

Governors State University

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GUIDE Lines

College of Health and Human Services

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Summer 7-2020

### GUIDE Lines Vol. II, Issue 5 - July 2020

College of Health and Human Services

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# Governors State University



## GUIDELines

Advancing Health Equity in the Southlands

July, 2020

Vol. II, Issue 5

**WELCOME TO GSU'S NEW PRESIDENT  
DR. CHERYL GREEN**



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You can protect others from getting sick with COVID-19. Stay home, unless you need food, medicine, or medical care. Avoid large crowds and small gatherings. If you must go out, stay at least 6 feet away from other people. Wear a cloth face or other suitable face mask covering so you don't spread germs when you talk, sneeze, or cough. Face coverings should not be used on children under 2 years old.

One of the biggest tools we must fight health conditions is the power of human connection. That's why awareness months, weeks, and days are so important: They rally us together to spread awareness and show support.

*“One of the biggest tools we must fight health conditions is the power of human connection.”*

## July is Social Wellness Month

Social wellness means nurturing yourself and your relationships.

It means, giving and receiving social support— ensuring that you have friends and other people, including family to turn to in times of need or crisis to give you a broader focus and positive self-image. Social support enhances quality of life and provides a buffer against adverse life events. Social support can take many different forms:

- Emotional (sometimes called non-tangible) support refers to the actions people take to make someone else feel cared for.
- Instrumental support refers to the physical, such as money and house-keeping.
- Informational support means providing information to help someone.

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

Research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases

There are countless ways to grow your social network. Consider your interests and hobbies, and then pursue them. You're bound to find others with similar passions.





## INDIVIDUAL RECOGNITION

### Vickii Coffey, PhD, MSA( Social Justice and Social Policy Expert)

Shares about her experience as a GUIDE Early Stage Investigator

*Prior to working on GUIDE, my research focus was specifically looking into formerly incarcerated people and their experiences with employment. Prior to becoming a GUIDE Early Stage Investigator, I didn't have any experience working in healthcare or knowledge about cancer health disparities. One of the major things that I learned was to really incorporate an understanding of health disparities among populations who have been incarcerated or who are incarcerated. So, I brought my knowledge of working with people with histories of incarceration combined with the learning from the GUIDE program about health disparities.*

*It was a very interesting learning experience to be able to expand beyond my current knowledge about populations of people who have been incarcerated or formerly incarcerated and to move into an area of healthcare which I had never explored before. One of the main takeaways for me is the wealth of knowledge that I received from my participation in the GUIDE on cancer health disparities and to have a unique opportunity to change my academic background in criminology and to apply that in a health disparities framework. With that, I was able to apply for and receive GSU research grant to explore cancer health disparities among formerly incarcerated people last year, and I was able to conduct a series of interviews last year, with men and women, about their experience with cancer while they were incarcerated or after they were released from prison. We had unique opportunities for training and research collaborations through the GUIDE that would have never occurred had we not had the relationship with the UIC Cancer Center, and the funding from National Institute of Health and the National Cancer Institute. This opportunity created a unique and very productive level of professional development and research skills because the University of Illinois campus is well known for their UIC Cancer Center and the unique kinds of cancer research they do. As a result, I was able to participate on one of their projects where they were conducting research on Breast Cancer disparities among African American women. Involvement in GUIDE helped to expand my research frame to an area that I have never explored.*

*Dr. Balthazar, Dr. Winn, and Dr. Matthews were uniquely positioned to give a really sound learning experience, based on their know-hows and their own academic careers. Of course, there were a host of other GUIDE leadership at UIC that we collaborated with ongoingly, from trainings to AACR conferences we attended. I had presented at those conferences three times, and those presentations were by and large a byproduct of the collaboration, being able to (1) work on the genetics project on breast cancer, (2) independent research, cancer health disparities among formerly incarcerated African Americans. The GUIDE project gave insight into new areas in research as well as develop some very strong relationships that will endure well beyond where the grant ended. Those relationships are so critical to doing work that is both essential and very much needed in the African American community, because the African American community has the highest morbidity and mortality rates for cancer.*

# EVENTS



## A Path to Reproductive Justice: Research, Practice and Policies Webinar

Tuesday, July 14, 2020— 2:00 PM to 3:30 PM EST

### REGISTRATION LINK

<https://www.apha.org/events-and-meetings/webinars/racial-equity/webinar-registration>

### MOBILE DEVICE REGISTRATION LINK

[https://apha.zoom.us/webinar/register/WN\\_9I20i8x8RsicpnR9w3U9XQ](https://apha.zoom.us/webinar/register/WN_9I20i8x8RsicpnR9w3U9XQ)



### Welcome

- APHA Associate Executive Director Regina Davis Moss, PhD, MPH, MCHES

### Presenters

- **Ndidiyama Amutah-Onukagha**, PhD, MPH, CHES, Associate Professor in the Department of Public Health and Community Medicine, Tufts University School of Medicine
- **Elizabeth Howell**, MD, MPP, Professor in the Departments of Population Health Science & Policy and Obstetrics, Gynecology, and Reproductive Science at the Icahn School of Medicine at Mount Sinai
- **Joia Adele Crear-Perry**, MD, FACOG, Founder and President of the National Birth Equity Collaborative
- **U.S. Rep. Lauren Underwood**, D-Illinois

### Moderator

- Monica R. McLemore, PhD, MPH, RN, FAAN, Associate Professor, University of California, San Francisco

The panel discussion will be followed by a Q&A session with the webinar audience. The webinar will be recorded and available for on-demand viewing on APHA's website within a week of the live event.

*Webinar participants can earn 1.5 CPH, CME, CNE, or CHES Continuing Education Credits.*

**QUESTIONS???** CONTACT — [PHPOLICYCENTER@APHA.ORG](mailto:PHPOLICYCENTER@APHA.ORG)





*Sisters Working It Out...*  
Cancer Awareness and Health Advocacy Organization



# SOUTHLAND P.P.E. - Pt. 6



PERSONAL PROTECTIVE EQUIPMENT POP-UP EVENT  
**WE ARE ALL IN THIS TOGETHER!**

Southland is one of the areas hardest hit by COVID-19. Illinois residents are required to wear a face mask. Some Community Organizations and Leaders have partnered to provide much-needed personal protective equipment (PPE) that is meant to help slow the spread and flatten the curve. We want to help get this life saving equipment to those in need! **(Priority for cancer survivors, senior citizens, people with disabilities, and their caregivers).**

For more information, please call (708) 932-9761 or (773) 979-3918  
FACIAL MASKS, GLOVES, AND SANITIZER BE DISTRIBUTED



**TO BE DISTRIBUTED  
FRIDAY, JULY 10, 2020  
12:00PM - 2:00PM**

University Park Mayor's Office  
4 Towncenter Dr. | University Park, IL 60484



SPONSORS:



*susan G.  
komen.*





**HALLPASS**  
A PARENT'S SURVIVAL GUIDE TO COVID-19

JULY 10TH  
12:30PM-1:30PM

HELP ALL PARENTS ACCESS SUPPORTIVE SERVICES

**WEBINAR #10: PROTECT YOUR KIDS FROM BIG TOBACCO**

Youth vaping is a rising public health issue, especially in communities of color. We know that the nicotine found in E-cigarettes is addictive, yet the tobacco industry continues to target and entice youth and young adults with E-flavored cigarettes (such as bubble gum and cotton candy), all the while financially benefitting and putting their lives at risk.

REGISTER AT [DISTRICT-OUTREACH.COM/HALLPASS](https://DISTRICT-OUTREACH.COM/HALLPASS)  
DISTRICT-OUTREACH.COM  
[DISTRICTOUTREACHLLC@GMAIL.COM](mailto:DISTRICTOUTREACHLLC@GMAIL.COM)  
@DISTRICTOUTREACHINITIATIVES

The July 10th Webinar included the following Panelists:

Joseph Day, Dr.PH, Associate Professor, CHHS - Addictions Studies and Behavioral Health  
Cheryl Mejta, Ph.D, Department Chair, CHHS - Addictions Studies and Behavioral Health

**CENSUS 2020**



**BE COUNTED.**

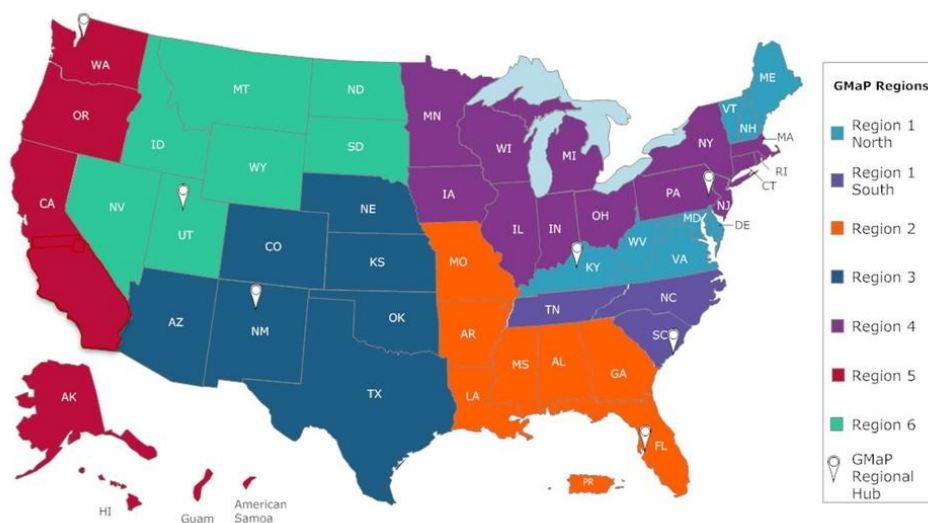


**BE COUNTED IN  
THE 2020 CENSUS.**

**VISIT**

**[WWW.COOKCOUNTYIL.GOV/](http://WWW.COOKCOUNTYIL.GOV/)**

## Sign-Up for E-Blasts - Geographical Management of Cancer Health Disparities Program



Receive a monthly e-mail with timely information promoting cancer health disparities research, training, opportunities, and resources from across all GMaP regions. Be a part of our effort to reduce health inequalities! Add your email address to get monthly CDRN e-blasts and other vital program information, grant opportunities, training events, and resources.

The Region 4 hub, called the Cancer Disparities Research Network (CDRN), is based at the Fox Chase Cancer Center in Philadelphia, Pennsylvania. Region 4 serves Connecticut, Iowa, Illinois, Indiana, Massachusetts, Michigan, Minnesota, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, and Wisconsin. Visit the following link to learn more.

[https://www.foxchase.org/gmap\\_r4](https://www.foxchase.org/gmap_r4) GMap Region 4

**JOIN NOW**

Please send feedback, suggestions, and items of interest to [Carrie.Norbeck@fcc.edu](mailto:Carrie.Norbeck@fcc.edu).





**National Institutes of Health**  
*Turning Discovery Into Health*

## University Research Grants

Long-Term Effects of Disasters on Health Care Systems Serving Health Disparity Populations (R01- Clinical Trial Optional): Supports investigative & collaborative research focused on understanding the long-term effects of natural and/or human-made disasters on health care systems serving health disparity populations in U.S. communities.

<https://grants.nih.gov/grants/guide/pa-files/PA-20-172.html>

**LOI Due 9/4/2020**

Effectiveness of Implementing Sustainable Evidence-Based Mental Health Practices in Low-Resource Settings to Achieve Mental Health Equity for Traditionally Underserved Populations (R01 & R34): Seeking studies that develop and test the effectiveness of strategies for implementation and sustainable delivery of evidence-based mental health treatments and services to improve mental health outcomes for underserved populations in under-resourced settings in U.S. Studies should identify and use innovative approaches to remediate barriers to provision, receipt, and/or benefit from evidence-based practices and generate new information about factors integral to achieving equity in mental health outcomes for underserved populations. Research generating new information about factors causing/reducing disparities are strongly encouraged, including due con-

## Newsletter Contact Information

Send your announcements for next month's issue to:

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