



# The Fulcrum

## Note from DHPAG Chair

*CDR Kari Pinsonneault*

2019 Summer Issue II



Thank you to all who have deployed and those who are soon to deploy to RAM events and other missions throughout the year! We are increasing our visibility throughout the Corps and you have all represented us with pride and integrity! As we begin to close out the year, we have multiple projects that we are

wrapping up with the HSPAC and within our PAG. We have updated our deployment roles and our PAC leadership is diligently advocating for our PAG to Corps leadership. Our PAG is currently working to update our SOPs, which will be published on our webpage by the end of the year.

For all officers up for promotion next year, please consider reaching out to officers in our PAG and participating in the services offered by the PAC. If you haven't started updating your eOPF, I recommend you start that now. There are always system issues due to the volume of officers rushing to update their eOPF and you do not want to get caught in the delay. Our PAG family is here to support each other and right now is the time to start preparing and reaching out for support! Enjoy your fall!

CDR Pinsonneault

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*LCDR Angelica Chica*

### Co-Editors:

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*LCDR Tanya Selling*

*LT Keasha Myrick*

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# 2019 DHPAG EXECUTIVE COMMITTEE

<b>Chair</b>	CDR Kari Pinsonneault	816-426-6472	kari.pinsonneault@cms.hhs.gov
<b>Chair Elect</b>	LCDR Jennifer Curtis	918-342-6400	Jennifer.Curtis@ihs.gov
<b>Secretary</b>	LT Michele Gottshall	570-544-7205	mbedford@bop.gov

## Operations

<b>Communications Chair</b>	LCDR Marie-Elena Puleo (Lana)	845-220-2122 x1101	marie-elena.puleo@fda.hhs.gov
<i>Co-Chair</i>	LT Keasha Myrick	405-951-3826	Keasha.Myrick@ihs.gov
Member	LCDR Tanya Selling	520-868-8455	Tanya.L.Selling@ice.dhs.gov
<b>Awards Chair</b>	LCDR Tammy Thomason	304-626-2500 x1151	tthomason@bop.gov
<i>Co-Chair</i>	OPEN		
<b>Stakeholder &amp; Community Engagement Co-Chair</b>	LCDR Nicolette Bennett	301-443-3562	nbennett@hrsa.gov
<i>Co-Chair</i>	LCDR Latasha Turner	301 443-0813	lturner@hrsa.gov

## Officer Support

<b>Recruitment Chair (Ad Hoc)</b>	LCDR Doretha M Tonkins	336-333-5419; x103	Doretha.tonkins@fda.hhs.gov
<i>Co-Chair</i>	LCDR Miranda Nelson (Shropshire)	352-689-5134	mshropshire@bop.gov
<b>Training, Education &amp; Mentorship Chair</b>	LCDR Paula M. Arango	609-723-1100 x6783	parango@bop.gov
<i>Co-Chair</i>	LCDR Andrew Felix	619-661-4072	Andrew.Felix@ice.dhs.gov
<b>Technical Readiness Chair</b>	CDR Amy Strain	214-767-3048	astrain@hrsa.gov
<i>Co-Chair</i>	LCDR Doretha M Tonkins	336-333-5419; x103	Doretha.tonkins@fda.hhs.gov
<b>Data &amp; Evaluation Chair</b>	LCDR Charles Brucklier	301-443-0210	cbrucklier@hrsa.gov
<i>Co-Chair</i>	OPEN		

## Management

<b>Policy Chair</b>	LCDR Emily Warnstadt	509-865-1708	emily.warnstadt@ihs.gov
<i>Co-Chair</i>	LT Theresa Chennault	918-342-6400	Theresa.Chennault@ihs.gov
<b>Administrative Chair</b>	LCDR Diane Weidley	301-443-8106	Diane.Weidley@fda.hhs.gov
<i>Co-Chair</i>	OPEN		

# 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 SUBMISSION DEADLINES:

Issue III (Fall-Winter) November 30th

## AWARDS SUBGROUP

Nothing to report at this time

## STAKEHOLDER & COMMUNITY ENGAGEMENT SUBGROUP

Nothing to report at this time

## TRAINING, EDUCATION & MENTORSHIP SUBGROUP

## DIRECTORY

Will be updated quarterly: send new rank and any changes to maintain the directory updated to [Andrew.Felix@ice.dhs.gov](mailto:Andrew.Felix@ice.dhs.gov)

## DENTAL CONTINUING EDUCATION COURSES

**CE Credits: Available CE Credits: 297**

<https://www.colgateoralhealthnetwork.com/webinar/?cwF=1&fr=all-formats>

<https://www.dentalacademyofce.com/dace/courses.aspx?s=Dental%20Hygienist&c=Hygiene>

**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

## TECHNICAL READINESS SUBGROUP

Nothing to report at this time

## 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

Nothing to report at this time

# PHS RDHs Speak at the ADHA Annual Conference

Four DHPAG officers attended the American Dental Hygiene Association 2019 Conference in Louisville, KY June 20<sup>th</sup> through 23<sup>rd</sup>. LCDR Jennifer Curtis and LT Latasha Turner presented at the conference, *Dental Hygienists Serving in Federal and Public Health Settings.*



CAPT Lori Goodman RDH, MPH, CHES; LCDR Paula Arango RDH, MPH ; LCDR Jennifer Curtis RDH, BS, MHA and LT Latasha Turner RDH



LCDR Jennifer Curtis RDH, BS, MHA and LT Latasha Turner RDH

The American Dental Hygiene Association (ADHA) Annual Conference is the largest, most comprehensive training for dental hygienists in the U.S. The event focused on dental hygienists and provided an avenue for inspiration with a unique experience that celebrated excellence. Over 3 days, this exhilarating event hosted a rich program of industry leading keynotes speakers, heads-on sessions, workshops and presentations. The ADHA annual Conference reflects the core issues of dental hygiene seamlessly blending inspiration and practical application.

# How the RAM helped me see my value in the Corps as a Dental Hygienist

By LT Darion Smith

The Operation Lone Star Remote Area Medical mission was held from July 22 – 26. The operation was held across 4 sites spanning from Brownsville, San Juan, and Mission Tx, to Laredo Texas with health professionals across many PHS categories volunteering to provide services alongside the RAM staff and many local volunteers. Our mission was to help alleviate pain. We did that and also brought compassionate care to the community.

The San Juan site is located in one of the most underserved areas of Hidalgo county Texas. This county is the 6<sup>th</sup> largest county in Texas, is a border county with Mexico with an 89% Hispanic population, and the second poorest in the state. Approximately 31.8 % of the county's overall population have limited English proficiently and a large number of patients seen at the RAM needed translators.

Our PHS dental team at San Juan, consisted of 2 dental hygienists, LT Darion Smith, and CAPT Candace Hander, and dentists LCDR Eleanor Fleming and LCDR Joseph Grant III. Serving the Hidalgo County area in South Texas with Remote Area Medical (RAM) was an absolute honor and pleasure!



CAPT Candace Hander, LCDR Eleanor Fleming, and LT Darion Smith

One of our dentists, LCDR Eleanor Fleming, screened every dental patient that came through the doors, for a whopping total of 237 dental triage exams, translating into \$101,057 of services rendered by an all-volunteer crew of dental providers!

For the dental hygiene portion, this 5 day collaborative effort was able to help provide dental hygiene procedures for approximately 243 patients, with efforts amounting to approximately \$31,895 worth of dental hygiene treatment that a portion of the community would not have been able to access otherwise. While these numbers are impressive, many patients were turned away. The RAM unit had the capacity to see many more patients if we had more providers. As a call to action, we challenge other dental professionals to volunteer to serve in the next RAM. It was both fun and fulfilling. It made me proud to be a member of such an elite team!

As a United States Public Health Service (USPHS) Officer whose mission is to protect, promote, and advance the health of the nation, it was very rewarding to know that we have a platform to directly provide dental care to those who cannot afford treatment. CAPT Hander recalls moments with patients where they took her by the hand and looked into

her eyes expressing heartfelt gratitude for the services that they received. She mentions that even though many patients didn't speak English, the message of gratitude was still very clear.



During the deployment, I mentioned to others how I struggled finding value as a dental hygienist in the Corps; especially as it relates to deployments. This deployment helped me to see my value from a different perspective. With the opportunity to participate as a member of the *Logistics Team* for this event by helping with setup and breakdown, I was able to see first-hand exactly how valuable a dental hygienist in the Corps can be. As a subject matter expert in dental hygiene I was able to serve clinically and learn new skills, specifically, how to set up a mobile dental clinic.

As I reflect on the experience as a whole I feel blessed and fortunate to serve the community, the Corps, and the country. The whole dental team agreed that we look forward to many more opportunities to do so again in the future.

# New Officer SPOTLIGHT

DHPAG Welcomes



**SELF-MOTIVATED  
DILIGENT  
TEAM-PLAYER**

LT Heap has been a RDH for 10 years and is from Linesville, PA. She received BSDH with a Health Policy and Administration Concentration. It was in 2012 when she started working for the BOP that she discovered her passion in working with the under-served populations.

down in a sob as I met her to finish the race while cheering her on "You're going to do it, you got this" it was so amazing the whole class surround her in victory! I still get teary eyed thinking back to it.

#### **What do you aspire to accomplish in your current position?**

We each have challenges in the mission of our duty locations. My complex's dental department is currently in a chapter of overturning of staff. I hope that in my clinical role I can efficiently and effectively work although we are so short staffed, stepping up to do all I can to progress our treatment lists. When new dental staff is hired I plan to work with the CDO to properly train new staff in proper policy and procedures to ensure a smooth transition for each clinic (4) on our complex. Long term, I want to aid in the decrease of our treatment waiting lists times and focus on education for prevention of future dental disease.

#### **Where do you see yourself in your PHS career in 2-3 years?**

In 2-3 years I hope to have a better wrap on all things PHS. There is so much to learn and I am doing my best to be a sponge and absorb all information I can. I hope that in that short time frame I can become someone new officers can turn to for guidance as they begin their careers.

#### **As a new PHS officer, How do you feel the DPHAG could support you?**

As a new Officer, I am turning to the DHPAG to help me see what my future as a RDH can look like in the USPHS. I hope to discover what others are doing to help their clinics and communities improve, and I hope to expand those locally, and am able to share a few ideas for others as well. I am yearning for leadership roles and hope to be mentored into a position where I can develop these skill sets. Finally, I look to be introduced to opportunities to serve with guidance on how to prepare and assist in the mission given.

#### **What area or state would you like to work as a duty station?**

I don't have any particular desire right now, I hope to learn about experiences officers have with other agencies and see where the need is that I can help fill. However, my husband would be happy to go south to get out of the snow for a while!

## LT Erin C. Heap

OBC 109 - FCC Allenwood, PA BOP

#### **What are your hobbies and/or Interests?**

I enjoy being outside, hiking, kayaking or taking a run with my pup, Deacon, a chocolate lab. Although we don't do it enough I love traveling with my Husband, Travis. When at home I like working on home improvements and up-cycling/projects.

#### **How did you find out about PHS?**

I first heard about PHS during my interview phase for the BOP in summer of 2012, by the Chief Dental officer who was a CAPT. Though he is now retired he was one of the first people I sent a text to tell him I finally made it in!

#### **What are your goals with PHS?**

I joined the commission corps because I wanted to expand my reach. I want to serve on a bigger scale and reach more people. Therefore, my goal, although broad, at this point is to use my skills and talents to expand and develop the number of those I can positively effect. Making our nation healthier and wiser through one's personal health, and the health of their families.

#### **How was your experience during OBC Training?**

OBC, although taxing and tiring was a great experience, I learned so much in such a short amount of time. We had an awesome class; every single officer was so supportive of each other. It was truly refreshing to be surrounded by so many intelligent, selfless, and encouraging people, I am so proud to be a part of OBC 109!

#### **What was your highlight of OBC Training?**

There was quite a few times throughout the 2 week course of OBC that I was overcome with great emotion. The pride of being able to serve my country with the skills that God has given me was more than I could handle and tears would stream down my face. Luckily that was during practice, and I was able to keep it all together for the pinning and graduation ceremonies. Specifically, my roommate was suffering from shin splints and no one was sure if she was going to be able to make her time for the run due to the extreme pain she was in with each step. When she came up that last hill, on evaluation day, I literally broke

down in a sob as I met her to finish the race while cheering her on "You're going to do it, you got this" it was so amazing the whole class surround her in victory! I still get teary eyed thinking back to it.

# New Officer SPOTLIGHT

DPHAG Welcomes



**FOCUSED  
DRIVEN  
AMBITIOUS**

LT Pallack has been a RDH for 10 years and is from Winter Garden. She received her B.S. in Dental Hygiene at NYU, M.S. in Criminal Justice at UCF, and is currently enrolled at Georgetown University in the Masters of Professional Studies in Emergency and Disaster Management Program!

instructor to educate the inmates in dental assisting and ensure they complete the training and receive a certificate by the dept of labor

**Where do you see yourself in your PHS career in 2-3 years?**

I would like to work for the CDC as a public health advisor/educator or for ASPR in disaster preparedness and response

**As a new PHS officer, How do you feel the DPHAG could support you?**

Getting involved in the PAG, emphasis on mentor/mentee program, creating a checklist for new officers with information on how to use CCMIS, basic readiness, FEMA courses, cv etc.

**What area or state would you like to work as a duty station?**

Washington, D.C.

## LT Cindy Pallack

OBC 107 - FCC Coleman, FL BOP

**What are your hobbies and/or Interests?**

CrossFit, tennis, traveling, and exploring new parks

**How did you find out about PHS?**

While working at the bop as a civilian-met other commissioned corps officers

**What are your goals with PHS?**

Serving our nation by protecting our citizens through health promotion and disease prevention

**How was your experience during OBC Training?**

I met great people, and together we worked as a team to successfully complete OBC

**What was your highlight of OBC Training?**

Passing my APFT with a higher score than expected, wearing the uniform for the first time, graduating, making honor squad

**What do you aspire to accomplish in your current position?**

Providing the best possible care to federal inmates, as an apprenticeship



# New Officer SPOTLIGHT

DPHAG Welcomes



## LTJG Domika Kinman OBC 109 - Wewoka, OK. IHS

### What are your hobbies and/or Interests?

Traveling, spending time with my family, finding the best pad Thai in Oklahoma.

### How did you find out about PHS?

Through a senior PHS officer who happened to teach public health to my hygiene class. Thank you LCDR!

### What are your goals with PHS?

Further education, obtain knowledge, and provide the best care possible clinically.

### How was your experience during OBC Training?

Challenging, to say the least.

### What was your highlight of OBC Training?

The camaraderie between officers in our class was amazing.

### What do you aspire to accomplish in your current position?

Continue to attend current continuing education, and begin an MPH.

### Where do you see yourself in your PHS career in 2-3 years?

Furthering my officership by taking on new roles and exploring opportunities that only the PHS offers.

### As a new PHS officer, How do you feel the DPHAG could support you?

I look forward to any advice, morale boosts, and learning how to navigate the PHS from the DH family.

### What area or state would you like to work as a duty station?

Oklahoma is great, but the Pacific Northwest is also pretty great!

**DEDICATED  
MOTIVATED  
COMPASSIONATE**

LTJG Kinman has been a RDH for 5 years and is from Twin Falls, Idaho.

She received her B.S. in Dental Hygiene as well as CDA.

# Awards

Congratulations to:

**LCDR Cynthia Chennault**  
Catawba Service Unit, Nashville area

*2019 National  
Oral Health  
Council*



*Clinical  
Excellence in  
Dentistry Award*

These awards are granted in an effort to encourage and recognize excellent performance by IHS dental program personnel, on behalf of the Field Advisory Committee [FAC] of the National Oral Health Council [NOHC]. Awards are honoring IHS dental assistants, hygienists, dentists, and a specialist. These 2019 annual award selectees were individuals who have excelled at the provision of Oral Health Care during the past year.

# 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!!!

September						
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					<i>2020ADHA</i>	
					<i>2020 COF Symposium Phoenix AZ</i>	

July						
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					<i>2020 RDH Under One Roof</i>	

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# December

2<sup>nd</sup>-6<sup>th</sup>

**2019 AMSUS Annual Meeting**

December 2-6, 2019 at the Gaylord National Resort & Convention Center

**REGISTRATION NOW OPEN**

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



<https://www.hinman.org/>

19<sup>th</sup>- 21<sup>st</sup>

# March

# April

6<sup>th</sup>-8<sup>th</sup>

**National Oral Health Conference**

April 6-8, 2020

San Diego, California

<https://www.eventscribe.com/2019/NOHC/>



12<sup>th</sup>- 14<sup>th</sup>

**2020 ADHA Conference**  
June 12-14, 2020  
New Orleans, Louisiana  
<https://www.adha2020.org/>

**ADHA  
2020  
ANNUAL  
CONFERENCE  
NEW ORLEANS**  
  
FRIDAY, JUNE 12 - SUNDAY, JUNE 14

15<sup>th</sup>- 18<sup>th</sup>

**2020 USPHS Symposium**  
June 15-18, 2020  
Renaissance Phoenix Glendale  
9495 W. Coyotes Blvd.  
Glendale, AZ 85305



July 16<sup>th</sup>-18<sup>th</sup>



**2020 RDH UnderOneRoof**

Gaylord Rockies Resort & Convention Center  
Denver, Colorado

**Pre-Registration is Now Open**

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



# Continuing Education

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

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

# Certifications

Certified Correctional Health Professional (CCHP):

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

# Dental Hygiene Professional Advisory Group (DHPAG) Coin Order Form



Price: \$12

Name: \_\_\_\_\_

Address (for shipment): \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Quantity: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_ (including S&H)

(Please make the **COIN** check payable to:

**Commissioned Officers Foundation**

AND the **SHIPPING** Check to Angelica Chica)

Send your check and this form to:

LCDR Angelica Chica

U.S. Food and Drug Administration

15100 NW 67<sup>th</sup> Ave, Suite 400

Miami Lakes, FL 33014

## Shipping and Handling:

Less than 10 coins= \$5.00

10 or more coins= \$7.00

\*\*\*QUESTIONS: Contact LCDR Chica at 305-816-1450 or [angelica.chica@fda.hhs.gov](mailto:angelica.chica@fda.hhs.gov)\*\*\*