

2018 HSPAC PHPAG HPHE



Workforce Webinar

Friday 19 October 2018 @ 1200 - 1300 EST

Brought to you by:

LCDR Tracy Tilghman, Lead &
CDR Neelam Ghiya, Co-Lead

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Health Promotion & Health Education (HPHE) Leads: Welcome and Intros



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Agenda

- HPHE Leads & Speaker Introduction (5 minutes)
- Speaker 1: CDR Michael Ahmadi (10 minutes)
- Speaker 2: LCDR Janesia Robbs (10 minutes)
- Speaker 3: LCDR Devin Thomas (10 minutes)
- Speaker 4: CDR Malaika Washington (10 minutes)
- Q & A (10-15 minutes)

- Email: hphe.phpag@gmail.com



CDR Michael Ahmadi, MPH



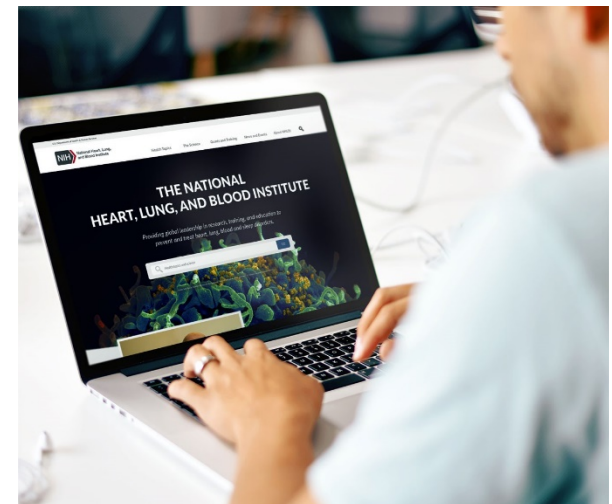
About Me

My Current Duty Assignment

- **Team Lead, Digital Communications:** National Institutes of Health (NIH), National Heart, Lung and Blood Institute (NHLBI), Office of Science Policy, Engagement, Education, and Communications (OSPEEC)
- **Job Duties:** Direct a 22-member team who oversees NHLBI digital content management, distribution and governance; collects and analyzes data relevant to web performance, customer satisfaction; and conducts formative audience research to improve the dissemination of digital health information to researchers, health professionals, and the public.



National Heart, Lung,
and Blood Institute



Walking the Talk...



NIH NHLBI @nih_nhlbi · 33m

We wear red on National #WearRedDay to remind us that small lifestyle changes can add up to a #hearthealthy lifestyle.



1



2



16



About Me

Education / Background / Certifications

- **MPH, Health Education & Behavioral Science**
 - University of Medicine and Dentistry of New Jersey, 2001
- **BS, Community Health Education**
 - Montclair State University, 1995
- **Certified Health Education Specialist (CHES)**
 - National Commission for Health Education Credentialing, 1995
- **FAC-P/PM Level II**
 - Federal Acquisition Certification for Program and Project Managers, 2012
- **Master's Certificate in Project Management**
 - George Washington University School of Business, 2015
- **Project Management Professional (PMP)**
 - Project Management Institute, 2015
- **FAC-COR Level II**
 - Federal Acquisition Certification for Contracting Officer's Representative, 2016



My Path to PMP

FDA Project Management Training Program

- **9-month in-person and virtual coursework**
 - Managing Projects
 - Project Leadership, Management, and Communications
 - Risk Management
 - FAC-P/PM Acquisition for Federal Government Project Managers
 - Negotiation Skills
 - Scheduling and Cost Control
 - High-Impact Communications
- **PMP Power Prep “Boot Camp”**
 - 1-week in-person

Exam Prep

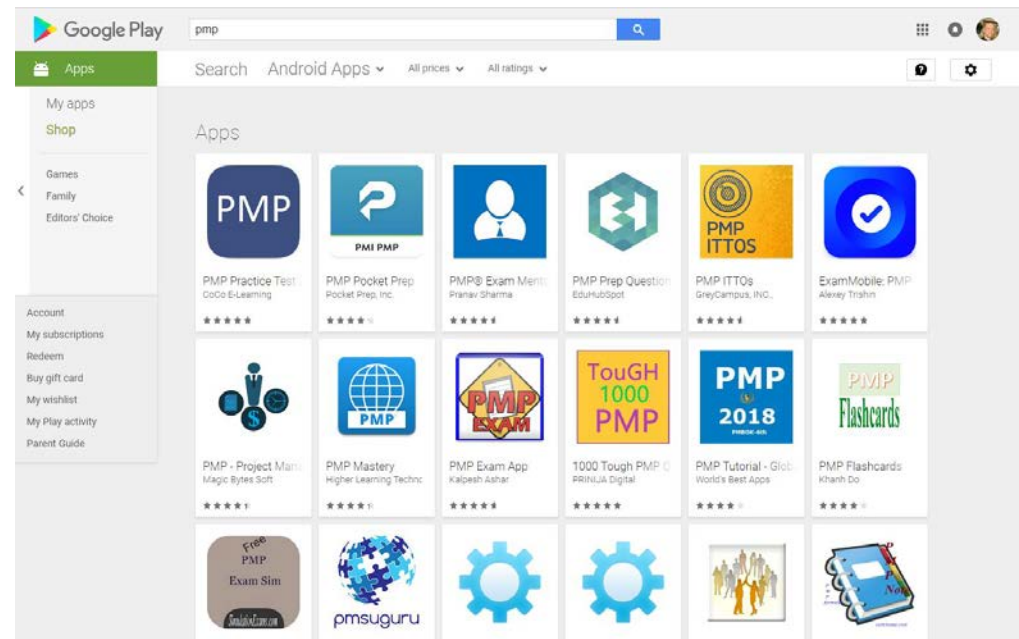
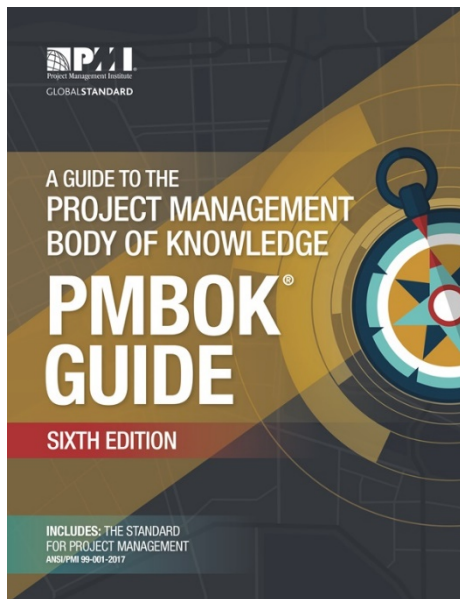
- **Application Process:** <https://www.pmi.org/certifications/process>
 - **Fulfill Eligibility Criteria** (*4-yr degree; 4,500 hrs. leading/directing projects; 35 hrs. PM education*)
 - **Complete Application** (*education and PM experience*)
 - **Application Review** (*PMI verifies or audits*)
 - **Payment** (*\$405 – member; \$555 non-member*)
 - **Schedule Test Appointment** (*through online system at in-person test site*)



My Path to PMP (con't)

Exam Prep

- Study, Study, Study!!!
 - 200 multiple-choice questions (taken within 4 hours)
 - Purchase and thoroughly review PMBOK
 - <https://www.pmi.org/pmbok-guide-standards/foundational/pmbok>
 - Take as many practice exams/questions as you can (TIME YOURSELF!)
 - Search for and use PMP Exam Prep apps
 - **Boot Camp is HIGHLY recommended**



Professional Development

Continuing Education

- 60 Professional Development Units (PDUs) every 3 years
 - Join and become active with local PMI chapter:
<https://www.pmi.org/membership/chapters/north-america>
- Local, in-person networking and Continuing Education Opportunities
 - Monthly dinner meetings, Spring and Fall Member Appreciation Symposia



Project Management Institute - PMI - ...
Montgomery County MD Chapter

Page Liked · October 9, 2016 · Edited ·

The twist in the Game of 6's were the ever changing rules. This made our teams think much more on their feet, and to ensure group understanding. — at The Universities at Shady Grove.



Like



Comment



Share



Write a comment...



Benefits to Career and PHS

Project Management Professional (PMP)

- **Provides Framework / “Way of Thinking” in Managing Projects**
 - Scope, Time, Cost, Quality, Human Resources, Communications, Risk, Procurements, Stakeholders
 - Managing and leading multiple teams, departments, offices, projects with interdependencies, and how they affect each other
- **Applicable to Deployment situations**
 - They are often very FLUID projects, often on a large scale
- **Develops Leadership and Strategic Thinking**
 - Extremely valuable for Commissioned Officers
 - Helps you see the “big picture” and think about the strategic value you offer in the work you perform on a daily basis
 - Know when and how to step back, and get into the “weeds” when needed



LCDR Janesia Robbs, MPH, MCHES®



Stakeholder Engagement

Duty Location

- **Stationed** at FDA in the Office of Foods and Veterinary Medicine
- **Serve** as a Health Communication Specialist on the Strategic Communications and Public Engagement Team

Primary Tasks

- **Strategically** plan and execute outreach efforts
- **Lead** internal cross-functional groups
- **Present** short-and long-term stakeholder engagement goals
- **Listen and communicate** with external stakeholders
- **Facilitate and foster** mutual understanding and provide forums for all perspectives to be heard and addressed
- **Advise, Develop, and Manage** Stakeholder Meetings
- **Support** Crisis Communications and Management



Education and Certification

Education

- Bachelor of Science in Health Education
- Master of Public Health (General Studies)
- Morgan State University in Baltimore, Maryland

Certification/Training

- **Master Certified Health Education Specialist**
 - CHES (+5 Years)
 - Exam
 - Continuing Education Credits (Conferences, Webinars, etc.)
- **Trained** in Effective Risk Communication, Effective Facilitation, and Critical Thinking for Problem Solving
- **Active** in Professional Organizations (APHA, SOPHE, Local Health Organizations)



Work Products

Meetings

- Routine Coalition Meetings
- Public Meetings
- Stakeholder Meetings



Webinars

Stakeholder Outreach/ Stakeholder Engagement Plans

Stakeholder Relations

Plant/Site Visits

FDA **FDA FOOD SAFETY MODERNIZATION ACT** THE FUTURE IS NOW

FDA Food Safety Modernization Act Public Meeting:
Focus on Strategic Implementation of Prevention-Oriented Import Safety Programs
Tuesday, June 21, 2016; 8:30 am - 3:30 pm

Double Tree Suites by Hilton Hotel Detroit – Downtown Fort Shelby
525 W Lafayette Blvd.
Detroit, MI 48226

AGENDA

8:00AM **Registration**

8:30AM **Greeting & Setting the Stage**
Kendall Lott, Senior Facilitator, M Powered Strategies

8:40AM **Strategic Implementation of FSMA Prevention-Oriented Import Safety Programs**
Rebecca Buckner, Interim Associate Director of FSMA Operations, Center for Food Safety and Applied Nutrition, FDA
Todd Cato, District Director, Southwest Import District Office, Office of Regulatory Affairs, FDA

9:05AM **Engaging FSMA Import Safety Stakeholders Strategy Overview**
Janesia Robbs, Health Communication Specialist, Strategic Communications and Public Engagement, Office of Foods and Veterinary Medicine, FDA

FDA U.S. FOOD & DRUG ADMINISTRATION

Home > Food > News & Events > Constituent Updates

FDA Announces Public Meeting to Discuss Nutrition Innovation Strategy Implementation

June 21, 2016

The U.S. Food and Drug Administration announced today a public meeting to discuss the agency's Nutrition Innovation Strategy in a statement released today. Commissioner Scott Gottlieb, M.D., emphasized that the public meeting will begin an important dialogue on various aspects of the strategy with a variety of stakeholders. In his March 29 speech to the National Food Policy Conference, the Commissioner recognized the critical role the FDA plays in protecting public health through improvements to the nutritional profile of foods that comprise the American

FDA U.S. FOOD & DRUG ADMINISTRATION

Home > Food > News & Events > Constituent Updates

FDA Commissioner Scott Gottlieb Delivers Nutrition Speech at National Food Policy Conference

March 29, 2016

FDA Commissioner Scott Gottlieb today spoke at the National Food Policy Conference in Washington, D.C., announcing the rollout of the FDA Nutrition Innovation Strategy. The strategy promotes public health through improved nutrition, encouraging industry innovation to create healthier products that consumers seek and helping consumers identify those products.

In the speech, entitled "Reducing the Burden of Chronic Disease," Commissioner Gottlieb emphasized how the FDA is exploring how to support industry activities to create new products that meet consumer demands for healthier foods. The FDA has identified several areas where it believes there is opportunity to improve public health and encourage innovation — claims on labels, information about ingredients in food, and standards of identity. All the strategy talks show, FDA will provide opportunities for public input.

For Additional Information:

- [Commissioner Speech](#)
- [FDA Nutrition Innovation Strategy](#)



LCDR Devin Thomas, MPH, CHES



Current Duty Station

Health Education and Training Specialist within FDA Office of the Commissioner, Office of the Chief Scientist, Office of Scientific Professional Development.

My main duties include:

- Development and Coordination of training for the FDA's scientific staff (including Grand Rounds)
- Management of the Scientific Achievement Awards Program
- Management of the Chief Scientist's Academic Outreach Program
- Creation of tailored text and audio/visual content to engage audiences



Education

Doctorate in Health Sciences (DHSc), Community Health (5/2019)
Jefferson College of Health Science/Radford University; Roanoke, VA

Opioid Overdose Naloxone Certification (9/2018)
USPHS

Community Emergency Response Training (CERT) Certification
Prince George's County, MD, BCOG, USPHS

Certified Health Education Specialist (CHES)
National Commission for Health Education Credentialing

Master of Public Health (MPH), Behavioral Sciences and Health Education
Emory University, Rollins School of Public Health, Atlanta, GA

Bachelor of Arts, Psychology
Hampton University; Hampton, VA




Impact

- Indirect benefit, transferrable skills
- Semper **Gumby**



3rd Annual NPAC CAARE Mission
CAARE Kids Zone January 16, 2017

Officers engaged in activities including reading books, coloring books, and health education games, for kids while parents participated in various health related activities.



Community Lead, LCDR Devin Thomas is in her element entertaining the kids



CDR Malaika Washington MSPH



Current Assignment

Division of Adolescent and School Health

- **National Center for HIV, viral Hepatitis, STD, and TB Prevention (NCHHSTP)**
 - **Repositioned in 2012 from the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)**
- **Program Development and Services Branch**
 - **Lead Health Education Specialist (Team Lead)**



Healthy Teens. Successful Futures.



Current Assignment

Lead Health Education Specialist (Team Lead)

- **General Education and Training Series, 1701**

Individual Occupational Requirements Basic Requirements:

Degree: that included or was supplemented by major study in education or in a subject-matter field appropriate to the position.

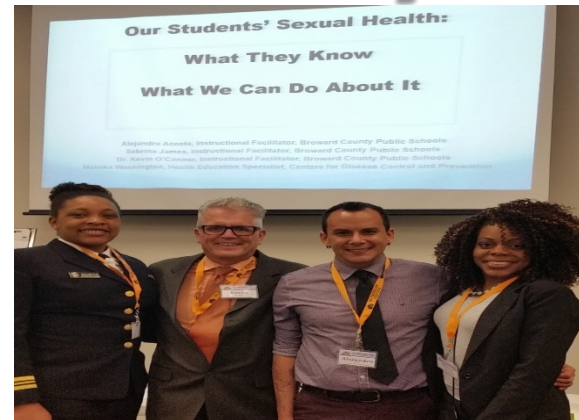
or

Combination of education and experience -- courses equivalent to a major in education, or in a subject-matter field appropriate to the position, plus appropriate experience or additional course work that provided knowledge comparable to that normally acquired through the successful completion of the 4-year course of study described in A above.

- ✓ *For GS-11 and above, experience in managing a large, complex child development program offering a wide range of services, in a variety of settings.*



So what do you really do?



Implementation Lead

- Fund 28 local education agencies to improve the sexual health and wellness of adolescents:
 - Provide medically accurate and scientifically proven STD, HIV, and teen pregnancy prevention education in schools;
 - Link youth to sexual health services onsite or to community based organizations or health departments;
 - Ensure safe and supportive environments for all youth
- Supervise 4 GS-13 civilian staff who serve as Project Officers
- Support and mentor staff
- Develop partnerships and opportunities to leverage programmatic work



Education - Background

- **University of Virginia, 2001**
 - Bachelor of Arts, Charlottesville, VA
- **Meharry Medical College, 2003**
 - Master of Science of Public Health, Nashville, TN
- **University of Alabama at Birmingham, 2005 – 2012**
 - DrPH, Maternal and Child Health (2005 – 2008)
 - PhD(c), Health Behavior (2008 - 2012)
- **CHES, 2010**
 - NCHEC Study Guide
 - Emory University, free 1 day Saturday workshop
 - Prior to Spring exam date – March/April



What has CHES done for me?

Serve as a CHES/ NCHEC Reviewer

- CDC Division of Violence Prevention
 - Online course module for violence prevention education – 2012, 2015
- CDC Division of STD Prevention
 - 2018 STD Prevention Conference

Health Communication Skillset

- 90-day detail to Division of Violence Prevention (2010)
- 30-day deployment for HHS Hurricane Response (2017)



What has CHES done for me?

Deployment to St. Croix USVI with CDC JIC

Health Education & Promotion



Has it been worth it?



Questions and Answers



Questions after today?

Not a problem! Email them to the **HPHE Mailbox**

hphe.phpag@gmail.com



Adjournment

- Slides and Recording will be posted on the website:
<https://dcp.psc.gov/OSG/hso/pags-phpag.aspx>

*Thank you
for
Your Participation!*

