Akimi Smith on the MCH Strategic Skills Institute

What were the goals of the institute?
The institute is hosted every two years and features health departments from across the nation (including US territories). It addresses specific challenges within their health departments and attendees learn how to be successful in MCH.

Why did you want to go?
Akimi attended the Making Lifelong Connections Training in April. She enjoyed her experience and learned so much that when she learned about the MCH Strategic Skills Institute program, she was inclined to apply and further enhance her skills.

How did you hear about it?
Dr. Carol Hogue sent an email via the MCH listserv.

What did you get out of it?
She shadowed the Georgia Department of Health. The topics she worked on included:
- services for mom
- maternal mental health.

What advice can you offer for students?
Akimi’s advice to 1st year MCH students include:
- Apply for opportunities sent via MCH listserv,
- Don’t be afraid to travel and to apply for travel grants,
- Be open to different opportunities in MCH, and
- “Don’t limit yourself.”