

The Fulcrum

Note from DHPAG Chair

LCDR Jennifer Curtis

2020 Summer - Issue II



Dear Fellow Officers,
The Dental Hygiene Professional Advisory Group (DHPAG) elections are underway. The DHPAG is important to the future of the Dental Hygiene discipline in the Public Health Service. The DHPAG needs you to get involved so please send your nomination to Lcdr Diane Weidley at Diane.Weidley@FDA.HHS.GOV or find a subgroup you are interested in and contact the chair to join the team.

On another note, who would have thought that the 2020 year would bring us so many professional and personal stressors to our daily routines? While navigating the changes in our professional responsibilities that the COVID-19 pandemic has brought into our lives, we must also be concerned with our family's health, economic stability, and for some the addition of at-home schooling. All of these contributing factors can have a negative impact on our well-being and lead to professional and personal burnout. I know I have had good days and bad days during these COVID-19 months. As Public Health Officers, we must take an active role in placing healthy boundaries between our professional and personal lives to ensure our own well-being. A good way to start is by sticking to a schedule and focus on work during work hours and personal life during off hours. If you are on telework, create yourself a designated workspace and work hours. Then, turn off email and work notifications after work hours to ensure you get a mental break. It is not healthy to be available all the time, but let your teammates know when you are "off the clock." Finally, intentionally schedule yourself activities that are more personal: such as taking a hike, reading a book, or any other hobby you enjoy. My personal favorite is to read a southern living magazine, take a swim, or get a massage. Just remember to schedule yourself some "Me" time and do you.

I pray you all stay happy, healthy, and safe during this difficult time in our lives.

Sincerely,

LCDR Jennifer Curtis

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Save the Date

Continuing Education

Co-Editors:

[Lcdr Marie-Elena C. Puleo](#)

[Lcdr Tanya Selling](#)

[LT Keasha Myrick](#)

2020 DHPAG EXECUTIVE COMMITTEE

Chair	LCDR Jennifer Curtis	918-342-6400	Jennifer.Curtis@ihs.gov
Chair Elect	LCDR Emily Warnstadt	509-865-1708	Emily.D.Warnstadt@ice.dhs.gov
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Technical Readiness Chair	CDR Amy Strain	214-767-3048	astrain@hrsa.gov
<i>Co-Chair</i>	LCDR Tanya Selling	520-868-8455	Tanya.L.Selling@ice.dhs.gov
Data & Evaluation Chair	LCDR Charles Brucklier	301-443-0210	cbrucklier@hrsa.gov
<i>Co-Chair</i>	OPEN		

Management

Policy Chair	LCDR Emily Warnstadt	509-865-1708	Emily.D.Warnstadt@ice.dhs.gov
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Co-Chair	LT Johnna Bleem	814-362-8900 x3478	jbleem@bop.gov

SUBGROUP CORNER

COMMUNICATIONS SUBGROUP

WANTED ARTICLES FOR NEWSLETTERS:

- A day in the life of a RDH*
- Alternative Career Paths*
- Upcoming Conferences*
- Volunteer Opportunities and Engagement*
- Community Events*
- Tips for Successful PCS*
- Deployment Experience*
- Kudos for promotions and awards*

What do you want to see in the Newsletter?

NEWSLETTER SUBMISSIONS:

Issue III (Fall) November 27th

Subgroup Chairs: Ensure to utilize the “DHPAG Newsletter Submission Request Form” going forward even if there is nothing to report.

All: Ensure to utilize the “DHPAG Newsletter Submission Request Form” going forward for articles, award notifications, notification of new officers etc.

FORM: The form has been uploaded and a link has been placed on our DHPAG website under the Newsletter Section, which can be accessed below:

<https://dcp.psc.gov/OSG/hso/pags-dhpag-newsletters.aspx>

AWARDS SUBGROUP

See page 9 for Recipients of Candace Jones Award, CDR Moore, and Junior Dental Hygienist of the Year, LCDR Chennault.

STAKEHOLDER & COMMUNITY ENGAGEMENT SUBGROUP

Nothing to report at this time.

TRAINING, EDUCATION & MENTORSHIP SUBGROUP

DHPAG DIRECTORY

Will be updated quarterly. Please send any changes to maintain the directory updated to LCDR Paula Arango at PArango@bop.gov or CAPT Mylene Santulan at Mylene.Santulan@fdihb.org

CV REVIEW PROJECT

CV Review Project is currently in progress and the end date will be October 15, 2020. DHPAG TEM subgroup will send a questionnaire to the reviewers and reviewees to evaluate the project no later than October 30, 2020.

2020 FINAL PROJECT

Ergonomics Webinar presented by CDR Andrea Woolridge, Physical Therapist (pending DHPAG Executive Members approval) Tentative date December 8, 2020 right after our DHPAG meeting.

DENTAL RESOURCES AND CONTINUING EDUCATION COURSES

CE Credits: Available CE Credits

- <https://www.colgateoralhealthnetwork.com/webinar/?cwF=1&fr=all-formats>
- <http://www.adha.org/continuing-education>
- <https://www.dentalcare.com/en-us/professional-education/ce-course/>
- <https://dentalacademyofce.com/dace/courses.aspx?s=Dental%2520Hygienist&c=Hygiene>
- <https://dimensionsofdentalhygiene.com/ce/>
- <https://www.hu-friedly.com/education/continuing-education-classes>
- <https://www.dentalcare.com/en-us/professional-education/ce-courses/ce619>
- https://www.dentalcare.com/en-us/professional-education/ce-courses/ce560?utm_source=DC_newsletter&utm_medium=email&utm_campaign=CE_email_Ohio_May2020&1CP_LK=%5Blead_key_id%5D&hq_e=el&hq_m=6226383&hq_l=2&hq_v=1f00f6526b

Center for Disease Control and Prevention

- <http://www.cdc.gov/oralhealth/>

Health Resources and Services Administration

- <https://www.hrsa.gov/oral-health/index.html>

Indian Health Service Early Childhood Caries Initiative

- <https://www.ihs.gov/doh/index.cfm?fuseaction=ecc.materials>

National Board of Public Health Examiners

- <https://www.nbphe.org/CPH> - Certified Public Health

National Commission on Correctional Health Care

- <https://www.ncchc.org/CCHP-exam> - Certified Correctional Health Professional

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SUBGROUP CORNER

TECHNICAL READINESS SUBGROUP

Reminder: October 1 cohort for the Advanced Readiness Program needs to have their training and 120 hours clinical hours done by this date. Unless you deployed this past year so check with me for extension.

Bi-annual requests for applications will be coming out soon, if you need a refresher, please email, astrain@hrsa.gov, or check out Advanced Readiness site https://dcp.psc.gov/OSG/hso/advanced_readiness.aspx.

Committee is sponsoring several refresher/answer question sessions for officers accepted into the program. Attendance for those selected officers is not mandatory.

ADMINISTRATION SUBGROUP

Nothing to report at this time.

DATA & EVALUATION SUBGROUP

Nothing to report at this time.

RECRUITMENT SUBGROUP

Nothing to report at this time.

POLICY SUBGROUP

There are several new issuances that have been released. Please take the time to read them, they are located on the CCMIS web page.

A Dental Hygiene Officer Pioneer

By CAPT Hander and LCDR Melissa Parra

This article was a collaboration between the Dental Professional Advisory Committee and the Health Services Officer Category Dental Hygiene Professional Advisory Group.

CAPT Candace Hander began her government career by enlisting in the U.S. Coast Guard (USCG) in 1983 as a hospital corpsman and dental technician serving with the USCG for five years. She then attended the Western Kentucky University Dental Hygiene program, earning a bachelor's degree. While there, she served in the Kentucky Army National Guard/Army ROTC simultaneous membership program, being commissioned as an Army second lieutenant in 1991.



In 1992, CAPT Hander joined the PHS as the seventh dental hygienist to be commissioned. During her first assignment serving on the Pine Ridge Indian Reservation, she served as the Joint Commission coordinator and led the Kyle Health Center through a successful accreditation. While there she embraced the community dental health education component of her position by educating parents in the Women, Infants, and Children (WIC) programs about baby bottle tooth decay (now called early childhood caries) monthly and placing sealants on schoolchildren's teeth during the school year using portable equipment — ultimately winning the "super sealer" award. She additionally coordinated all of the pediatric dental health care for Head Start children via the mobile dental unit. Her next assignment was in Sacaton, Arizona on the Gila River Indian Reservation, where in addition to her clinical duties she developed a science project for 8th graders on the effect of sucking lemons on their teeth.

In 2003, after receiving her Master of Science from Arizona State University in Environmental Technology Management and Organization Effectiveness, she took a position with the USDA Food Safety and Inspection Service (FSIS) as a Consumer Safety Officer (CSO) Investigator and served in this field position before moving into a training position two years later where she was instrumental in developing the Advanced CSO training program for FSIS. Along the way, she earned her certifications in Reiki, Ayurveda, and as a Yoga teacher. She studied meditation with many teachers and is currently studying with Jack Kornfield and Tara Brach of the Insight Meditation Society.



In 2009 CAPT Hander took a position with the FDA Center for Drug Evaluation and Research (CDER) as a training officer, where she became an International Coaching Federation certified coach. At CDER she instituted the first internal coaching program, taught leadership, networking, communication skills courses, and meditation. In 2017 she partnered with CAPT Indira Harris to create the Resilience Through Meditation program designed virtually to reach officers wherever they might be stationed and provide a basic tool for resilience.

CAPT Hander plans to retire at the end of this year with 29 years of service. Thank you for your service!

REMEMBERING CAPT CANDACE M. JONES

FOR HER WORK IN ESTABLISHING THE DENTAL HYGIENE PROFESSION IN THE USPHS

By: CAPT CANDACE Y. HANDER WITH CONTRIBUTIONS FROM MANY OTHERS



CANDACE M. JONES RECEIVING THE IHS DIRECTOR'S AWARD FOR OUTSTANDING DEDICATION TO THE PREVENTION OF ORAL DISEASE AMONG AI/AN PEOPLE. ADMIRAL CRAIG VANDERWAGON, CAPT CANDACE M. JONES, ADMIRAL CHARLES GRIM. NOVEMBER 2000

CAPT Candace Jones, was instrumental in establishing the dental hygienist profession in the USPHS and the commissioning of baccalaureate dental hygienists. She began her PHS career in 1984 as a contractor with the Southcentral Dental Foundation - an Alaska Native Corporation to provide dental public health services for the Alaska Area of IHS. There she saw the need for providing quality oral health care for the Native American population.

She returned to school in 1987 and received her MPH at the University of Michigan. Upon her return to Alaska in 1988 she was commissioned in the HSO category as a Dental Disease Prevention Officer with the IHS. Prior to 1991, dental assistants, with limited training and experience, provided the majority of cleanings and patient oral health education prior to the commissioning of dental hygienists. Only a few clinical dental hygienists were employed by the USPHS as civilian contractors, and a few – like Candace - who were commissioned with an MPH to do dental prevention work.

In 1988 CAPT Jones began developing the commissioning standards and billets for dental hygienists, meeting with the Alaska Area Dental Officer for IHS, the Chief Dental Officer for IHS and the Special Assistant to the Chief Dental Officer for the USPHS. Once everyone was in agreement, and the needs statement was developed for the RDH discipline within the HSO category of the USPHS. Working with CAPT Donald Schneider, DDS, MPH, Special Assistant to the Chief Dental Officer, CAPT Jones developed the commissioning standards and wrote five billets for dental hygienists. After consulting with the Chief Health Services Officer, the Chief

Dental Officer and the HSO Professional Advisory Committee, the commissioning standards and billets for dental hygienists were sent to the Division of Commissioned Personnel for final evaluation and approval.

The decision to commission clinical dental hygienists at the baccalaureate level was made between September 1989 and August 1991, and the first baccalaureate dental hygienist was commissioned in August 1991. Candace was awarded the USPHS Chief Dental Officer's Exemplary Service Award in 1993 for her efforts.

Between 1992 and 1999 she coordinated an annual continuing education conference for all IHS dental hygienists, and working with a team of others, developed by-laws for the IHS dental hygienist's coalition while serving as its Executive Advisor. She later contributed in organizing the dental hygiene Professional Advisory Group (PAG) in 2005.

In addition to standing up the dental hygiene profession in the USPHS that we know today, she was a warrior for the oral health of American Indian and Alaskan Native children and adults. Over the course of her career she worked on projects like Early Childhood Caries Prevention, the development of a model dental caries diagnosis, risk assessment, and management, Community Support of Water Fluoridation, managing the dental health component of the national IHS Head Start program. She created a model to expand the use of Dental Auxiliaries in IHS, developed HHS department wide oral health initiatives bringing together public and private partners to focus on improving the oral health of underserved children, worked on the Indian Health Care Improvement Act, and coordinated collaboration between the VHA and IHS to improve access and quality of care for Indian veterans.

She was awarded the HHS Secretaries' Award for Distinguished Service for her work as a contributor to the "Oral Health in America: A Report of the Surgeon General", resulting in the publication of Healthy People 2010. Candace also received the IHS Director's Award for outstanding dedication to the prevention of oral disease among AI/AN Presented November 1, 2000, the IHS National Director's Awards for Sustained Quality of Exceptional Performance in Efforts to Improve Oral and Overall Health of American Indian and Alaska Native People Presented December 6, 2001.

In January 2002 she became the Acting Deputy Director, for the Office of Public Health with IHS in Rockville, and in 2006 she moved back to Albuquerque to take the position of National Program Liaison Officer and Acting Director, Division of Clinical and Community Services. Candace finished out her career as the Administrator for the IHS Improving Patient Care program. She retired in 2014 after 26 years of service.

CAPT Candace Jones was a pioneer for Dental Public Health in IHS and she paved the way for the many career dental hygienists in the USPHS today.

Fatigue Caused by Dullness

By LCDR Khateeja Brahim



While cleaning a patient's teeth, have you ever thought to yourself "OMG my hand is really hurting". I am sure you may have thought is it because of the amount of calculus on the patient's teeth but have you ever thought that dull instruments may be the cause. As hygienists, many of us may not like to sharpen our instruments or may not have the time. A study conducted by RDH eVillage newsletter found that 25% of hygienists sharpen their instruments less frequently than once per month, and half of those quarterly or less.¹

Although the ultrasonic scaler is very efficient for removal of heavy stubborn calculus, hand scaling may still be necessary. While advances in ultrasonic instrumentation now account for much of the periodontal scaling performed, when hand instrumentation is needed, being sharp is critical.¹ Dull instruments make calculus removal more difficult causing more strokes and longer appointment times. Poorly sharpened instruments, the hygienist must grip and push harder on the instrument in order to get it to engage on the tooth.² Most of the time, the hygienist's wrist will come out of the neutral position.² As hygienists we must realize the impact of how dull instruments can affect our hands. Dental hygienists are known to be at high risk for work-related injuries to their hands.³ Musculoskeletal disorders (MSD) reported by hygienists are caused by repetitive motion, poor ergonomics, and pushing and gripping the instrument too hard.⁴ When hygienists use dull instruments, not only do they have to push harder and grip harder, but when the instrument is poorly sharpened, not sharpened, or incorrectly sharpened, the wrist will come out of the neutral position in an attempt to get the instrument to "bite" the tooth surface.² Over time, this repeated action leads to inflammation and injury.²

Hygienists must make it a priority to work with sharpen instruments. In order to reduce and prevent work-related hand injuries we must take action by sharpening at the first sign of dullness.

References:

1. RDH. (2012) Be sharp. Retrieved from <https://www.rdhmag.com/career-profession/personal-wellness/article/16405867/be-sharp> Accessed May 7, 2020
2. Dull instruments and hand injury to the hygienist: There's a connection. Retrieved from Dentistry IQ. <https://www.dentistryiq.com/dental-hygiene/ergonomics/article/14073741/ergonomics-and-sharpening-the-connection-between-using-dull-instruments-and-hand-injury-to-the-hygienist>
3. Lalumandier JA, McPhee SD. Prevalence and risk factors of hand problems and carpal tunnel syndrome among dental hygienists. *J Dent Hyg.* 2001;75(2):130-134. Millar D. Adverse effects of MSD affect dental hygienists. ISHN website. <https://www.ishn.com/articles/105008-adverse-effects-of-msd-affect-dental-hygienists>. Published October 3, 2016. Accessed May 7, 2020.
4. DeStefano AW. The ballad of time, money, and instrument sharpening. *RDH* magazine website. <https://www.rdhmag.com/articles/print/volume-38/issue-9/content/the-ballad-of-time-money-and-instrument-sharpening.html>. Published September 1, 2018. Accessed May 7, 2020.

2020 RDHPAG Awards

The 2020 PAG Awards were announced June 26th, 2020 at the HSPAC All Hands Meeting. Unfortunately the winners were not able to be presented with their awards at the Symposium this year due to COVID-19. We had 3 Candace M. Jones applicants and 6 Junior Dental Hygienist of the Year applicants. The competition was very tough. The Junior Dental Hygienist of the Year was scored on contributions, responsibilities, leadership, and professionalism. The Candace Jones Dental Hygienist of the Year was scored on career progression, award history, leadership attributes, and certifications/continuing education. Current voting members may not apply and you cannot apply for both PAG awards. Here are this year's winners:

2020 Junior Dental Hygienist of the Year: LCDR Cynthia Chennault



LCDR Cynthia Chennault has been a U.S. Public Health Service Commissioned Corps officer for 10 years. After earning her Bachelor of Science Degree in Dental Hygiene from Texas Woman's University in 2008, LCDR Chennault began her career as a LTJG with Indian Health Service (IHS), in Harlem, MT, in 2010. LCDR Chennault served the Gros Ventre and Assiniboine tribes for over two years, establishing a school based sealant and fluoride prevention program. In June of 2012, LCDR Chennault transferred to Rock Hill, SC, where she provided oral health services to the Catawba Indian Nation for over 7 years. LCDR Chennault was a prevention champion at Catawba Service Unit, serving several work groups that led to a 42% reduction in patients achieving smoking cessation and a 53% increase in patients receiving an influenza vaccination. LCDR Chennault authored several grants that established numerous oral health programs within tribal communities. LCDR Chennault is also a national speaker and has delivered several presentations on Health Promotion/Disease Prevention topics. In May of 2019, LCDR Chennault earned a Master's in Public Health and a Graduate Certificate in Emergency Disaster Preparedness from New York Medical College. LCDR Chennault recently accepted assignment with the Health and Resources Service Administration in Rockville, MD. She works in the Division of Medicine and Dentistry—Oral Health Branch, assisting the agency

in improving health outcomes, and addressing health disparities through access to quality services through a skilled health workforce, and innovative, high-value programs. LCDR Chennault has been very active within the Dental Hygiene Professional Advisory Group, the Junior Officer Advisory Group, PHS Athletics, and the Commissioned Officers Association. She has chaired several committees and serves as a role model to other officers. Due to her noteworthy and significant accomplishments as a dental hygienist, LCDR Chennault is strongly deserving of the 2020 Junior Dental Hygienist of the Year Award.

2020 Candace M. Jones Dental Hygienist of the Year: CDR Kelly Moore

CDR Kelly Moore has served as the Health Services Administrator (HSA) at the Federal Correctional Institution (FCI) Gilmer since July 2019. FCI Gilmer is a Care Level 2 facility operated by the Federal Bureau of Prisons (BOP) in Glenville, West Virginia. She has 25 years of experience working in the healthcare industry. CDR Moore started her BOP career in August 1995 as a Registered Dental Hygienist at FCI Beckley, West Virginia, receiving her commission as an officer with the United States Public Health Service (PHS) on October 2, 1995. In March 2020, she transitioned to HSA at FCI McDowell, a Care Level 1 facility located in Welch, West Virginia. As a trailblazer in her trade, she became the first hygienist to become a HSA for the BOP. She uses her knowledge, skills, and abilities to inspire others to grow in the workplace.

In 1988, CDR Moore received her Associates in Health Sciences (Dental Hygiene) from the West Virginia Institute of Technology, and in 1993, obtained her Bachelors of Science (Dental Hygiene) from West Virginia University. In 2011, she furthered her Education, receiving a Master's of Science in Health Sciences, Emergency and Disaster Management, from TUI University.

CDR Moore serves as a Planning Section member of Rapid Deployment Force Team 4, deploying on multiple occasions throughout her career.

CDR Moore loves spending time outdoors with her husband, children, and pets, hiking, fishing and mountain biking. She has a passion for promoting a healthy lifestyle and enjoys cooking and food prepping.



DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

CAPT DENISE GOUDELOCK

Thoughtful, Honest, Committed



Recommendations

for Junior Officers in regards to graduate degrees, career progression and standing out for promotions:

"The recommendations I would give Junior Officers in regards to graduate degrees would be to pursue a degree along the lines of Program Management in Health."

Reason for choosing

Master Organizational Management

"The Certificate Human Resources Generalist I pursued thinking it would help me move into another Billet.

The Certificate Advanced Emergency Management I pursued to help me be prepared for future deployments.

Do you Feel it has helped you in your career progression?

"As a dental hygienist I wanted to move out of the "dental world", to assist in my career progression. I have interviewed with other agencies in this geographical area. However, my lack of program management experience I feel has not help me get into those positions."

Current Job Description:

Dental Hygienist-Periodontal disease Prevention Officer with the IHS in Puyallup Tribal health Authority.

As a Dental Hygienist Officer her duties are Coordinates the service unit/tribal periodontal/oral disease prevention program. Provide dental hygiene services. Develops and implements training programs for staff on all aspects of oral disease prevention and intervention at clinical and community levels. Develops educational materials for patients/community that are culturally appropriate and understandable. Supervise Periodontal Expanded Function Dental Assistants resulting in evaluation of periodontal disease prevention program. Establishes and maintains relationship with medical, diabetic, pediatric, tobacco prevention, and other health care providers in community coalitions. Conducts surveys and other assessments on oral health status, needs, and behaviors which are relevant to program and the population. Maintains contact with National Periodontal Consultant and implements programs based on scientific information. Develops liaisons with federal agencies and university/college dental hygiene programs. Assist medical and dental with COVID-19 testing, lab orders, post treatment and contact tracing.

Little bit about:

Has been a Dental Hygienist since 1988

Qualifying Degree for Commissioning: BS in Dental Hygiene

Commissioned into the CORPS: 1991. Training was not the OBC today.

Other Degrees or Certifications:

MA Organizational Management - MAOM

Certificate Human Resources Generalist

Certificate Advanced Emergency Management

PHS Career:

Agencies, duty stations and responsibilities assigned to throughout career:

Puyallup Tribal Health Authority (PTHA) -Takopid Health Center
Sante Fe Indian Hospital

Albuquerque Area Indian Dental Clinic - Acting Area Prevention Officer, At the departure of the Area Prevention Officer, continued the areas' focus on OHP/DP strategies 1996-1998

Pine Ridge Indian Hospital - Contract Dental Hygienist

Deployment missions and roles fulfilled during career: I have not been deployed due to restrictions at my duty station. With personal leave I have participated with mission trips, providing dental care in Honduras, and Haiti twice.

DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

CAPT CANDACE HANDER

Diligent, Thoughtful, Analytical



Current Job Description:

Training Officer with the Food and Drug Administration in White Oak, Maryland.

As a Training Officer her duties are Develop and deliver leadership and communications training. Program manage contractor led training programs. Training Program Evaluation. Internal ICF certified coach.

Little bit about:

Has been a Dental Hygienist since 1988

Qualifying Degree for Commissioning: BS in Dental Hygiene

Commissioned into the CORPS: 1992. There was a 1-week training class, which I believe was run by IHS.

Other Degrees or Certifications:

Masters in Environmental Technology Management and Organization Effectiveness,

Many certificates:

Kirkpatrick Training Evaluation; Myers Briggs Facilitator; Action Learning Coach, ICF Certified Coach; Certified to Facilitate the Outward Mindset, Inside Out Coaching, Certified Instructional Designer, COR, 500-hour Yoga Teacher

PHS Career:

Agencies, duty stations and responsibilities assigned to throughout career:

IHS: Pine Ridge/Kyle, Gila River/Sacaton- Clinical Dental Hygiene and Community Health,

USDA/FSIS: First PHS officer serving as Consumer Safety Officer /Investigator in California District, and later Training Officer in Dallas TX.

FDA/CDER : Training Officer

Deployment missions and roles fulfilled during career:

I deployed as part the the RRCC with FEMA representing the USDA/FSIS in Food Safety during most of the hurricanes that occurred while I was stationed in Dallas. I deployed clinically to Camp Lejeune to support the marines when their dental unit was sent to Iraq. I deployed to two RAM's..

Recommendations

for Junior Officers in regards to graduate degrees, career progression and standing out for promotions:

“Think about what you want to do first, talk to people who hold the job and then get the degree - have a goal in mind. In terms of career progression - be flexible and work hard, find something that you really enjoy doing because then it is easier to excel. Get help from a lot of people to develop your promotion packet because what worked for someone else may not work for you. Get a lot of perspectives/ if you don't get promoted - make changes. Don't get stuck in one "right way" - things change constantly.”

Reason for choosing Specific Master’s Degree

“I got a dual concentration Master's degree to that it provided me with many different pathways. I looked at what was available locally and then followed my interests. Online learning wasn't really available then.”

Do you Feel it has helped you in your career progression?

“I am using my Organization Effectiveness Master's in my current role.”

DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

CAPT MYLENE SANTULAN

Committed, Analytical, Task-Oriented



Recommendations

for Junior Officers in regards to graduate degrees, career progression and standing out for promotions:

"For graduate degrees: What do you want to learn? What interest you? How can the degree serve you and your career? For career progression and promotion: Seek a mentor. Participate in career development initiatives in PAG, PAC, and PHS level. Communicate. Seek help. Give help. Create initiatives. Take action. Be in integrity. Address the why we do what we do. Follow promotion checklist especially for documents, format, signatures, and due dates required. Always be basic ready. It is difficult, but a must: practice work life balance."

Reason for choosing

Master's Health Science

"I chose the Master's Degree in Health Science with focus in International Health due my interest in learning about people, culture, environment and all factors affecting health concerns in a global capacity; and the Certificate Degree in Project Management due my desire and need to learn and develop guidelines/frameworks in creating programs, projects, and initiatives."

Do you Feel it has helped you in your career progression?

"The advance degree and certificate degree helped with my career progression. First, I was able to fulfill a requirement to move beyond the qualifying degree. Second, from the degrees acquired, I learned the relevant consideration to all stakeholders and multi-contextual factors in solving problems, addressing situations, and creating initiatives. More importantly, I learned the connection of human needs not only in a local and national level but also global level. Along with the action taken and knowledge acquired from the degrees relevant are compassion and kindness. The COVID crisis certainly brought forth the reality of such connection."

Current Job Description:

Advanced Community/Clinical Dental Hygienist Officer with the IHS in Fort Defiance, AZ.

As a Dental Hygienist Officer her duties are Provide educational and clinical preventive and periodontal services. Served as interim supervisor and program manager. Serve as agency periodontal educator. Currently serving as the organization's incident command safety director responding to COVID crisis.

Little bit about:

Has been a Dental Hygienist since 1994

Qualifying Degree for Commissioning: BS in Advanced Technical Studies

Commissioned into the CORPS: 2008. Was squad leader at OBC. OBC brought forth learnings of USPHS specific policies, procedures, uniform along customs and courtesies of the uniformed services, which many I had forgotten due the end of my enlistment with the USAF had been quite a few years. My squad was also comprised of great Commissioned Corps officers, thus my first experience of team concept in USPHS.

Other Degrees or Certifications:

Master's Degree in Health Science with focus in International Health & Certificate Degree in Project Management

PHS Career:

Agencies, duty stations and responsibilities assigned to throughout career:

Assigned at Fort Defiance (Navajo Area) Dental Department since November 2008, my position changed from staff dental hygienist to area dental disease prevention officer to interim supervisor and program manager.

Deployment missions and roles fulfilled during career:

Humanitarian deployments in clinical role as dental hygienist: 2017 Chattanooga RAM mission, USNS Comfort missions 2009 Continuing Promise and 2019 Enduring Promise.

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DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

CDR AMY STRAIN

Loyal, Procrastinator, Hopeful

Current Job Description:

Bureau of Primary Health Care (BPHC) Senior Public Health Analyst with HRSA in Texas.

As a Senior Public Health Analyst her duties are Monitoring Grant Recipients for Compliance and Technical Assistance, Data reporting and analysis for the office.

Little bit about:

Has been a Dental Hygienist since 2003

Qualifying Degree for Commissioning: BS in Dental Hygiene

Commissioned into the CORPS: 2003. There was no OBC when I boarded. It was 3 days and you had to wait until someone came to your area to attend. It was all smashed into mostly sitting in PowerPoints and it was a total crash course.

Other Degrees or Certifications:

Master of Public Health

PHS Career:

Agencies, duty stations and responsibilities assigned to throughout career:

Indian Health Service, Pine Ridge South Dakota and then BPHC in Rockville, MD and now Texas.

Deployment missions and roles fulfilled during career:

Strike Team 6, Navajo Nation, Shiprock NM	2020
Remote Access Medical, Durant, OK	2018
Unaccompanied Minor Deployment	2014
Remote Access Medical, Pine Ridge, SD with RDF #4	2011
OFRD Exercise in Kentucky	2011
OFRD Remote Access Medical in Tennessee	2010
OFRD Training at A.P. Hill, VA	2009
USNS Comfort Health Diplomacy Mission	2007
DOD Camp Pendleton Support Mission	2006

Recommendations

for Junior Officers in regards to graduate degrees, career progression and standing out for promotions:

"If you move, seek to see if you can get your duty station's states license--it will help when looking for clinical hours if you are not in a clinical billet. Best experiences were deployments which happen more frequently than they did.

Also I wouldn't focus total on dental--think of something that you can apply after retirement."

Reason for choosing

Master Public Health

"It was something offered totally online in 2009 and since I lived in rural Nebraska--it was the best option for me."

Do you Feel it has helped you in your career progression?

"No. I think that sometimes working in public health is more advantageous than a degree behind your name. I think it would have been better to specialize more like into data analytics or management."

DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

LCDR JENNIFER CURTIS

Energetic, Friendly, Loyal



Current Job Description:

Advanced Clinical and Community Dental Hygienist with IHS at the Claremore Hospital

As a Dental Hygienist her duties are Director/Instructor of the Claremore Hospital periodontal expanded function prevention program and training course. Directly oversees the daily work of Periodontal Expanded Function Dental Assistants and approves required annual competencies.

Directly oversees the Pryor head start disease prevention and fluoride varnish program.

Oral Health Educator: for the Medical, Pediatric, and OBGYN departments at the Claremore Indian Hospital.

Little bit about:

Has been a Dental Hygienist since 2005

Qualifying Degree for Commissioning: BS in Dental Hygiene

Commissioned into the CORPS: 2006.

Other Degrees or Certifications:

Master's in Health Administration

Certificated in Healthcare Compliance and Privacy

PHS Career:

Agencies, duty stations and responsibilities assigned to throughout career:

Clinical Dental Hygienist, Corporate Compliance Officer, Patient Advocate, Privacy officer, Community Dental Hygienist all with IHS.

Deployment missions and roles fulfilled during career:

2008 USS keararge as a clinical dental hygienist
2011 Operation foot hold as an Admirative Officer
2017, 2018 RAM as a clinical dental Hygienist and
2019 RAM as a Lead Dental hygienist

Recommendations

for Junior Officers in regards to graduate degrees, career progression and standing out for promotions:

"Masters degree is a must. I chose masters in health Administration due to my interests once I am no longer a Corps Officer. We are in a tough category for promotions.."

Reason for choosing

Master's in Health Administration

"I chose master's in health Administration due to my interests once I am no longer a Corps Officer and my current position lead me that way."

Do you Feel it has helped you in your career progression?

"Yes, a master's degree opened non-clinical doors for me."

DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

LCDR KRISTI DOSS

Energetic, Smart, Witty



Current Job Description:

Advanced Clinical/Community Dental Hygienist with the Indian Health Services in Pawnee Oklahoma.

As a Dental Hygienist her duties are clinical hygiene pt Tx, Community outreach programs, School dental programs, Head Start dental programs and screenings, IHS Dental screening survey for 13-15 yr old children, Infection Control Officer

Little bit about:

Has been a Dental Hygienist since 2003

Qualifying Degree for Commissioning: BS in Dental Hygiene
Commissioned into the CORPS: 2006. OBC was not available, instead attended 3-day training in OKC, OK.

Other Degrees or Certifications: AA Liberal Arts and Applied Sciences, BS Early Childhood Education and Dental Hygiene, Certification ASL, Certification National Association for the Education of Young children Certification Infection Control, Organization for Safety, Asepsis and Prevention (OSAP)

PHS Career:

Agencies, duty stations and responsibilities assigned to throughout career:

- Choctaw Nation Tribal clinic, Idabel, OK
- Pawnee Nation IHS clinic, Pawnee, OK
- Pawhuska IHS clinic, Pawhuska, OK
- Osage Nation Tribal clinic, Pawhuska, OK
- Pawnee Nation IHS clinic, Pawnee, OK

Deployment missions and roles fulfilled during career:

- RDF 3 ALCON, Oogalah Sioux Nation, South Dakota 2012 Clinical Role treating Detainees
- Oklahoma Missions of Mercy 2013, Lawton, OK, Mobile Xray Bi-lingual Family clinic
- RDF 4 Unaccompanied Minors, 2014, McAllen Texas, Administrative Team; Data Entry to ensure timely relocation of Undocumented Minors
- RDF 4 Remote Area Medical, OKC OK, 2015 Clinical, Community Indigent Population
- Oklahoma Missions of Mercy 2020, Stillwater, OK, Clinical, Community Indigent Population

Recommendations

for Junior Officers in regards to graduate degrees, career progression and standing out for promotions:

“Get Master’s Degree ASAP in your career.”

Reason for choosing other degrees and certifications

“I love working with children.”

Do you Feel it has helped you in your career progression?

“Yes, the ability to relate information to children, and thus make them more accepting of dental treatment has been a great asset.”

DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

LCDR TIFFANY H. SMITH

Positive, Dedicated, Organized



Current Job Description:

Dental Hygienist/ Community Clinical with the DHS/ICE in Eloy, AZ.

As a Community Clinical Dental Hygienist Officer her duties are Provide clinical dental hygiene services including scaling, root planing, fluoride, anesthetic application, nutritional counseling, patient education, obtain and interpret radiographs, and chair-side dental assisting.

Little bit about:

Has been a Dental Hygienist since 2008

Qualifying Degree for Commissioning: BS in Dental Hygiene
Commissioned into the CORPS: September 14, 2008. In early January 2009, I attended OBC, which soon afterwards, the OBC graduates deployed for the 2009 Presidential Inauguration for President Obama. OBC is great for networking and learning how to become a leader with the USPHS.

Other Degrees or Certifications:

2017, Master of Science in Emergency Disaster Management with a concentration in Logistics
2017, Certified Correctional Health Professional from the National Commission of Correctional Health Care program.

PHS Career:

Agencies, duty stations and responsibilities assigned to throughout career:

I have worked for two different agencies as a clinical dental hygienist and have been assigned to various collateral duties. The first location is with the Bureau of Prisons at FCI Terminal Island in CA for almost eight years. The second location is with the Department of Homeland Security, Immigration and Customs Enforcement, Enforcement and Removal Operations at the Eloy Detention Center.

Deployment missions and roles fulfilled during career:

My first deployment mission, I deployed for the 2009 Presidential Inauguration OFRD - FMS Support mission and constructed and manned the medical tents. My second deployment mission, I deployed for the 2019 RAM Oklahoma mission as a dental hygienist.

Recommendations

for Junior Officers in regards to graduate degrees, career progression and standing out for promotions:

"I do not have any recommendations for graduate degrees, but career progression, I recommend joining the Health Services PAC, Dental Hygiene PAG, the Prevention through Active Community Engagement, and/or the Junior Officer Advisory Group. In addition, attend the USPHS Scientific & Training Symposium and/or the Association of Military Surgeons of the United States to network with other officers in person."

Reason for choosing

Master of Science in Emergency Disaster Management:

"The reason why I selected this program was to become more marketable for future deployments, since receiving my degree in 2017, I deployed for the 2019 RAM Oklahoma mission as a dental hygienist. In 2019, I was accepted to join the Service Access Team #2, which was possible based on my degree."

Do you Feel it has helped you in your career progression?

"At this time, I do not feel like my master's degree has helped with additional deployment opportunities as I had hoped, but it has helped me obtain my lieutenant commander rank."

DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

LCDR TAMMY THOMASON

Ambitious, Team Player, Kind

Current Job Description:

Dental Hygienist at the Bureau of Prisons under the Department of Justice.

As a Dental Hygienist her duties are clinical, administrative, and infection control. Prophies, dental education, and custody roles.

Little bit about:

Has been a Dental Hygienist since 1993

Qualifying Degree for Commissioning: BS in Dental Hygiene

Commissioned into the CORPS: 2007. OBC was carried out online.

Other Degrees or Certifications: Master of Health Administration/Informatics. OSHA and Bureau of Prisons certifications.

PHS Career:

Agencies, duty stations and responsibilities assigned to throughout career:

Bureau of Prisons as a Dental Hygienist

August of 2020 will be starting new position as Assistant Health Service Administrator for the BOP.

Deployment missions and roles fulfilled during career:

The bureau of prisons is considered a hazardous duty station and mission critical. Many are considered isolated hardship areas. I was assigned several temporary duty assignments at other institutions that were in high need of dental services. During COVID-19 we did not deploy due to doing deployment duties at the assigned duty station.



Recommendations

for Junior Officers in regards to graduate degrees, career progression and standing out for promotions:

"Recommend a master's degree. My degree was Master of Health Administration/Informatics. In the bureau you will have many collateral duties which will aid in promoting. The only way to move up from a dental hygienist in the BOP is becoming an administrator. Also, you may need to consider changing agencies for higher billets."

Reason for choosing

Master of Health Administration

"I chose health administration because it opens up a wide range of opportunities."

Do you Feel it has helped you in your career progression?

"Yes. Will give you an edge on the administration side."

DENTAL HYGIENE SENIOR OFFICER CAREER PATHS

LCDR DIANE WEIDLEY

Compassionate, Supportive, Organized



Current Job Description:

Consumer Safety Officer with the FDA in Tampa, FL.
As a Consumer Safety Officer her duties are Conduct
Pharmaceutical Quality inspections/investigations.

Little bit about:

Has been a Dental Hygienist since 2001

Qualifying Degree for Commissioning: BS in Dental
Hygiene

Commissioned into the CORPS: 2008. OBC followed
four months later in February 2009. It was a great
introduction into the responsibilities and conducting
ones' self in being a PHS officer.

Other Degrees or Certifications:

Master of Public Health - University of South Florida
Graduate Certificate in Infection Control - USF
Certified in Public Health - National Board of Public
Health Examiners

PHS Career:

**Agencies, duty stations and responsibilities assigned to
throughout career:**

IHS (Hopi Reservation) - Polacca, AZ. Served as
community dental hygienist, providing dental
hygiene, education and school-based sealant
program to 1,000+ children on the reservation.
BOP - Coleman, FL and Florence, CO. Served as
dental hygienist for all institutions on the complex.
HRSA - Rockville, MD. Sr. Public Health Analyst
managing several different grant programs to
include Oral Health Training grants and Primary
Health Care grants.
FDA - Ontario, CA and Tampa, FL. Conducting
Pharmaceutical Quality inspections/investigations.

Deployment missions and roles fulfilled during career:

No deployments.

Recommendations

for Junior Officers in regards to
graduate degrees, career
progression and standing out for
promotions:

"Regarding obtaining further
education, seek what is interesting
to you as a professional in PHS but
also think beyond PHS. Something
that you could utilize later in your
career as well. There will be a life
after the Corp. Be very involved."

Reason for choosing

Master Public Health

"I choose a general public health
degree to have a more broad
range of knowledge in Public
Health and then later decided to
obtain a graduate certificate in
Infection Control because that
area really interested me and was
very relevant to my work in BOP."

Do you Feel it has helped you in your career progression?

"I have noticed that a Master's or
graduate degree has been a
requirement for many 0-5/0-6 billet
(GS-13/14) positions that I have
sought and while just reading
through many job descriptions. So
I do feel it has been very helpful in
my career progression."

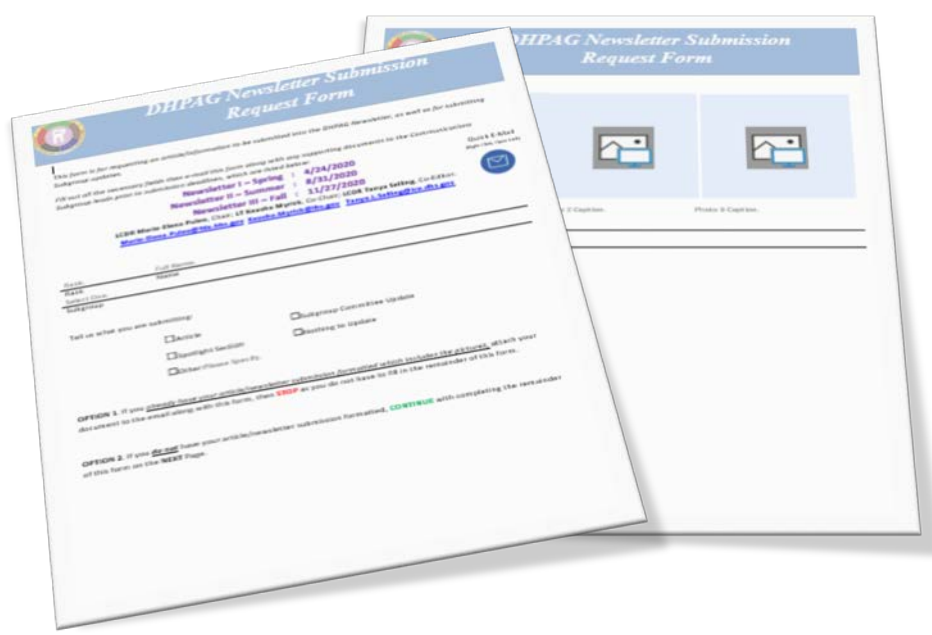


Newsletter Submission Request

The DHPAG Communications Subgroup has a new form!

DHPAG Newsletter Submission Request Form

Please start utilizing this form for Newsletter Submissions, Officer Spotlight, Subgroup Updates including nothing to report! Click below to be directed to the new form!



* After clicking picture above, it will open the PDF attachment window on the left, click and download the attachment to get the form *

New Officer SPOTLIGHT

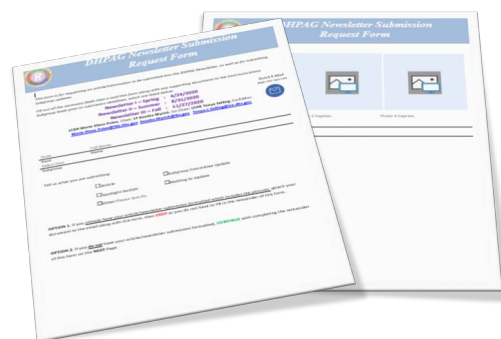
DHPAG

Sorry...

There is no new information regarding new PHS RDH Officers for this newsletter.



If you know of and have any contact information regarding new PHS RDH Officers, **Please submit the Subgroup Submission Form**



Awards
Congratulations to:

CDR Kelly Moore

on receiving the

*Candace M. Jones Award
2020*

The Candace M. Jones Dental Hygienist of the Year Award is presented annually to a dental hygienist who has demonstrated accomplishments in career progression, contributions to the agency as demonstrated by awards, leadership, and continued learning and education.

Being a recipient of this award signifies that the individual has made a significant contribution in the advancement of the nation's oral health and to the advancement of dental public health. In addition that they have demonstrated leadership in their work and serve as a role model to others.

This award was named in honor of CAPT Candace Jones for her commitment to improving the oral health of underserved populations and her dedication to the USPHS. CAPT Jones joined the USPHS in 1988 and has served in the Indian Health Service with a short detail to the Health Resources and Services Administration. CAPT Jones was instrumental in developing the dental hygiene billets and including dental hygienists as part of the Health Services category. She is a past Chair of the HS-PAC and the Council on Public Health for the American Dental Hygienists' Association and a Past President of the American Association of Public Health Dentistry

Awards
Congratulations to:

LCDR Cynthia Chennault

on receiving the

*Junior Dental Hygienist
of the Year Award
2020*

This award is granted annually to any Commissioned Corps dental hygienist at the rank of O-4 and below who demonstrates a significant contribution to the advancement of oral health. The awards are evaluated for excellence in the core dental hygiene functions: clinical, education, advocacy, and administration or leadership.

Save the Date

Welcome, everyone to the **SAVE the DATE** section! This section of the newsletter will provide upcoming dental conferences and seminars to attend. Please submit any dental conferences and seminars to be included in newsletters and website that may not be listed below. Also, let us know which event you are attending for a meet n greet session! See you there!!!

January						
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2020 Hinman- CANCELLED

April						
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2020 NOHC - CANCELLED

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28	29	30	ADHA live CANCELLED Event was Virtual 26-28			

2020 COF Symposium CANCELLED

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Under One Roof - RESCHEDULED

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2020RDH Under One Roof - Virtual!

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December						
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30	31	2020 AMSUS				

Rescheduled

Previously July 16th – 18th Cancelled due to COVID

New Virtual Dates:

October 9th - 11th



2020 RDH UnderOneRoof

Gaylord Rockies Resort & Convention Center
Denver, Colorado

Registration is Now Open

<https://www.rdhunderoneroof.com/2020-pre-registration>

December 6th - 10th

2020 AMSUS Annual Meeting

December 6-10, 2019 at the Gaylord National Resort & Convention Center

<https://www.amsus.org/events/annual-meeting-2/>

Continuing Education

Free: <https://www.dentalcare.com/en-us>

Free: <http://vivalearning.com/>

Certifications

Certified Correctional Health Professional (CCHP):

<http://www.ncchc.org/cchp>