution</th>
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<tbody>
<tr>
<td>2011</td>
<td>UCI – B.A., Psychology &amp; Social Behavior</td>
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<tr>
<td>2011-2013</td>
<td>Valuation Analyst, Transition Consultants</td>
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<td>2013-2014</td>
<td>Project Coordinator, HASDIC</td>
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<td>2014</td>
<td>SDSU – M.P.H., Health Management &amp; Policy</td>
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<tr>
<td>2014-2017</td>
<td>Project Manager, PrescribeWellness</td>
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<tr>
<td>2015-2016</td>
<td>Senior Consultant, Healthcare Innovators</td>
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Current Positions

Marketing Manager, TEKEZE Solutions, Inc.

Adjunct Professor, National University

Founder & Career Consultant, PurposeRedeemed
Words of Wisdom

Immerse yourself in learning.

Be focused but flexible.

Find a boss who believes in you.

Seek out mentors.

Live out your priorities and values.
Panelist: Edith Mitchell
Who Am I?

Education

- Bachelor of Science in Business Administration with Emphasis in Finance
- Professional Designation in Underwriting
- Professional Designation in Risk Management
- Professional Certification in Enterprise Risk Management
- Professional Designation in California Workers’ Compensation
Who Am I?

**Professional**
- Commercial Underwriting
  - Assess commercial risks and controls
    - Intro to Occupational Health as loss control
- Risk Management
  - Broader spectrum, more holistic approach
  - Corporate Risk Management
  - Public Agency Risk Management

**Personal**
- Speaking Skills
- Negotiations
- Leadership
- Crisis Response
- Familiar with Large Organizations
CURRENT POSITION

Director of Risk Management

Direct UCSD’s Risk Management Program:

- Over 40 Insurance programs – Sea to Sky
- Workers’ Compensation – 35,000 Employees
- Return to Work Program – 150+ Employees
- Litigation Processes – 250 Subpoenas
- Travel Safety & Security – 120 Countries
- Contract Language – 300 Contracts Reviewed
- Training – 1,600 Employees trained
California Workers’ Compensation Flow Chart
WORDS OF WISDOM

- Do what you love, love what you do
- Be open to new ideas, new ways to apply your knowledge
- Don’t underestimate yourself
Panelist: Teresita Rocha
Who Am I?

- **Background**
  - Mexico City
    - Undergraduate International Relations ITAM
    - Worked two years in an NGOs and two years in the Ministry of Interior, Mexico City
  - M.A in Latin American Studies UCSD
    - MMFRP Tunkás, Yucatán

= Research Assistant Global Public Health
Who Am I?

Background

- Research assistant in the Global Public Health Division, UCSD
- In-depth interviews with women sex workers at the Mexico-Guatemala border
- After M.A. One year working on several projects in Tijuana, such as:
  - Forced and coerced entry into the sex trade in Tijuana
  - Consistent condom use among sex worker’s male clients
CURRENT POSITION

• PhDc in Public Health, Global Health track
  • JDP in Public Health San Diego State University – UCSD
  • Center for U.S-Mexican studies visiting fellow

Key for my Career:
• Passionate about research and fieldwork
• Consistency and hard work

Challenges:
• Language and cultural differences
• Not knowing how to say NO

Future plans: Postdoctoral fellowship, research/academic career, go back to Mexico
WORDS OF WISDOM

• Networks, social support, and peers are key to your personal and professional life.
  • Ask for help

• Take as many opportunities as you can
  • Personally and professionally
  • But learn how to say no

• Be consistent, and know/recognize your strengths and weaknesses
Q&A Session

- Questions from Audience
- Questions from Instagram Account: ucsd_bsp
- Questions on RSVP Survey
THANK YOU!

Join us for networking and light appetizers in adjacent room