

SPECIAL DELIVERY

Newsletter of FIU's Maternal and Child Health Training Program

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We are currently
accepting submissions
for our next newsletter! If
you'd like to contribute,
please e-mail:
President, Debra Dhaity
ddhai002@fiu.edu

Leader's in Maternal Child Health Spring Highlights



Members listed from left to right: (Bisiola Evans, Diana Alvarado, Kandice Josptire, and Debra Dhaity)

Several LMCH members had the opportunity to attend the **Association of Maternal and Child Health Programs (AMCHP) Conference** in Washington D.C. from *March 15–18*. The overarching theme, "Partnering for Impact," underscored the importance of intentional partnerships that drive equitable access, equitable outcomes, and real opportunities for communities to thrive. The conference offered a valuable space to network, connect with fellow professionals, and engage in discussions on pressing issues in maternal and child health

On April 10th, in honor of **National Public Health Week**, LMCH hosted its annual Public Health Picnic. The E-board was out tabling, engaging with students, and sharing resources to promote awareness about LMCH. It was a filled with food and community connection!



In celebration of **National Public Health Week**, LMCH hosted its **Maternal & Child Health Professional Panel** on April 8th via Zoom. We were honored to welcome our guest panelists, who shared their journeys and offered valuable advice for navigating the MCH field. From balancing graduate school with real-world experience to finding your niche and staying motivated, their insights truly inspired attendees.

Here are some key takeaways from the discussion:

- **Key skills to excel in MCH:** *project management certification, administrative skills, software skills, data visualization, story telling, and public speaking*
- **Networking strategies:** *join committees and networks, attend webinar/ conferences, LinkedIn, have an elevator pitch*
- **Overlook roles in MCH:** *mental health in child health, health communication specialist, policy & program, analyst, consultant, midwives/doulas, infant/ toddler specialist, grant manager, project management, nutrition/ dietetics*
- **Advice for Grad Students:** *get practical experience, don't be a bystander, NETWORK, be open to entry levels, practice interviewing*



Special thanks to our guest panelists: Manuela Thomas, Stephanie Aristide, and Tami Medina for their time, transparency, and commitment to uplifting future MCH professionals!



ANNOUNCEMENTS

Tell Us What You Think

We Want Your **FEEDBACK**

Take Our Survey Today!
(Available in English, Spanish, and Creole)
<https://www.nicklauschildrens.org/chna>

Help us better understand the factors impacting health in the community!

202502MWH_17718

JIWC@UMN.EDU | MCH.UMN.EDU/JIWC

WEBINAR

Community-Engaged, Reproductive Health Research Within the Carceral System: Reflections & Lessons Learned

TUESDAY, APRIL 29, 2025
11:00AM-12:30PM CT

Participants will learn about:

- Different community-engaged research projects at the intersection of the criminal legal system & reproductive & maternal health
- Barriers & facilitators to community-engaged research within the criminal legal system
- Opportunities for change within research involving individuals impacted by the criminal legal system
- Key concepts of community-engaged research to apply to their own work

REGISTER NOW >

z.umn.edu/JIWC429

Free and open to all!

Hosted by the UMN Center for Leadership Education in Maternal & Child Public Health & the National Cross-Center Collaboration on the Health of Justice-Involved Women & Children (JIWC)



MCH OPPORTUNITIES

THE BRIGHT SPOTS MINI-LAB PRESENTS

SHAPING THE FUTURE OF PUBLIC HEALTH: MAKE YOUR VOICE HEARD



Join **Abby Gold, Molly Immendorf,
& Karen Ehrens**

as they share strategies for developing unique value propositions to help you meet your goals, crafting a personal and compelling narrative, and broadly sharing impact.

**THURSDAY, MAY 8, 2025
11:00 AM - 1:00 PM CT**

RSVP: z.umn.edu/MiniLab



Sponsored by the University of Minnesota's
Center for Leadership Education in Maternal & Child Public Health
Leadership Education & Training - MCH Nutrition
Prevention Research Center - School of Public Health
Department of Food Science & Nutrition
UMN Extension

10 DAYS OF CONNECTION BREASTFEEDMIAMI PRESENTS
BARED & BEAUTIFUL
THE ART OF BREASTFEEDING
OPEN MIC & EXHIBITION
FRIDAY 05.09.25 @ 5:30-8:00PM
EXHIBITION OPEN 05.01.25-05.09.25
UNITED WAY OF MIAMI-DADE
3250 SW 3RD AVENUE, MIAMI, FL 33129

RSVP: Scan QR Code or go to BreastfeedMIAMILong/events
Babies & Children Welcome with Parental Supervision

Sign-Up: Artists, Poets, Speakers at BreastfeedMIAMI@gmail.com

BreastfeedMIAMI **The Children's Movement** **JESSIE TRICE COMMUNITY HEALTH SYSTEM** **United Way** **ywca South Florida**

NICHM Webinar: Helping Children Thrive: Strategies to Support Children's Mental Health



It's a graduate!

Congratulations to our Spring 2025 graduates from the MCH MPH Concentration! We wish you a productive career in Maternal and Child Health.



Zakiyya Manifold



Rashel Amador



Leiann Palma



Diana Alvarado

Co-editor Special Delivery