



**Timothy Plante, MD, MHS**  
Mentee

**“Neil and I together have actually started this whole new arm of [our lab], and it’s under his mentorship. I think the likelihood we’ll be able to keep it up is very high.”**

## Background

- Internal Medicine Hospitalist, University of Vermont Medical Center
- Assistant Professor of Medicine, Department of Medicine, Larner College of Medicine at the University of Vermont

## NNE-CTR Participation

- Pilot Project award recipient, 2018
- Collaborates with NNE-CTR members at Maine Medical Center
- Co-Investigator on NNE-CTR supplement award on Research on Opioid Overdose and Treatment

## Mentee Experience

- Working on several different projects together and connecting almost every day
- Mentoring perspective is conceptual and allows for independence and exploration

## Value of Mentorship

- Having a mentor’s guidance is extremely helpful as mentees navigate transitions in their career.

**“I feel like I had a really strong foundational training [during fellowship] on how to do epidemiologic research, but there the expectation was that you do all of your own statistics. Neil has been very patient in convincing me to not do that, and also to work effectively with biostatisticians.”**

## Learn more

The NNE-CTR Network leverages and coordinates regional resources to conduct collaborative clinical and translation research and disseminate findings to improve both health and healthcare delivery in our region. To learn more or join the NNE-CTR Network, visit: <http://nne-ctr.net/>



**Neil Zakai, MD, MSc**  
Mentor

**“Some of the strongest tools are peers. It’s no longer just people working individually, or just working in a lab for research. It’s teams of research and bringing that [idea] forward, especially with the NNE- CTR, will help mentees with their future.”**

## Background

- Hematologist, University of Vermont Medical Center
- Associate Professor of Medicine, Hematology/ Oncology Division and of Pathology & Laboratory Medicine, Larner College of Medicine at the University of Vermont

## NNE-CTR Participation

- Uses clinical data repository developed by mentee from Pilot Program funding
- Member of NNE-CTR Addictions Working Group

## Mentor Contribution

- Acts as both a clinical and research mentor, meeting multiple times a week about research applications, manuscripts, and clinical work
- Supports mentee use of biostatistician time and resources and teaches mentee about leveraging the research team

## Value of Mentorship

- Helping mentees see the long-term picture of their work to help structure their careers

**“Having a stronger group of people mentoring junior faculty who are interested in research, sitting down with them more formally to say ‘Where have you been and where are you going?’ I think can be very helpful.”**