National Institute of Neurological Disorders and Stroke (NINDS)-Funded Center for Stroke Disparities Solutions Training and Mentoring Institute

Be A Part of Stroke Disparities Solutions! Join Us!

July 19–August 1, 2015 • New York City

The CSDS Training and Mentoring Institute is a research-career advancing opportunity at NYU Langone Medical Center, in consortium with Columbia University, that is funded by the National Institute of Neurological Disorders and Stroke. This mentored research program addresses the difficulties experienced by junior investigators (with a terminal degree, e.g., MD, PhD, EdD) in establishing independent research careers and negotiating through the academic ranks.
In order to achieve the goal of decreasing health disparities in the field of stroke research, the program:

- Provides fundamental training by interdisciplinary faculty in the area of stroke and stroke disparities
- Establishes partnerships between mentors and mentees based on mutual research interests in the area of cardiovascular health, behavioral medicine and stroke research
- Helps mentees develop skills needed in order to develop independent research interests and apply for independent research grants
- Provides grant workshops conducted by the NINDS staff to promote a sustainable independent research

The Institute offers:

- Didactic courses
- Grant writing and grantsmanship sessions
- Seminars and mentoring sessions
- Opportunities for mentor-mentee partnerships to develop collaborative research

The goals of the CSDS Training and Mentoring Institute include:

- Enabling participants to develop a balanced perspective in determining research priorities
- Improving their capacity to address and eliminate health disparities
- Developing the skills and networking necessary to achieve independent research careers in stroke disparities research

Overview

The CSDS Training and Mentoring Institute provides intensive didactic and mentored research training to junior faculty engaged in stroke disparities research. The goal of this multidisciplinary training and mentoring program is to inspire mentees to conduct research by employing techniques at the forefront of their fields.
• **Acute Stroke Treatment:**
  Dr. J. Williams provides an overview of acute stroke treatments, from standard of care to experimental approaches, while highlighting potential points of intervention along the continuum of acute treatment and challenges with regards to minority populations.

• **Behavioral Neuroscience:**
  This seminar, presented by Dr. J. Allegante, provides an overview of the biological basis for human behavior. Mentees will learn how various biological mechanisms are related to normal and pathological behavior. A special emphasis is placed on recent advances in cognitive, affective, and behavioral modeling.

• **Career Development:**
  This seminar is presented by Dr. J. Gavin, National Program Director of the Robert Wood Johnson Foundation’s Amos Minority Faculty Development Program. He addresses different approaches to advance through the academic ranks, seek mentoring, and negotiate academic appointments and other issues of life in academia.

• **Clinical Trials in Stroke Disparities:**
  This seminar, presented by Dr. D. Labovitz, focuses on background information about current clinical stroke trials and examines the outcomes of these ongoing trials.

• **Community-based Participatory Research:**
  This seminar, presented by Dr. C. Boutin-Foster, addresses the importance of integrating community participants into the research plan from its inception through its completion and the necessity of considering how the community benefits from the research process.

• **Epidemiology and Biostatistics:**
  In these seminars, presented by Dr. D. Sarpong, basic concepts in statistical and epidemiological methods and tools for data analysis are presented aiming at preparing mentees to access resources needed for determining sample size, different types of analyses for significance and control.

• **Genetics and Vascular Biology:**
  This seminar, presented by Dr. M. Elkind, addresses different approaches to clinical research and epidemiology in understanding stroke risk factors and pathogenesis, including cross-sectional, case-control, cohort, and case-crossover designs.

• **Grant Writing I and II:**
  Seminars are presented during summer I by NINDS staff and Dr. W. Gerin. Specific grant opportunities (e.g., K awards and RO1) are discussed. Grant writing I focuses on the general conceptualization of a research project: formulation of a research hypothesis, obtaining pilot data, and approaches to identifying appropriate sources of funds. Grant writing II reviews specific sections of an NIH proposal: from writing the specific aims through the research plan. During summer II, NIH staff provide one-on-one sessions with mentees. This is a unique opportunity for mentees to hear first-hand what is needed to succeed in obtaining NIH grants.
• Introduction to Health Disparities:

In this seminar, presented by Dr. K. Fiscella, mentees learn about factors that influence health disparities, including those related to race/ethnicity, socioeconomic factors, access to medical care, disparities in the quality of medical care, biological predispositions to disease, behavioral risk factors and others.

• REGARDS:

Dr. V. Howard focuses on a general description of the background and specific aims of the NINDS-funded REGARDS (Reasons for Geographic and Racial Differences in Stroke) study, the methods and data collection as well as highlights of some of the findings to date. In addition, Dr. Howard illustrates some examples of funded ancillary studies and provides information on the policies and procedures related to ancillary studies and use of REGARDS data by non-REGARDS investigators. Future plans for the ongoing study are also presented.

• Rehabilitation Outcomes/Stroke Recovery:

Dr. J. Stein examines post-acute rehabilitation provided by an Inpatient Rehabilitation Facility or a Skilled Nursing Facility by the way of available observational data. He addresses the variation of outcomes on independence in daily living and return to the community, associated with these two types of care.

• Stroke Prevention among Minorities:

In this seminar, Dr. J. Williams, provides an overview of stroke prevention tailored to minority populations including primordial prevention, primary prevention, secondary prevention and the influence of social determinants on different levels of prevention.

• Stroke Risk Factors and Mechanisms:

This seminar, presented by Dr. R. Marshall, addresses modifiable stroke risk factors which include smoking, hypertension, hyperlipidemia, hyperglycemia and physical inactivity. Clinical trials that led to AHA guideline recommendations for blood pressure management are reviewed, along with a discussion of underlying pathophysiology of cerebral hemodynamics and direct pathological effects. The results of inadequate blood pressure control as well as overtreatment are discussed.

• Using Technology to Develop Powerful Behavioral Interventions:

This seminar, presented by Dr. B. Spring, addresses social contextual factors affecting health behavior. Multiple levels of influence are discussed: individual factors (e.g., material circumstances, psychosocial factors), interpersonal factors (e.g., social ties, roles/responsibilities, social norms), organizational factors (e.g., work, access to healthcare), and community factors (e.g., safety, access to grocery stores).
Institute Directors

**Girardin Jean-Louis, PhD**  
Director of the CSDS Institute, Professor of Population Health and Psychiatry, Center for Healthful Behavior Change  
NYU Langone Medical Center

**Gbenga G. Ogedegbe, MD**  
Director of the CSDS Institute, Professor of Medicine and Population Health, Center for Healthful Behavior Change  
NYU Langone Medical Center

**Olajide Williams, MD**  
Director of the CSDS Institute, Chief Medical Officer and Associate Professor of Clinical Neurology  
Columbia University Medical Center

**Faculty and Mentors**

**Bonnie Spring, PhD, ABPP**  
Professor of Preventative Medicine, Psychology, and Psychiatry, Behavioral Medicine Director & Co-Program Leader for Cancer Prevention at Northwestern University

**Carla Boutin-Foster, MD**  
Associate Professor of Medicine and Director of the Comprehensive Center of Excellence in Health Disparities Research and Community Engagement at Cornell University

**Daniel Labovitz, MD**  
Assistant Professor of Medicine and Neurology and Director of the Stern Stroke Center, Albert Einstein College of Medicine, Montefiore Medical Center

**William Gerin, PhD**  
Professor of Biobehavioral Health and Director of the Mind-Body Cardiovascular Psychophysiology Laboratory, Pennsylvania State University

**Joel Stein, MD**  
Associate Professor, Chair of the Department of Rehabilitation Medicine in the College of Physicians and Surgeons at Columbia University

**John Allegrante, PhD**  
Professor of Health Education and Deputy Provost of Teachers College, Columbia University

**Mitchell Elkind, MD**  
Associate Professor of Neurology and Epidemiology and Associate Chairman of Neurology for Clinical Research and Training, Columbia University

**Randolph Marshall, MD**  
Professor of Clinical Neurology at Columbia University and Associate Attending Neurologist on the Stroke Service at New York Presbyterian Hospital

**Penny Feldman, PhD**  
Senior Vice President for Research and Evaluation and Director of Center for Home Care Policy and Research at the Visiting Nurse Service of New York

**Virginia Howard, PhD**  
Professor of Epidemiology at the School of Public Health, University of Alabama at Birmingham

**Daniel Sarpong, PhD**  
Director of the Center for Minority Health Disparities Research and Education, Endowed Chair of Health Disparities and Associate Professor of Biostatistics, Xavier University

**James R. Gavin III, MD, PhD**  
Clinical Professor of Medicine and Senior Health Advisor on Health Affairs, School of Medicine, Emory University
Objective
The main objective of the CSDS Institute is to broaden the demographic profile of medical research by training junior scientists interested in stroke disparities

Approach
• The institute brings participants to the university for 2-week sessions during two consecutive summers beginning in July 2015, with a mid-year session
• The Institute establishes mentor-mentee partnerships with matching based on common research interests

Eligibility
The institute provides funding to support travel and accommodations for up to 12 mentees. To be eligible to participate in the CSDS Training and Mentoring Institute, you must be a:
• A junior-level faculty member or a scientist
• A United States Citizen or a Permanent Resident

Dates
Sunday, July 19, 2015 to Saturday, August 1, 2015

Location
The CSDS Training and Mentoring Institute convenes at NYU Langone Medical Center in New York City

Learn More
For more information, please visit our website at http://csds.med.nyu.edu/training

How to Apply
Visit http://csds.med.nyu.edu/training/application to complete the pre-application.

Required Materials for Full Application
• Most current CV (including mailing address, phone and fax numbers, and email address)
• Summary of academic work/experience in cardiovascular health disparities or stroke
• Statement of research interest
• Support/recommendation from the chair of your department
• Recommendation from a mentor or colleague

Deadline
April 1, 2015 (Rolling Admission)
For more information, email CSDS@nyumc.org or visit http://csds.med.nyu.edu/training

Contact:
Freddy Zizi, MBA
Program Manager For Research Training Initiatives
NYU Langone Medical Center
227 E30th Street, 6th Floor • New York, NY 10016
Tel: 646–501–9803 • Fax: 212–263–4201
Email: Ferdinand.zizi@nyumc.org

Kennon Weatherhead, BA
CSDS Training Administrator
NYU Langone Medical Center
227 E30th Street, 6th Floor • New York, NY 10016
Tel: 646–501–2632 • Fax: 212–263–4201
Email: Kennon.Weatherhead@nyumc.org

The CSDS Training and Mentoring Institute is an NINDS-funded research-career advancing opportunity held at NYU Langone Medical Center.