



COURSE DESCRIPTIONS SUMMER 2023

ABOUT THE COURSES

The **BCPH Public Health Leadership Institute and Medical Academy** offer a stunningly broad, varied, and rich curriculum on public health, health equity, clinical medicine, bioethics, and social justice. We are excited to provide a comprehensive and nuanced understanding of the complex issues surrounding these interconnected areas. We are determined to equip students with the intellectual armamentarium and skill sets to make effective change in public health and social justice discourse and demonstrations. By exposing students to a diverse range of topics and perspectives, students can challenge their assumptions and biases, develop a deeper understanding of the social, economic, and political factors that shape health and healthcare outcomes, and apply rigorous thinking to how healthcare landscapes are often rife with opportunities for progressive change, evolution, and multi-stakeholder partnerships.

Over the course of summer 2023, the **Leadership Institute and Medical Academy** will offer over 100 courses in Los Angeles, CA, Boston, MA, and Washington, D.C. that cover the most substantial trends in healthcare and public health – from metaverse in healthcare, to personalized medicine and telemedicine, to diversity within clinical trials, and finally to breaking down linguistic barriers for effective healthcare delivery. You'll even find courses on enhancing productivity and time management skills, developing preliminary credentials in academic journalism, and even cultivating emotional intelligence and happiness! Check out our **Glossary** of over 200+ public health and social justice terms, as well as courses taught by individual faculty in the **Index**.

Regardless of whether students are intending to fashion a career in public health or other healthcare professions – or commingle the two – this curriculum offers an unparalleled and metamorphic experience that will leave students aflame with a dramatically expanded vocabulary, a nuanced understanding of public health and social justice issues, and a sense of empowerment and solidarity for social change and health innovation. Engaging with our curriculum is akin to completing a Master's in Public Health – on a miniature and compressed scale!

In solidarity,



Dr. Candice Carpenter, Co-Chief Executive Officer and Chief Strategy Officer
BCPH Director, Public Health Leadership Summer Institute and Medical Academy

COURSES OFFERED AT THE MEDICAL ACADEMY

- Metaversing Healthcare in the 21st Century
- How Personalized Medicine Will Transform Healthcare
- Revealing the Ethics of the Operating Suite in Developed and Developing Countries
- Organ Transplantation: Harvested, used, or thrown away?
- What is right and what is wrong? Going beyond “Do no Harm”!
- Diversity and Equity in LGBTQ+ Populations
- Telemedicine: Opportunities and Challenges
- Universal Design and Disability
- Transformative Public Health Research in the Era of Mistrust
- The Case for Health Equity in Clinical Trials
- Navigating the Moral Compass: An Introduction to Bioethics
- Narrative Medicine and the Clinical Encounter

COURSES OFFERED AT THE PUBLIC HEALTH LEADERSHIP SUMMER INSTITUTE

- Leadership and Entrepreneurship Within Public Health
- Surgical Dimensions of Public Health
- Amplifying Social Justice: Becoming Allies, Advocates, and Activists
- How JUUL became Cool: The Adolescent Vaping Epidemic
- Developing Your Own Multi-level School-based Intervention
- Adolescent Brain Development: The Double-edged Sword of Neuroplasticity
- Targeted Marketing: How the Tobacco Industry Exacerbated Health Inequities
- Introduction to Qualitative Methods: Giving Research a Voice
- Consumable Safety: A Critical Look at Food Insecurity from a Public Health Lens
- Out of the Darkness: A Critical Look at Mental Health from a Public Health Perspective
- Healthy Mothers, Healthy Children: Prioritizing Maternal and Child Health for a Brighter Future
- Infectious Diseases: Unraveling the Science and Social Impacts
- Reducing Health Disparities through Language Access
- The Hispanic Patient: Understanding Cultural Needs and Barriers
- Disparities in Chronic Diseases; The Shoe Does Not Fit
- Health Policies as they affect access to Healthcare in the United States
- Sexual Violence in Your Community
- Climate Change and You
- Introduction to Epidemiology

- Building Bridges to Better Health: A Global Health Perspective
- Global Telehealth: Bridging Borders in Healthcare
- The Effect of COVID-19 Policy in Socially Vulnerable Communities: Opportunities to create Community Knowledge and Autonomy
- Community Resilience in the Context of the U.S. Southern Border
- Interviewing and Resume-Writing for Top Achievers
- Productivity and Time Management for Superachievers
- Happiness for High-Achieving Individuals
- The Speaker as Storyteller: Storytelling for Non-Creatives
- Emotionally Intelligent Communication
- Equity, Ethics, and Empowerment: Foundations of Public Health Justice
- Lights, Camera, Action: The Intersection of Film and Public Health
- Resilience Rising: A Public Health Crisis Simulation
- Electrifying Your Career as a Public Health Reviewer and Editor
- Case Study: Gentrification and Social Geography Among Black Men Who Have Sex with Men in Washington, D.C.
- Social Determinants and Theory
- Qualitative Methods
- Documentary Session: Our Life's Work: Identity, Alienation, and Social Support in Always Sunny in Philadelphia, Killer of Sheep, The Keepers, and Trouble the Water

COURSE DESCRIPTIONS

Course Title: Metaversing Healthcare in the 21st Century

Course Instructor: Dr. Candice Carpenter

The metaverse is a novel concept that has rapidly percolated into our collective consciousness, offering diverse and unprecedented opportunities for humanity, such as enhancing our creative and imagination powers, heightening our technological literacy and skills, birthing new avenues of self-expression, and dissolving financial, physical, and psychological barriers that only exist in the real world. Sectors ranging from computing, education, finance, marketing and advertising, construction, and travel and hospitality are all deeply investing in the potentiality of the metaverse. By 2030, the global metaverse market is expected to reach 937 billion dollars. According to the Surgeon and Digital Health Pioneer Dr. Rafael Grossman, "The metaverse could be a game-changer in healthcare, enabling patients to better understand their own health,

visualize complex medical data, and engage in virtual consultations with doctors and specialists from anywhere in the world."

Metaversing in Healthcare is a cutting-edge course that explores the use of virtual reality, augmented reality, and other meta-immersive technologies to enhance healthcare delivery. Through this course, students will learn about the concept of the metaverse and its potential for transforming healthcare experiences. They will also gain an understanding of the different types of metaverse platforms, how they can be used in healthcare settings, as well as some of the potential pitfalls of the healthcare metaverse.

Course Title: Surgical Dimensions of Public Health

Course Instructor: Dr. Candice Carpenter

Surgical disease is a substantial global burden, with 143 million surgeries necessitated annually in order to assuage death and disability, especially in developing countries in Africa, Asia, and South America. But what exactly is the intersection of public health and surgery? Can all surgeons be part of the public health landscape, or is public health the province of internists, psychiatrists, and pediatricians? Ironically, most surgeons do not regularly consider public health principles to be part of their job, and even the U.S. Surgeon General, despite their moniker, tends to be a physician or healthcare professional with substantive public health experience, but typically no surgical experience.

The course **Surgical Dimensions of Public Health** will address these questions, discussing those specialties like plastic and reconstructive surgery, which are gaining momentum within the surgical global health realm, while other surgical specialties relatively remain on the sidelines of this global imperative. The course will also elicit insight into how public health surgeons engage with surgical missions (the equivalent of medical missions) and also help to promote health equity and improve access to care. Additionally, it will confront the need for public health surgeons on a domestic front, as surgeons are compelled more than ever to confront the social determinants of health – health literacy, economic stability, food security, social support, and housing stability – that inexorably determine a surgical patient's perioperative outcomes.

Course Title: How Personalized Medicine Will Transform Healthcare

Course Instructor: Dr. Candice Carpenter

According to the CEO of Sanford Burnham Prebys Medical Discovery Institute, Dr. John Reed, "The potential of personalized medicine is enormous. By taking a more targeted and individualized approach to healthcare, we can improve patient outcomes, reduce healthcare costs, and ultimately, improve the health and well-being of people around the world." In the **How Personalized Medicine Will Transform Healthcare** course, participants will explore the components of this quote in more depth, both investigating and interrogating personalized

medicine's ability to deconstruct and reconstruct the delivery of healthcare as we know it. Through this course, students will learn about the principles of personalized medicine – including genomics, proteomics, and other -omics approaches –and how these “omics” are being used to individualize healthcare treatments for patients, regardless of race/ethnicity, gender, age, socioeconomic status, and other factors.

We will examine the latest advances in personalized medicine, including precision oncology, pharmacogenomics, and targeted therapies. In conclusion, students will navigate the cost-benefit analyses of the ethical, legal, and social implications of personalized medicine and its role in their lives.

Course Title: Amplifying Social Justice: Becoming Allies, Advocates, and Activists
Course Instructor: Dr. Candice Carpenter

Just what exactly is the difference between allyship, advocacy, and activism? How do we differentiate between the actions of changing our facebook photos to signposts that proclaim “Black Lives Matter”, speaking up for a transgender individual who has been misgendered in a workplace or social setting, deciding not to engage in disability inspiration ‘porn’, drafting a policy memo articulating the injustices suffered by specific refugee groups, or even testifying before Congress on the environmental atrocities committed by multinational companies? In the **Amplifying Social Justice: Becoming Allies, Advocates, and Activists** course, we will peel back these layers to discern the differences in how individuals can work to promote social justice and equity in a variety of ways. Students will engage in both self-reflection and self-awareness activities, learning some differential strategies and tactics for identifying structural oppression and injustice, as well as techniques for promoting social justice, from community organizing and policy advocacy, to grassroots activism and professional activism.

Ultimately, students will be able to learn how they can evolve into and embody allyship, advocacy, and activism for a variety of marginalized communities, all with the goal of creating meaningful change.

Course Title: Leadership and Entrepreneurship Within Public Health
Course Instructor: Dr. Candice Carpenter

Atul Gawande captures the essence of public health leadership and public health entrepreneurship both eloquently and deftly when he states that: "The best public health entrepreneurs are those who are not afraid to challenge the status quo, question assumptions, and take risks to create new solutions that have the potential to transform the way we think about health and wellness." In the **Leadership and Entrepreneurship Within Public Health** course, we will explore the myriad types of public health leaders and entrepreneurs that exist, as well as the abundant avenues they take to create a healthier and more sustainable world.

From the Surgeon General and practitioners in international and national disaster and emergency management, to environmental and reproductive health policy experts, and finally to the biostatisticians and epidemiologists and public health social workers, public health leadership intercalates itself throughout all spaces of our lives. It is the goal of this course to inspire and empower students to drive change and innovation within a multitude of public health fields.

Course Title: Interviewing and Resume-Writing for Top Achievers

Course Instructor: Dr. Candice Carpenter

Per resume statistics collected in 2023, about 73% of resumes are never seen by a human being, but instead are rejected by ATS, or applicant tracking software. Designing an exceptional resume may take extraordinary amounts of time, and still result in rejection. In this **Interviewing and Resume-writing for Top Achievers** course, students will gain the knowledge and strategies needed to stand out in today's competitive job market of medicine and public health, eschew the traps of “resume-padding” and un-captivating laundry lists, and avoid being an extreme type of interviewer – from the dreadfully dull and non-memorable, to the hyperactive and frenetic.

The course will also cover topics such as the nuances of interview preparation, verbal and non-verbal communication skills, emanating professional confidence and competence, and exuding poise despite difficult or impossible-to-answer interview questions.

Course Title: Productivity and Time Management for Superachievers

Course Instructor: Dr. Candice Carpenter

Productivity and Time Management for Superachievers is a transformative course that provides students with the tools and strategies needed to maximize their productivity and achieve their goals. Through this course, students will learn how to manage their time effectively, prioritize tasks, and eliminate distractions that can impede their progress. Students will have the opportunity to examine the latest trends and best practices in productivity and time management, including the use of technology and other tools – such as the Pomodoro technique, time-boxing, upper and lower limits, automation, 2 minute rule, short-burst working, Eisenhower matrix, task-batching, metacognition, and shortened intervals for evaluative progress and performance. They will also learn how to set goals and create action plans that are aligned with their values and priorities to become highly productive and successful superachievers. This is a course that you don't want to miss – and taught by an instructor who is obsessed with productivity and results!

Course Title: Surgical Ethics: Revealing the Ethics of the Operating Suite in Developed and Developing Countries

Course Instructor: Dr. Candice Carpenter

The edict of the Hippocratic oath for both medical doctors and surgeons is “*primum non nocere*”, or “do no harm”. Patently, surgical technical performance cannot be the sole aim of surgery, as considerations of surgical futility and/or financial considerations of procedures, safety of new technological innovations, patient procedural literacy, and more must be considered. And in terms of global surgery, several ethical questions emerge: what is the true relevance and urgency of surgical missions? Can long-term patient care exist for global surgical undertakings, especially in severely under-resourced and under-staffed surgical contexts? If global surgical practitioners fail to not standardize care, who is responsible for the liabilities and negative consequences? In the course, **Surgical Ethics: Revealing the Ethics of the Operating Suite in Developed and Developing Countries** will explore a side of surgery that is oft-left unexplored and undiscussed. To paraphrase a quote by Ali Rae, “In order to tackle the global surgical disease burden, we must restructure our institutions to empower a generation of leaders in global surgery with lenses of equity and ethicality.”

Course Title: Happiness for High-Achieving Individuals
Course Instructor: Dr. Rob Carpenter

Based on Dr. Rob's best selling book, *The 48 Laws of Happiness*, you will learn about the "happiness traps" you face as a high achieving individual, the common mistakes people make when trying to overcome them, and create a tailored roadmap to accelerate - and maximize-your personal happiness in the office, at home, and in the most important areas of your life. Why be a frustrated high-achieving leader when you can be a happy one instead?

Course Title: The Speaker as Storyteller: Storytelling for Non-Creatives
Course Instructor: Dr. Rob Carpenter

Stories are the most important tool in the workplace yet few non-creative individuals and organizations use them to their advantage. In this fun and interactive workshop, you will learn the secrets of transformational storytelling and engage in exercises to practice these secrets so that you can employ them in meetings, presentations, winning deals, and rising to - and staying at - the top as a leader.

Course Title: Emotionally Intelligent Communication
Course Instructor: Dr. Rob Carpenter

One of the biggest problems people face in their professional and personal lives is communicating in emotionally intelligent and healthy ways that will allow them to build and sustain positive relationships. In this eye-opening workshop, you will learn about your own "Demon Dialogues" that hinder positive communication and how to get past them so you can

persuade - and not alienate, irritate, or offend - the people in your life so that you can get the most out of yourself and the people around you.

Course Title: How JUUL became Cool: The Adolescent Vaping Epidemic
Course Instructor: Dr. Jessica Liu

This course will give an overview of the history of the vaping epidemic and how it began in 2018 with JUUL exploding in the e-cigarette market, followed with an epidemiologic background on prevalence of use. We will review evidence-based reasons vaping became popular among adolescents. We will then discuss the importance of the socio-ecological model as it relates to the adolescent vaping epidemic. Students will then map the previous evidence-based reasons onto socio-ecological model.

Course Title: Developing Your Own Multi-level School-based Intervention
Course Instructor: Dr. Jessica Liu

This course will begin with an overview of the importance of school-based interventions for substance use. We will go over the difference between primary, secondary, and tertiary interventions. Students will then design their own intervention in small groups. Groups will be assigned to either developing a primary, secondary, or tertiary school-based intervention, that they will then share back to the class. Students will be provided with some examples of multi-level interventions.

Course Title: Adolescent Brain Development: The Double-edged Sword of Neuroplasticity
Course Instructor: Dr. Jessica Liu

This course will include an overview of adolescent brain development, especially regarding the importance of the process of pruning. We will also discuss the “sensitive” period of adolescent brain development, and how this is a window of opportunity. We will then introduce the concept of neuroplasticity, and students will be divided into two groups. One group will advocate for neuroplasticity as a danger to adolescent health, and the other group will advocate for neuroplasticity as a benefit. There will then be an informal “debate” that follows between the two sides.

Course Title: Targeted Marketing: How the Tobacco Industry Exacerbated Health Inequities
Course Instructor: Dr. Jessica Liu

This course will discuss the impact of tobacco industry on targeted marketing to vulnerable groups. We will go over the history of how the tobacco industry targeted youth and African Americans when advertising combustible cigarettes. We will also look at some more current e-cigarette advertisements and discuss the targeting present in those ads. Students will then be

split into small groups and given one recent real world advertisement to discuss as a small group, and then they will report back to the larger group on what elements of “targeted marketing” they saw in the advertisement.

Course Title: Introduction to Qualitative Methods: Giving Research a Voice

Course Instructor: Dr. Jessica Liu

The purpose of this course is to expose students to world of qualitative research. We will discuss the value of qualitative research in public health and medicine. The course will go over examples of types of qualitative data collection, such as focus groups, interviews, and photo voice. We will then engage in an activity of practice drafting qualitative research questions, and workshop them with partners and the larger group.

Course Title: Consumable Safety: A Critical Look at Food Insecurity from a Public Health Lens

Course Instructor: Dr. Shir Ginzburg

This course reviews current theories, paradigms of inquiry, and approaches, along with a discussion of the practical approaches to food insecurity from a public health perspective. The role of public health professionals in the assessment and evaluation of food insecurity problems and interventions is considered. We will examine the social and infrastructural determinants of food insecurity, identify the various barriers associated with early screening and prevention, and analyze the roles of public health professionals in mitigating food insecurity. We will discuss the complexities associated with cultural differences in food access and preparation, as well as how food insecurity interacts with other illnesses. Furthermore, we will investigate the multiple health disparities that contribute to the incidence and prevalence of food insecurity. Specifically, we will look at how structural barriers contribute to food insecurity in underserved populations and how public health can eliminate these health disparities.

Course Title: Out of the Darkness: A Critical Look at Mental Health from a Public Health Perspective

Course Instructor: Dr. Shir Ginzburg

This course reviews current theories, paradigms of inquiry, and approaches, along with a discussion of the practical approaches to mental health from a public health perspective. The role of public health professionals in the assessment and evaluation of mental health problems and interventions is considered. We will examine the social and infrastructural determinants of mental health. We will also identify the various barriers associated with early screening, diagnosis, prevention, and treatment, and analyze the roles of public health professionals in mitigating negative mental health outcomes. We will discuss the complexities associated with cultural differences in mental health diagnosis and treatment, as well as dual diagnoses/how mental illnesses interact with coexisting illnesses. Furthermore, we will investigate the multiple health disparities that contribute to the incidence and prevalence of mental illnesses.

Course Title: Healthy Mothers, Healthy Children: Prioritizing Maternal and Child Health for a Brighter Future

Course Instructor: Temitope Kayode

This interactive course is designed to introduce students to basic concepts in maternal and child health (MCH), including the determinants and burden of MCH mortality, geographic variations, and disparities in MCH outcomes across sub-populations in the United States and globally. Through peer discussions and case studies, students will be exposed to significant conceptual models such as three delays, and the maternal, neonatal, and child health (MNCH) continuum of care. They will apply these models to identify the socio-economic determinants and other factors affecting MCH and learn about policies, strategies/interventions, and indicators for addressing MCH and tracking its improvements.

Course Title: Infectious Diseases: Unraveling the Science and Social Impacts

Course Instructor: Temitope Kayode

The course aims to provide students with an overview of infectious diseases and their implications for health. Students will be acquainted with the modes of transmission of infectious diseases and the pathway to control. Additionally, they will be able to identify and understand the socio-economic factors contributing to emerging and re-emerging diseases; and the significance of global and local efforts in addressing them. Overall, students will be prepared to think critically about infectious diseases, and the potential for outbreaks in an ever-dynamic healthcare landscape, and to establish in them the desire to develop themselves as prospective change-maker healthcare leaders.

Course Title: Reducing Health Disparities through Language Access

Course Instructor: Joana Tudela

In this course, participants will learn how to reduce health disparities through language access. The course will cover the impact of social determinants of health on Limited-English Proficient (LEP) populations and the importance of language access in achieving social justice and health equity. Participants will gain knowledge of the different US LEP populations, their barriers to accessing healthcare, laws and regulations requiring language services in healthcare, and the importance of working with qualified, trained interpreters. The course uses case studies to engage participants in real-life language access impact on healthcare access and quality in the United States.

Course Title: The Hispanic Patient: Understanding Cultural Needs and Barriers

Course Instructor: Joana Tudela

In this course, participants will explore the cultural needs and barriers Hispanic patients face in accessing healthcare services. Participants will examine the impact of social determinants of health on the US Hispanic community, including language barriers, limited access to healthcare, and discrimination. Through interactive activities, students will gain an understanding of the importance of cultural competence, empathy, and effective communication in providing equitable healthcare services and learn the most common medical-related terms in Spanish.

Course Title: Organ Transplantation: Harvested, used, or thrown away?

Course Instructor: Unini Odama, MD, MPH, MBE

The human body contains five essential organs; the heart, brain, liver, lungs, and kidneys. Therefore, when these vital organs do not work well, it can lead to devastating or deadly complications. Using the Kidney as a case study, this course will review the process of replacing or transplanting organs. The course will explain why transplantation is needed, explain its process, and interrogate who gets transplanted and who does not and why? The course will conclude with a discussion of Innovative and thought-provoking issues, such as xenotransplantation, medical tourism, and the bioethical considerations of transplantation.

Course Title: What is right and what is wrong? Going beyond “Do no Harm”!

Course Instructor: Unini Odama, MD, MPH, MBE

This course describes the foundational bioethical and justice principles that play a role in helping us decide what is morally justified, permissible, or impermissible. The course explores why we choose certain actions and help us to understand why and how we make certain decisions. Importantly, this course highlights missing voices and perspectives and allows us to recognize overlooked faces of injustice.

Course Title: Disparities in Chronic Diseases; The Shoe Does Not Fit

Course Instructor: Unini Odama, MD, MPH, MBE

Definitions can be confusing and distracting. Therefore, this course will clarify and differentiate disparities and inequities from inequalities. This course will use examples of chronic diseases such as high blood pressure, diabetes, and kidney disease to take us on a journey that exposes how we arrived at disparities in the first place. This course will highlight unique determinants of disparities in chronic diseases and conclude with thought-provoking solution-finding discussions inviting us to be part of the change to solve health disparities.

Course Title: Health Policies as they affect access to Healthcare in the United States

Course Instructor: Ukamaka Gladys Okafor

The objective of this course is to introduce students to the basic concepts of health policy from global, regional and national perspectives. Students will understand the major US government health programs and various policies that regulate and control health care and how these policies drive access to healthcare and protect public health in the United States.

Class Title: Diversity and Equity in LGBTQ+ Populations

Course Instructor: Dr. Heather Tillewein

This course will provide an overview of sexual and gender identities on the spectrum of LGBTQIA+. Details of health disparities of the LGBTQ+ populations will be discussed. Also, this course will prepare pre-health professionals on specific health issues that may show up in practice. There will be a presentation of current research that identifies healthcare barriers that impact LGBTQ+ individuals. By the end of the course, individuals should be aware of LGBTQ+ health disparities and potential solutions that can be implemented to make a LGBTQ+ positive environment in healthcare.

Course Title: Sexual Violence in Your Community

Course Instructor: Dr. Heather Tillewein

This course is designed to show those entering the healthcare fields the prevalence of sexual violence among youth and adults. Individuals will develop skills to potentially identify individuals who may be enduring sexual violence. The course will help pre-healthcare providers learn of potential resources that can help those who survived sexual violence.

Course Title: Climate Change and You

Course Instructor: Dr. Lindsay Tallon

This course focuses on issues seminal in environmental health such as climate change, environmental justice, and air and water pollution. This class is intended to open your eyes to the impact of the world around you on your health, be culturally relevant and inclusive, and will ask you to critically examine assumptions you may have about health.

Course Title: Introduction to Epidemiology

Course Instructor: Dr. Khulud Elnur Khudur

Epidemiology is the study of how often diseases occur in different groups of people and why. Epidemiological information is used to plan and evaluate strategies to prevent illness and as a guide to the management of patients in whom disease has already developed. Like the clinical findings and pathology, the epidemiology of a disease is an integral part of its basic description. The subject has its special techniques of data collection and interpretation, and its necessary jargon for technical terms. This course aims to provide an ABC of the

epidemiological approach, its terminology, and its methods. Our only assumption will be that students already believe that epidemiological questions are worth answering. This introduction will indicate some of the distinctive characteristics of the epidemiological approach.

Course Title: Building Bridges to Better Health: A Global Health Perspective
Course Instructor: Edima Ottoho

This course is designed to introduce students to key topics in global health including measures of the global burden of disease, identification of key health problems around the world, and their determinants.

Through case studies, lectures, and peer discussions, students will familiarize themselves with different conceptual frameworks (e.g. the WHO Building Blocks and Social Ecological Model). They will use these frameworks to reflect on the social, economic, and environmental factors that impact health across the world, and how they are being tackled. They will learn about the policies and interventions that can promote global health equity and sustainable development.

Overall, the course aims to prepare students to think critically about global health challenges and to become agents of change in the pursuit of better health for all.

Course Title: Telemedicine: Opportunities and Challenges
Course Instructor: Dr. Thierry Lienou

Telemedicine is a rapidly evolving field that has the potential to revolutionize healthcare access and delivery. This course will provide a comprehensive introduction to telemedicine, including its modalities, applications, and potential benefits and challenges. Students will examine the clinical, legal, and ethical considerations associated with telemedicine, including licensure and credentialing, reimbursement, privacy and security, and informed consent. Additionally, students will explore the social and cultural factors that may impact the implementation and adoption of telemedicine across diverse populations and healthcare settings. Through group discussions and activities, students will gain a deeper understanding of the opportunities and challenges associated with telemedicine and its potential impact on healthcare access and outcomes.

Course Title: Universal Design and Disability
Course Instructor: Dr. Thierry Lienou

This course is designed to introduce students to the principles of universal design and its significance in creating inclusive environments for people with disabilities. The course will examine the intersectionality of disability with other identities and the role of assistive technology in promoting accessibility. Through interactive discussions, case studies, and activities, students will develop an understanding of the challenges faced by people with disabilities in different environments and how universal design can provide solutions.

Course Title: Global Telehealth: Bridging Borders in Healthcare

Course Instructor: Dr. Thierry Lienou

This course offers a comprehensive understanding of telehealth around the world, including its current status, cultural and linguistic considerations, and technical and operational aspects. Through interactive discussions and case studies, students will explore the diverse telehealth practices and policies in North America, South America, Europe, Asia, and Africa, and gain insights into the challenges and opportunities of connecting healthcare across borders. The course will also provide hands-on experience for students to develop cultural and linguistic competence, and technical skills required for conducting telehealth medical consultations with clients from different regions of the world.

Course Title: The Effect of COVID-19 Policy in Socially Vulnerable Communities: Opportunities to create Community Knowledge and Autonomy

Course Instructor: Dr. Carlos Linares Koloffon

In this course, the student will analyze the policy development and implementation process as a collective political-behavior and its effects at different levels of social vulnerability in the United States. Then, the student will be informed by the epistemic approach to the consolidation of the democratic process. Finally, we discuss the recent evidence regarding partisanship and COVID-19 outcomes.

Course Title: Community Resilience in the Context of the U.S. Southern Border

Course Instructor: Dr. Carlos Linares Koloffon

Using a population perspective, we will examine the historical experience of the US Southern Border. Focused on the “El Paso del Norte Region”, we will describe how complex bi-national relationships between social, environmental, and political factors affect the health and well-being of communities in this area while analyzing the collective resilience formation.

Course Title: Transformative Public Health Research in the Era of Mistrust

Course Instructor: Dr. Carlos Linares Koloffon

This course is an integrative overview of novel research methodologies in Public Health Research and their utility during the COVID-19 syndemic. Focused on the community, the student will explore the common scientific approaches and the importance of community participation in research and its effect on trust building and collective empowerment.

Course Title: The Case for Health Equity in Clinical Trials

Course Instructor: Seble Yigletu

Clinical trials are at the core of scientific innovation. Health equity, the state in which everyone has a fair and just opportunity to attain their highest level of health, is a fundamental principle that can help catalyze the reduction of health disparities. However, too often, the intersection between clinical trials and health equity is overlooked. This course will highlight the importance and necessary role of centering health equity in clinical trials, and how approaching clinical trials with a health equity lens can help us unlock a future in scientific innovation that is accessible to all.

Course Title: Navigating the Moral Compass: An Introduction to Bioethics

Course Instructor: Remy Enoch

From abstract ethical principles to the specificity of lived experience, bioethics is a multidisciplinary field that strives to orient itself toward human flourishing. This course aims to introduce students to the fascinating world of bioethics, including the core principles of biomedical ethics and diverse approaches to social justice. Students will receive an overview of the philosophical underpinnings, and they will begin to apply theory to central challenges that intersect medicine, law, and policy by utilizing critical thinking and ethical reasoning. During this interactive course, students will delve into a case study discussion that highlights the ethical dilemmas arising from scientific advancements and healthcare practices. By exploring real-world scenarios and examining the ethical considerations surrounding them, students will develop a deeper understanding of the complex moral challenges faced by healthcare professionals, scientists, and global society.

Course Title: Narrative Medicine and the Clinical Encounter

Course Instructor: Remy Enoch

Every patient has a life story that goes beyond the symptoms they bring into the doctor's office, and Narrative Medicine offers a unique approach to incorporating storytelling and narratives in clinical settings. This course aims to provide students with an overview of the narrative medicine workshop method, which has been proven to yield positive outcomes for both patients and caregivers. By examining the power of skills such as active listening, close reading, creative writing, and self-reflection, students will learn how an understanding of narrative humility enhances clinical practice, promotes empathy, and contributes to compassionate patient care. Students will be exposed to compelling case studies in the form of literary texts and artwork that highlight the transformative potential of narrative medicine. By the end of the course, students will have acquired enhanced communication skills, valuable insights into the integration of narrative techniques within the clinical encounter, and a more nuanced understanding of the human experience in the context of healthcare.

Course Title: Equity, Ethics, and Empowerment: Foundations of Public Health Justice

Course Instructor: Remy Enoch

As society emerges from the Covid-19 pandemic, public health topics such as resource allocation, social justice, and global health ethics remain at the forefront of everyday discussion. This introductory course offers students an exciting glimpse into the diverse field of public health and the ethical considerations that shape its practice. Using a blend of texts from philosophy, pop culture, and the creative arts, this interactive lecture aims to provide students with a foundational overview of various field specialties, principles, challenges, and justice considerations that arise in public health. Students will delve into the ethical dimensions of decision-making and gain insights into the principles that guide public health policies and interventions. Students will also explore the ethical responsibilities of public health professionals and the challenges they face in addressing health disparities and promoting equitable access to healthcare. By the end of the course, students will be equipped with a broad background of theory and practical perspectives to help them critically analyze public health issues and contribute to discussions on promoting health and well-being in their communities.

Course Title: Lights, Camera, Action: The Intersection of Film and Public Health

Course Instructor: Remy Enoch

This course aims to introduce students to the unique power of film as a medium to highlight public health issues, raise critical awareness, and catalyze impactful change. Through the embodied lens of cinema, students will explore various public health topics, engage in thoughtful analysis, and gain insights on the intersection of media, health, and narrative ethics. During this course, students will spend the first portion in a “viewing party,” where the group does a close viewing of segments from several documentaries and sci-fi short films. The second portion will involve reflective journal writing, the sharing of responses and personal interpretations, and a group discussion. The goal of the course is to help students discover how film can be a compelling tool for storytelling, education, and social impact within the realm of public health. At the end of the session, students will have a collection of their own written responses and they will be provided with a list of additional noteworthy films.

Course Title: Resilience Rising: A Public Health Crisis Simulation

Course Instructor: Remy Enoch

In this experiential course, students will participate in a group simulation activity that immerses everyone in a public health crisis. The simulation aims to provide students with a hands-on experience of the complexities, challenges, and ethical considerations involved in real-world decision-making processes. Students will be presented with a crisis scenario and divided into small groups. During the activity, students will develop critical thinking and problem-solving skills as they evaluate various options, and they will grapple with ethical dilemmas as they consider the impact of their decisions on individuals and communities. The simulation fosters teamwork,

collaboration, and effective communication skills as students engage in group deliberation and work towards consensus. By assuming different roles and considering diverse perspectives, students also develop empathy and the ability to understand the needs and concerns of various stakeholders. The simulation will conclude with a facilitated debrief and a group reflection on the outcomes and collective experience.

Course Title: Electrifying Your Career as an Academic Reviewer and Editor

Course Instructor: Dr. Circe Le Compte

Ever wonder what academics meant when they said they “needed to publish” or what the difference between an article in a newspaper and a peer-reviewed journal? This session will clear up those sessions and more. During this hands-on training, we’ll review how academic journals operate, and what is involved in the peer review process. You’ll learn how articles are submitted, reviewed, accepted/rejected, and ultimately published. Students who successfully complete this session will earn mastery certificates in each subject area and may be invited to become an academic reviewer and/or editor for HPHR Journal. Participants who complete this session will be able to do the following: describe how to read and review academic articles; explain what it means to be an exceptional reviewer; detail how to write engaging, informative reviews for editorial boards and authors; describe the managing editing process; discuss what is involved in being a deputy editor; expound on the ethics of academic publishing; and provide an overview of establishing an academic journal.

Course Title: Case Study: Gentrification and Social Geography among Black Men Who Have Sex with Men in Washington, DC

Course Instructor: Dr. Circe Le Compte

In this case study session, participants will hear about research produced from the PhotoUStudy, which leveraged qualitative and quantitative approaches to understand the lived experiences of black men who have sex with men in Washington, DC, namely around dimensions of survival and sexual harm reduction (known as seroadaptation). The session will demonstrate how to conduct and publish research grounded in the lenses of social justice and health equity. We will discuss how to work with historically marginalized populations, address hot-button research topics, and leverage unique study designs and data collection and analytical approaches.

Course Title: Social Determinants and Theory

Course Instructor: Dr. Circe Le Compte

This session will focus on the social determinants of health with a focus on the U.S. with a specific emphasis on behavioral, psychological, and structural factors that have demonstrated impacts in creating health inequities. We also will learn about different population and

psychosocial theories of health, and their heuristic value in understanding the causal links between social factors and disparate disease outcomes. Case studies will be used to explicate the social, economic, and political factors that contribute to inequalities and illustrate opportunities to reduce them and improve health equity. By the end of this course, you will be able to discuss the means by which structural bias and inequities create, recreate, and reify inequities and create challenges to achieving health equity at organizational, community, and societal levels.

Course Title: Qualitative Methods

Course Instructor: Dr. Circe Le Compte

In this session, we will ground participants in how to conduct qualitative research to investigate public health questions, producing findings based on study participants' words and experiences and investigators' direct observations. Diverse qualitative research approaches will be reviewed, including how to develop research questions; "enter" a community to conduct qualitative research; identify and leverage appropriate theories; ensure study rigor; select and employ qualitative data collection methods; write open-ended questions; leverage appropriate sampling approaches; facilitate data management and analysis; and publish results.

Course Title: Documentary: Our Life's Work: Identity, Alienation, and Social Support in Always Sunny in Philadelphia, Killer of Sheep, The Keepers, and Trouble the Water

Course Instructor: Dr. Circe Le Compte

There is an intrinsic link between earning money, respect, and a "better life." What does that mean, however, when it comes to health equity and social justice? In this session, we will explore the public health implications of work, with a specific emphasis on the U.S. context. We will address how work often is intrinsic to notions of worth, both metaphorically and financially, in the U.S., and linked to access to social capital and even healthcare access—which is almost universally recognized as a basic human right. These issues will be examined through clips drawn from multiple texts, including television series, *Always Sunny in Philadelphia*; the arthouse film, *Killer of Sheep*, and the documentaries *The Keepers* and *Trouble the Water*.

Course Title: Conflicts of Interest in Public Health Practice

Course Instructor: Dr. Ukamaka Gladys Okafor

This course will give an overview of conflict of interest in public health practice. Students will understand what conflict of interest is, in the context of public health practice, identify potential adverse outcomes of conflicts of interest and why they should be prevented and mitigated. It will provide guidance on preventing and managing conflicts of interest in public health practice.

PUBLIC HEALTH AND SOCIAL JUSTICE GLOSSARY

- **Access to care:** the ability of individuals to obtain appropriate health care services in a timely manner
- **Activism:** refers to the act of actively campaigning and taking action to bring about social and political change.

- **Adolescent brain development:** the process of physical and functional changes that occur in the brain during adolescence, which includes increased synaptic connections, myelination, and pruning.
- **Advocacy:** refers to the act of publicly supporting and promoting a particular cause or issue, often through raising awareness or lobbying for change.
- **Air pollution:** The presence of harmful substances, such as gases, particulates, and biological molecules, in the air that we breathe, which can have negative health effects.

- **Allyship:** refers to an individual who supports and stands with marginalized individuals or groups by using their privilege to amplify their voices and experiences.
- **Assessment:** The process of evaluating or measuring a problem or situation
- **Assistive technology:** any device, software, or equipment that is used to maintain or improve the functional capabilities of individuals with disabilities.
- **Augmented reality:** A technology that superimposes digital information onto the real world, enhancing the user's perception of the environment.
- **Automation:** the use of technology and software to automate certain tasks or processes, reducing the amount of time and effort required.
- **Bi-national:** Involving or relating to two nations or countries.
- **Bioethics:** relating to ethics, moral principles, and values as they apply to the field of medicine and healthcare. Examples include:
 - **End-of-life care:** This includes ethical questions about euthanasia, physician-assisted suicide, and the withdrawal of life-sustaining treatment.
 - **Organ transplantation:** Bioethics looks at issues related to organ donation and transplantation, such as the ethical implications of organ allocation and the use of organs from deceased donors.
 - **Genetic testing and screening:** Bioethics addresses issues related to genetic testing, such as the privacy and confidentiality of genetic information, the potential for discrimination based on genetic testing results, and the use of genetic testing in reproductive decision-making.
 - **Reproductive technologies:** This includes ethical questions related to in vitro fertilization (IVF), surrogacy, and pre-implantation genetic diagnosis (PGD).
 - **Clinical trials:** Bioethics considers ethical issues related to the design, conduct, and reporting of clinical trials, including the informed consent process, the use of placebos, and the selection of study participants.
 - **Medical research:** Bioethics looks at the ethical implications of medical research, such as the use of human subjects in research, the ethical use of animals in research, and the potential for conflicts of interest in medical research.
- **Health care access:** Bioethics addresses issues related to health care access, such as the ethical implications of health care rationing, the provision of health care to vulnerable populations, and the use of health care resources in a fair and just manner.
- **Biostatistics:** The application of statistical methods to biological and medical data.
- **Burden:** the impact of a health issue, in this case, the impact of maternal and child mortality on individuals and communities.

- **Case studies:** a research method that involves an in-depth investigation of a particular phenomenon, such as a telehealth program or policy, in order to gain insights into its underlying dynamics and challenges.
- **Chronic diseases:** Long-term health conditions that require ongoing medical attention, such as diabetes, high blood pressure, and kidney disease.
- **Climate change:** A long-term change in the average weather patterns that have come to define Earth's local, regional, and global climates, caused by the emission of greenhouse gases into the atmosphere.
- **Clinical trials:** studies that test new medical interventions, such as drugs or treatments, on human subjects to determine their safety and efficacy
- **Combustible cigarettes:** traditional cigarettes that burn tobacco to produce smoke for inhalation.
- **Community organizing:** refers to the process of bringing people together to collectively take action on issues affecting their community.
- **Community participation:** Involvement of community members in the research process, often seen as important for improving the relevance and effectiveness of research, building trust, and promoting empowerment.
- **Community:** A group of people living in the same area or sharing a common interest, often studied in public health research as a unit of analysis.
- **Conceptual models:** frameworks or theories that help explain complex phenomena, in this case, the three delays and the MNCH continuum of care models used to understand and address MCH issues.
- **Control:** strategies and interventions aimed at preventing and reducing the spread of infectious diseases, such as vaccination, quarantine, or use of antibiotics.
- **Cost-benefit Analysis:** A process of weighing the costs and benefits of a particular decision or action in order to determine its overall value and potential impact.
- **COVID-19 outcomes:** The impact of the COVID-19 pandemic on individuals, communities, and society, including health outcomes, economic effects, and social consequences.
- **COVID-19:** An infectious disease caused by the SARS-CoV-2 virus that emerged in late 2019 and has since become a global pandemic.
- **Cultural competence:** Refers to the ability of healthcare providers to understand, respect, and effectively work with people from diverse cultural backgrounds.
- **Cultural considerations:** the social and cultural factors that may impact the implementation and adoption of telehealth practices across diverse populations and healthcare settings.
- **Cultural differences:** Differences in customs, beliefs, and practices among different groups of people
- **Cultural needs:** Refers to the specific requirements, values, beliefs, and practices of a particular culture that can impact their health and healthcare access.

- **Data collection:** The process of gathering information from various sources, such as surveys, interviews, observations, and documents.
- **Death and disability:** the loss of life and the physical or mental impairment caused by a disease or injury
- **Democratic process:** A system of government in which citizens have the power to participate in the decision-making process through free and fair elections.
- **Determinants:** Factors that contribute to the development of a disease or health condition, including biological, environmental, social, and economic factors.
- **Developing countries:** countries with low-income economies, often facing significant health and economic challenges
- **Disabilities:** a physical or mental impairment that substantially limits one or more major life activities, such as walking, seeing, hearing, or learning
- **Disability disparities:** People with disabilities may face barriers to accessing healthcare services and may have higher rates of certain health conditions, such as obesity and depression.
- **Disaster and Emergency Management:** The process of preparing for, responding to, and recovering from disasters and emergencies.
- **Diverse telehealth practices and policies:** the varied approaches and regulations around the world regarding the implementation and use of telehealth technologies and services.
- **Dual diagnosis:** Refers to the presence of two or more coexisting conditions, such as mental illness and substance abuse.
- **E-cigarette:** an electronic device that vaporizes a liquid solution (e-liquid) containing nicotine, flavors, and other chemicals for inhalation.
- **Effective communication:** Refers to the exchange of information in a clear, concise, and culturally appropriate manner.
- **Eisenhower matrix:** a tool for prioritizing tasks based on their level of importance and urgency.
- **El Paso del Norte Region:** A bi-national metropolitan area located on the US-Mexico border that includes the cities of El Paso, Texas, and Ciudad Juarez, Mexico.
- **Emerging diseases:** infectious diseases that are newly identified or have recently appeared in a population.
- **Emotional intelligence (EI):** is the ability to recognize, understand and manage one's own emotions as well as the emotions of others. It involves being aware of one's own emotions and how they can affect behavior and decision-making, as well as being able to use emotional information to guide thought and action. Additionally, emotional intelligence includes the ability to empathize with others and understand their perspectives and emotions. It is an important skill in personal and professional relationships and can lead to better communication, conflict resolution, and overall success in various areas of life.
- **Empathy:** Refers to the ability to understand and share the feelings of another person.

- **Environmental factors:** Factors related to the physical environment that can affect health and well-being, such as pollution, access to clean water and air, and natural disasters.
- **Environmental Health Policy:** Laws, regulations, and guidelines aimed at protecting public health from environmental hazards.
- **Environmental health:** The branch of public health that focuses on how environmental factors affect human health and disease.
- **Environmental justice:** The fair treatment and meaningful involvement of all people regardless of race, color, national origin, or income, with respect to the development, implementation, and enforcement of environmental laws, regulations, and policies.
- **Epidemic:** A widespread occurrence of an infectious disease in a community at a particular time.
- **Epidemiologic:** Relating to the study of the incidence, distribution, and control of diseases in a population.
- **Epidemiology:** The study of the distribution and determinants of health and disease in populations.
- **Epistemic approach:** A perspective that emphasizes the importance of knowledge and evidence in decision-making and problem-solving.
- **Ethical questions:** questions that pertain to ethical standards and considerations in surgical practice, such as the relevance and urgency of surgical missions, patient care in under-resourced settings, and responsibility for negative consequences.
- **Ethical, Legal, and Social Implications (ELSI):** A framework for analyzing the ethical, legal, and social issues that arise from advances in science and technology, in order to ensure that these innovations are developed and implemented in a responsible and equitable manner.
- **Evaluation:** The process of determining the value or effectiveness of an intervention or program
- **Evidence-based:** Referring to medical or health practices that are based on scientific research and proven to be effective.
- **Financial barriers:** Obstacles related to money that prevent people from accessing resources or services.
- **Focus group:** A qualitative research method that involves a small group of individuals who are brought together to discuss a specific topic or issue in depth.
- **Food insecurity:** The state of being without reliable access to a sufficient quantity of affordable, nutritious food
- **Gender disparities:** Women may face gender-specific health issues such as breast cancer, cervical cancer, and pregnancy-related complications, which may not be adequately addressed in healthcare.
- **Genomics:** The study of an organism's genome (the complete set of DNA) to understand how it functions and how variations in genes can cause disease.

- **Geographic disparities:** Rural areas may have limited access to healthcare facilities and providers, which can result in delayed diagnosis and treatment of illnesses.
- **Global and local efforts:** initiatives and actions taken at the global or local level to prevent, control, or treat infectious diseases, such as vaccination programs or outbreak response teams.
- **Global burden:** the impact of a disease or condition on a population, usually measured in terms of death, disability, and financial costs
- **Global health policy:** refers to the policies and strategies aimed at improving health outcomes globally, often in low- and middle-income countries.
- **Global health:** the study and practice of improving health and achieving equity in health for all people worldwide
- **Global surgery:** a field of surgery that focuses on improving access to surgical care in low- and middle-income countries.
- **Grassroots activism:** refers to political or social activism that begins at the local level and is led by ordinary citizens.
- **Health disparities:** differences in health outcomes between different population groups, often due to social or economic factors
- **Health equity:** The principle that everyone should have a fair and equal opportunity to achieve good health.
- **Health policy:** refers to the decisions, plans, and actions that are undertaken to achieve specific health care goals within a society or country.
- **Healthcare access:** The ability of individuals to obtain healthcare services.
- **Healthcare barriers:** Factors that prevent or hinder people from accessing healthcare services, such as stigma, discrimination, lack of insurance, or lack of culturally competent care.
- **Healthcare delivery:** The process of providing healthcare services to patients.
- **Healthcare experiences:** The interactions between patients and healthcare providers during the delivery of healthcare services.
- **Healthcare providers:** individuals or organizations involved in providing medical care or related services to patients or communities.
- **Healthcare quality:** The degree to which healthcare services meet the needs and expectations of patients.
- **Hippocratic oath:** an oath taken by physicians, which includes a promise to uphold ethical standards in medicine and to prioritize patient care.
- **Hispanic community:** Refers to people of Hispanic or Latino origin who trace their heritage to Spanish-speaking countries or cultures.
- **Impermissible:** actions or decisions that are not allowed or permitted within the framework of ethical and moral principles
- **Implementation process:** The steps taken to put a policy or program into action and achieve its intended goals.

- **Inclusive environments:** environments that promote diversity, equity, and accessibility for all individuals, regardless of their abilities or identities
- **Indicators:** measures used to track progress or outcomes, in this case, indicators used to monitor and evaluate MCH programs and interventions.
- **Inequalities:** Differences in health outcomes, access to healthcare, and health care quality experienced by different groups of people that are not necessarily unjust or avoidable, often caused by individual factors such as genetics, lifestyle choices, or behaviors.
- **Inequities:** Differences in health outcomes, access to healthcare, and health care quality experienced by different groups of people that are unfair, unjust, and avoidable, often caused by systemic and institutional factors.
- **Infectious diseases:** illnesses caused by microorganisms such as bacteria, viruses, fungi, and parasites that can be transmitted from one person to another or from animals to humans.
- **Infrastructural determinants:** These are the environmental factors that impact mental health, including access to resources like healthcare, education, and housing.
- **Injustice:** refers to unfairness or wrongdoing, often relating to systematic or institutionalized oppression.
- **Intersectionality:** the interconnected nature of social categories, such as race, gender, class, and ability, and how they interact to create unique experiences of oppression and privilege
- **Interventions:** Actions taken to address or improve a problem or situation
- **Interview:** A qualitative research method that involves asking questions to an individual or a group of individuals to gather information about their experiences, attitudes, and beliefs.
- **Justice principles:** principles related to fairness, impartiality, and equity in decision-making and distribution of resources
- **JUUL:** A brand of e-cigarette that gained popularity in the United States in 2018.
- **Language access:** The ability of individuals with limited English proficiency to communicate effectively with healthcare providers and access healthcare services.
- **Language barriers:** Refers to difficulties that arise when individuals do not share a common language, which can lead to misunderstandings and communication breakdowns in healthcare settings.
- **Laws and regulations:** Rules and policies created by governments or other organizations that require healthcare providers to offer language services to LEP patients.
- **Lens:** a perspective or framework through which something is viewed or analyzed
- **LGBTQIA+:** An acronym used to refer to people who identify as lesbian, gay, bisexual, transgender, queer/questioning, intersex, and asexual.
- **Limited-English Proficient (LEP):** Individuals who have limited ability to read, write, speak, or understand English.

- **Linguistic competence:** the ability to understand, speak, read, and write in different languages.
- **Linguistic considerations:** the language barriers that may impact effective communication in telehealth services.
- **Maternal and child health (MCH):** a branch of public health that focuses on the **health of women, children, and families.**
- **Maternal, neonatal, and child health (MNCH) continuum of care:** a model used in MCH to highlight the importance of providing integrated and comprehensive care to mothers and their children throughout the perinatal period (pregnancy, childbirth, and postpartum).
- **Medical tourism:** traveling to another country for medical treatment.
- **Meta-immersive technologies:** Technologies that combine virtual and augmented reality to create a more immersive experience.
- **Metacognition:** the process of thinking about and reflecting on one's own thought processes, in order to improve learning and problem-solving skills.
- **Metaverse:** A virtual world that is created by the convergence of multiple virtual environments, where users can interact with each other and with the environment in a more immersive way than in traditional online environments.
- **Missing voices:** perspectives or opinions that are not heard or represented in decision-making processes
- **Modes of transmission:** the ways in which infectious diseases can be spread, such as through contact with infected people or animals, contaminated food or water, or through the air.
- **Morally justified:** actions or decisions that are deemed to be ethically and morally right

- **Multi-level interventions:** Interventions that incorporate multiple levels of prevention and intervention, such as combining primary and secondary prevention strategies, or incorporating tertiary interventions into a broader prevention program.
- **National health policy:** refers to the policies and strategies aimed at improving health outcomes at a country-level.
- **Neuroplasticity:** the ability of the brain to change and adapt in response to experience or environmental factors.
- **Novel research methodologies:** New or innovative methods used to conduct research, such as advanced statistical techniques or technological tools.
- **Omics:** A field of study that uses high-throughput techniques to generate large-scale data sets for analyzing biological systems, such as genomics, proteomics, metabolomics, and transcriptomics.
- **Operational aspects:** the administrative and logistical processes involved in the delivery of telehealth services, including scheduling, reimbursement, and compliance with regulatory requirements.

- **Outbreaks:** sudden increase in the number of cases of a particular infectious disease in a particular area or population.
- **Overlooked faces of injustice:** instances of injustice or inequality that are not widely recognized or addressed
- **Paradigms of inquiry:** Refers to the different approaches, methodologies, and tools used in studying mental health, including quantitative, qualitative, and mixed-methods research.
- **Partisanship:** Strong support for a particular political party or ideology.
- **Permissible:** actions or decisions that are allowed or permitted within the framework of ethical and moral principles
- **Personalized Medicine:** A type of medical treatment that is tailored to the individual characteristics of each patient, such as their genetic makeup, lifestyle, and environment, in order to provide more effective and targeted healthcare.
- **Pharmacogenomics:** The study of how an individual's genetic makeup affects their response to drugs, in order to develop personalized drug therapies with improved efficacy and reduced side effects.
- **Photo voice:** A qualitative research method that uses photographs taken by participants to express their experiences and perspectives on a specific topic or issue.
- **Physical barriers:** Obstacles related to physical limitations or disabilities that prevent people from accessing resources or services.
- **Policies:** guidelines or rules established by governments or organizations to promote health and well-being.
- **Policy development:** The process of creating policies, which are guidelines or rules established by governments, organizations, or individuals to achieve specific goals.
- **Political behavior:** The actions and attitudes of individuals and groups in a political context, including their decision-making processes, motivations, and interactions with others.
- **Political factors:** Factors related to government policies, laws, and institutions that can affect health and well-being, such as access to healthcare and social services, and political stability.
- **Pomodoro technique:** a time management technique that involves working for a set period of time (usually 25 minutes) followed by a short break, with the cycle repeated multiple times.
- **Population perspective:** An approach in research or analysis that examines a particular issue or phenomenon at the level of a group of individuals, rather than individual cases.
- **Precision Oncology:** A type of personalized medicine that uses genomic and other -omics data to identify specific genetic mutations or biomarkers that can be targeted with precision therapies to treat cancer.
- **Prevalence:** the proportion of a population affected by a specific condition or disease at a particular time.

- **Prevention:** In the context of mental health, this refers to efforts to reduce the risk of mental illness, often through early intervention and addressing risk factors.
- **Primary interventions:** Strategies designed to prevent a problem from occurring in the first place. In this context, primary interventions aim to prevent substance use before it even begins.
- **Productivity:** the measure of how much work or output is produced in a given amount of time.
- **Professional activism:** refers to activism that is undertaken as a profession or career, often by individuals who work for advocacy organizations or non-profits.
- **Proteomics:** The study of all the proteins in an organism, including their structures, functions, and interactions, and how they can be used as biomarkers for disease.
- **Pruning:** the process by which unused or unnecessary neuronal connections in the brain are eliminated to increase neural efficiency.
- **Psychological barriers:** Obstacles related to mental health or emotions that prevent people from accessing resources or services.
- **Public Health Entrepreneurship:** The act of developing, managing, and implementing innovative solutions to public health challenges.
 - **Mobile health clinics:** These are mobile units equipped with medical equipment and staffed by healthcare professionals that can provide health care services to underserved communities. Public health entrepreneurs have started mobile clinics to provide services such as vaccinations, preventive screenings, and health education to people who might otherwise not have access to these services.
 - **Social entrepreneurship:** Social entrepreneurs are individuals who use business principles and practices to solve social or environmental problems. In public health, social entrepreneurs might develop and implement innovative health promotion programs, such as healthy eating campaigns, tobacco cessation programs, or fitness initiatives.
 - **Public-private partnerships:** Public health entrepreneurs may collaborate with private companies to create innovative solutions to public health challenges. For example, public health entrepreneurs might partner with pharmaceutical companies to develop new drugs or vaccines, or partner with technology companies to develop innovative health apps or digital health solutions.
 - **Health technology startups:** Public health entrepreneurs might start health technology startups to develop innovative tools and solutions to address public health challenges. These might include apps or wearable devices to monitor and manage chronic health conditions, telemedicine platforms to improve access to healthcare, or tools to improve health data management and analysis.
 - **Community-based health initiatives:** Public health entrepreneurs might work with communities to develop community-based health initiatives that address specific public health challenges. For example, they might work with a community

to develop a program to reduce childhood obesity rates, or to address a local outbreak of a communicable disease.

- **Public Health Leadership:** The ability to inspire, motivate, and guide individuals or groups towards achieving public health goals.
- **Public health perspective:** This refers to a holistic and population-based approach to understanding and addressing mental health issues. It considers the social, economic, and environmental factors that contribute to mental health outcomes and aims to promote mental well-being for all.
- **Public Health Research:** The field of study that focuses on improving and protecting the health of populations through research, policies, and interventions.
- **Public Health Social Work:** The application of social work principles to the promotion of public health and prevention of disease and injury.
- **Public Health:** The science and art of preventing disease, prolonging life, and promoting health and well-being through organized efforts of society.
- **Qualitative research:** A type of research that aims to understand the meaning behind human behavior and experiences by analyzing non-numerical data such as text, images, and observations.
- **Racial and ethnic disparities:** For example, Black Americans have higher rates of hypertension, diabetes, and heart disease compared to White Americans.
- **Re-emerging diseases:** infectious diseases that were once under control but have resurfaced in recent years due to various factors such as changes in environmental conditions or antibiotic resistance.
- **Regional health policy:** refers to the policies and strategies aimed at improving health outcomes in a specific region or area, such as a state or province.
- **Reproductive Health Policy:** Laws, regulations, and guidelines aimed at promoting and protecting reproductive health.
- **Research questions:** Questions that guide the research process and help researchers to explore and understand a specific phenomenon or topic.
- **Resilience formation:** The development of the ability to cope with and overcome adversity, such as the challenges posed by social, environmental, and political factors affecting health and well-being.
- **School-based interventions:** Programs or strategies implemented in school settings to address a specific issue or problem, in this case, substance use.
- **Scientific approaches:** Methods and techniques used to conduct research in a rigorous and systematic manner, often including hypothesis testing, data collection, and analysis.
- **Scientific innovation:** the development of new scientific knowledge, techniques, or technology that lead to advances in medicine or other fields.
- **Screening:** Refers to the process of identifying individuals at risk for mental illness, often through the use of validated screening tools.

- **Secondary interventions:** Strategies designed to identify and address a problem early on before it becomes more serious. In the context of substance use, this could include early screening and intervention for students who may be experimenting with drugs or alcohol.
- **Sensitive period:** a developmental window during which the brain is particularly responsive to certain experiences or stimuli.
- **Sexual and gender identities:** Refers to the different ways in which people express their gender and sexuality, which can fall on a spectrum rather than binary categories.
- **Sexual violence:** any type of non-consensual sexual act or behavior.
- **Short-burst working:** a technique that involves working intensely for short periods of time, followed by breaks or rest periods.
- **Shortened intervals for evaluative progress and performance:** breaking down long-term goals into smaller, measurable milestones and regularly evaluating progress and performance towards those milestones.
- **Social determinants:** Refers to the societal and cultural factors that contribute to the development of mental health issues, including poverty, discrimination, and social isolation.
- **Social factors:** Factors related to social structures, institutions, and relationships that can affect health and well-being, such as income, education, and social support.
- **Social justice:** The fair and equal distribution of resources and opportunities in society.

- **Social vulnerability:** The susceptibility of individuals or groups to the negative effects of social, economic, or environmental factors.
- **Socio-ecological model:** A model that describes how factors at the individual, interpersonal, community, and societal levels can influence health behaviors and outcomes.
- **Socio-economic determinants:** the social and economic factors that influence health outcomes, such as income, education, and access to healthcare.
- **Socioeconomic disparities:** People with lower income and education levels may have limited access to healthcare services and preventive measures, which can result in higher rates of chronic diseases and poorer health outcomes.
- **Standardized care:** a system of care in which medical treatments and procedures are performed according to established guidelines or protocols.
- **Strategies/interventions:** approaches or actions taken to address a health issue or improve health outcomes.
- **Structural barriers:** Systemic or institutional factors that limit or prevent access to resources or opportunities. Structural barriers are societal, cultural, economic, and political factors that limit access to resources, opportunities, and services for certain groups of people. Some examples of structural barriers include:

- **Racism and discrimination:** Racial discrimination can limit access to education, employment, housing, and healthcare, leading to economic and social disadvantages.
 - **Poverty:** People living in poverty may have limited access to healthy food, safe housing, healthcare, education, and employment opportunities.
 - **Transportation:** Limited access to public transportation can make it difficult for people to access jobs, education, and healthcare services.
 - **Language barriers:** People who do not speak the dominant language of their community may face challenges accessing education, healthcare, and other services.
 - **Geographic barriers:** People living in rural or remote areas may have limited access to healthcare, employment opportunities, and social services.
 - **Education:** Limited access to quality education can limit employment opportunities and perpetuate poverty and social inequalities.
 - **Disability:** People with disabilities may face physical, environmental, and attitudinal barriers that limit their access to services, employment, and social participation.
 - **Gender discrimination:** Women may face discrimination in the workplace, education, and healthcare, leading to economic and social disadvantages.
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- **Structural oppression:** refers to the ways in which society and its institutions create and maintain inequalities based on race, gender, sexuality, ability, and other social identities.
 - **Superachievers:** individuals who consistently exceed expectations and achieve great success in their personal and/or professional lives.
 - **Surgeon General:** a senior medical officer in the U.S. government responsible for promoting public health and providing medical advice to the government
 - **Surgical disease:** a medical condition that requires surgery as a treatment
 - **Surgical futility:** a concept that refers to surgical interventions that are unlikely to be beneficial or successful.
 - **Survivors:** individuals who have experienced or are experiencing a traumatic event, such as sexual violence, and are still living.
 - **Syndemic:** A term used to describe the interaction of multiple epidemics or health problems occurring simultaneously and contributing to one another.
 - **Targeted marketing:** a marketing strategy that focuses on specific groups of people based on demographics, behaviors, interests, or other characteristics.
 - **Task-batching:** grouping similar tasks together and completing them all at once to increase efficiency and productivity.
 - **Telehealth:** the use of electronic communication technologies to provide healthcare services remotely.

- **Tertiary interventions:** Strategies designed to provide treatment and support for those who have already developed a problem or addiction. In the context of substance use, this could include referrals to substance abuse treatment programs or support groups.
- **Theories:** A set of related ideas or concepts used to explain a phenomenon
- **Time management:** the process of planning and organizing how much time is spent on various activities in order to maximize efficiency and productivity.
- **Time-boxing:** a technique that involves setting a specific time limit for completing a task or group of tasks.
- **Tobacco industry:** the companies involved in the manufacturing and sale of tobacco products such as cigarettes, cigars, and smokeless tobacco.
- **Trained interpreters:** Individuals who are trained to provide accurate and impartial interpretation services in healthcare settings.
- **Transplantation:** the surgical procedure of replacing a damaged or non-functional organ with a healthy organ from a donor.
- **Treatment:** Refers to the range of interventions and supports available for individuals with mental illness, including medication, therapy, and community-based programs.
- **Upper and lower limits:** setting a maximum and minimum amount of time for completing a task or activity.
- **US government health programs:** refers to the various health programs and initiatives run by the government of the United States to ensure access to healthcare for its citizens, such as Medicaid, Medicare, and the Affordable Care Act (ACA).
- **US Southern Border:** The boundary between the United States and Mexico, running from the Pacific Ocean to the Gulf of Mexico.
- **Vaping:** The act of inhaling and exhaling aerosol produced by an e-cigarette or similar device.
- **Virtual reality:** A computer-generated simulation of a real or imagined environment that can be experienced through sensory stimuli.
- **Vulnerable groups:** populations that are more susceptible to the negative effects of a particular issue or problem, such as youth or minorities.
- **Water pollution:** The presence of harmful substances in bodies of water, such as lakes, rivers, and oceans, which can have negative impacts on the health of humans and other organisms.
- **Xenotransplantation:** the transplantation of organs or tissues from one species to another.

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