

Your Debut in Public Health: Insights from a Panel of New Professionals

March 8, 2013

Panelists:

Caitlyn Timmings, MPH
St. Michael's Hospital

Marty Mako, MBA
Niagara Region Public Health

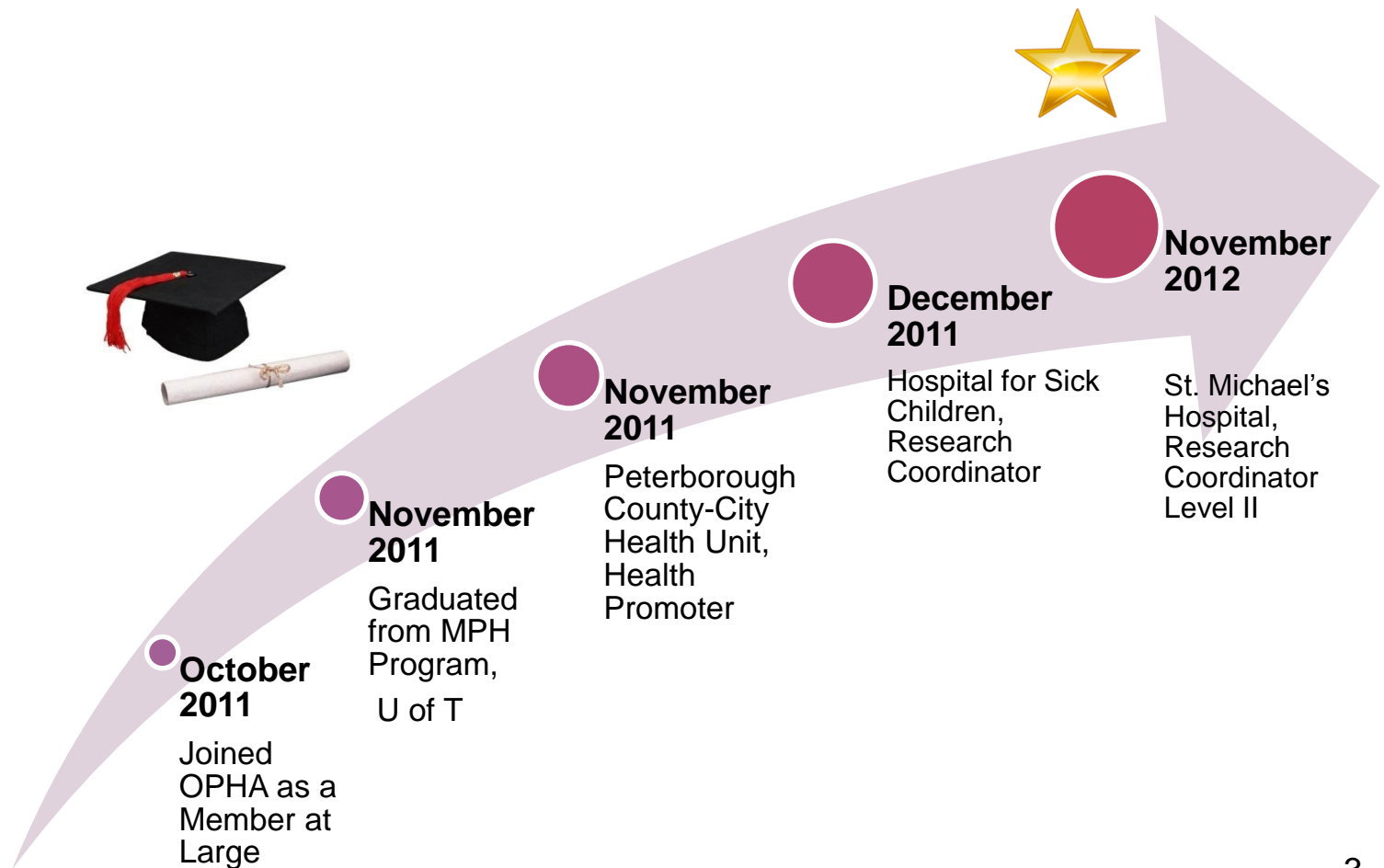
Julia Roitenberg, RN, BA, MN
York Region Community and
Health Services Department

Facilitated by: **Melanie Fortune, MPH** (c. 2013)
University of Toronto



CAITLYN TIMMINGS, BSC (HONS), MPH
RESEARCH COORDINATOR
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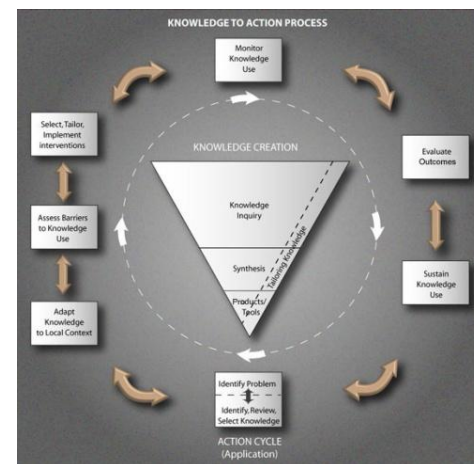
My Path



My Current Role

St. Michael's

Inspired Care.
 Inspiring Science.



Lessons Learned Along the Way

- Value of informational interviews
- Get involved, everywhere you can
- Join relevant professional associations (like OPHA)
- Be persistent
- Be flexible
- Be open-minded
- Be confident

Exercising on the job 42



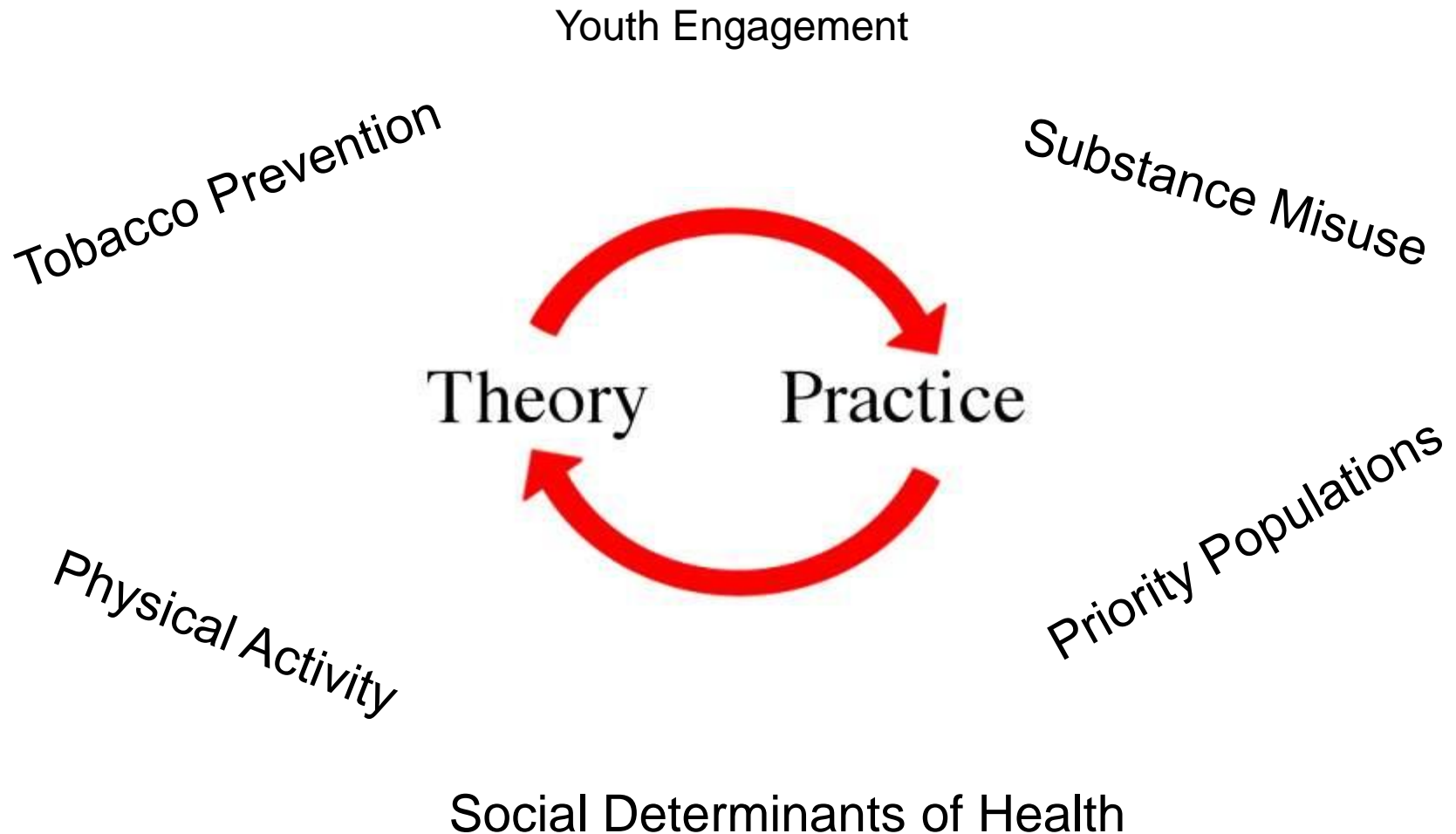
By Den Dakin, St. Catharines Standard
Monday, January 28, 2013 7:05:25 EST PM



Jackie Gervais, a Niagara Region health promoter, walks a treadmill while responding to e-mails at the regional headquarters in Thorold Monday.

MARTY MAKO, B. KIN, MBA
HEALTH PROMOTER
CHRONIC DISEASE & INJURY PREVENTION DIVISION
NIAGARA REGION PUBLIC HEALTH

Health Promotion – Putting Theory into Practice



NEWS LOCAL

THE NIAGARA REGIONAL

An outreach to fight cancer



By Grant LaFleche, The Standard
 Tuesday, February 26, 2013 8:00:50 EST AM



Melanie Seguin and Marty Mako will be spearheading a program for cancer screening in selected Niagara neighbourhoods. (BOB TYMCZYSZYN QMI Agency Niagara)

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ST. CATHARINES - It's as much an exploration of what is going on in some of Niagara's poorest communities as it is an effort to improve the health of those who live there.

Top 5 Lessons Learned ... so far

- Surround yourself with the right people, and find a mentor!
- Don't get stuck in your program silo – actively seek opportunities to partner and work with others
- Leadership happens at all levels – you don't have to be a Manager to be a leader.
- Practice all of the HP core competencies (not just the ones you are naturally good at). Use them or lose them.
- Get involved with your public health professional association.



JULIA ROITENBERG, RN, BA, MN
DIRECTOR, CHILD AND FAMILY HEALTH
CHIEF NURSING OFFICER
YORK REGION COMMUNITY & HEALTH SERVICES

When hiring new professionals:

- Meet the qualifications of the position
- Additional relevant experience
- Preparation
- Enthusiasm
- Strong communication skills
- Customer service orientation



Successful new professionals in their first 5 years in the workplace

- Strong knowledge of their program
- Understanding of the bigger picture
- Initiative taking
- Leadership of self and others
- Alignment with organizational vision/mission/values
- Meeting or exceeding core competencies

OPHA Orientation

Mission

- The mission of the Ontario Public Health Association is to provide leadership on issues affecting the public's health and to strengthen the impact of people who are active in public and community health throughout Ontario.

OPHA Activities

GOVERNMENT
HEALTH PREVENTION
& PROMOTION
PROGRAMS

Nutrition
Resource

Collaborative
Projects

ADVOCACY

Work Groups

Stakeholder
&
Government
Relations

CAPACITY BUILDING
(KNOWLEDGE
EXCHANGE &
TRANSFER)

Professional
Development

Learning &
Training
Tools

OPHA PRESENTS: THE NEW PROFESSIONALS WORKING GROUP (NPWG)

Goal of NPWG

- The purpose of the New Professionals Working Group is to increase engagement of students and new professionals with the Ontario Public Health Association (OPHA) and to deliver value and benefits to these populations.

Interested in Applying to the NPWG?

- Will consist of 5- 10 members
- Representation from across Ontario's post secondary institutions
- Application deadline: May 15, 2013
(*details will be made available on the OPHA website:*
<http://www.opha.on.ca/index.shtml>)
- First meeting: Early June 2013

THANK YOU!
QUESTIONS?