1. Clinical Interventions to Prevent and Respond to Intimate Partner and Sexual Violence

*Presenter(s): Virginia Duplessis, MSW (Futures Without Violence); Elizabeth Miller, MD, PhD (Children's Hospital of Pittsburgh of UPMC)*

This session will provide tools and resources for campus health center staff to address intimate partner and sexual violence (IPV/SV). Presenters will outline best practices for implementing a comprehensive IPV/SV protocol that includes staff training, routine assessment in clinical encounters, and partnership with victim services providers. Participants will have the opportunity to practice using evidence-based tools, troubleshoot potential barriers, and create an action plan with next steps to improve their program’s prevention and response.

2. The Basics of Wound Repair: Basic Suturing, I&D, and Basic Digital Blocks

*Presenter(s): Rita Wermers, MSN, and Lisa Eckerson, MS, BSN (Arizona State University)*

Wound closure and abscess management are skills that can easily be performed in most clinics, though require training for safe and effective management. This 3 hour hands-on workshop will introduce clinicians to these skills and cover the basics of anesthetic choices, simple wound closure techniques, simple incision and drainage, infection management, and the components of a comprehensive procedure note.

3. Providing Inclusive and Affirming Health Care to Transgender and Genderfluid Students

*Presenter(s): Hilary O’Connel, BA (AccessMatters)*

In this training, participants will be introduced to ways they can meet the health needs of transgender and genderfluid or gender non-conforming students. Using lecture, small group discussion, large group discussion, and experiential activities, the facilitator will guide the participants into a deeper awareness of their cultural conditioning around sexual expression and gender diversity to enhance culturally competent approaches for working with transgender and genderfluid students.

4. HIV Pre-Exposure Prophylaxis (PrEP): An Implementation Workshop

*Presenter(s): Demetre Daskalakis, MD, MPH (New York City Department of Health and Mental Hygiene); Kimberly C Daly, DNP, APRN, FNP-C (Salem State University); Marcy Ferschneider, DO (Columbia University); David Reitman, DO (American University); Margaret Higham, MD (Tufts University)*

Pre-exposure prophylaxis (PrEP) is effective, but underutilized both in college health services and other communities at risk. Since 2012, the NYC Department of Health & Mental Hygiene (DOHMH) has launched programs to support increased access and utilization in many settings including college health services, and will present their strategies. A panel of diverse college health services will then discuss their experiences in rolling out PrEP. The goal of this presentation is to provide attendees with concrete tools to take back to their own health services.
5. Using Logic Models to Develop and Assess Health Education and Promotion Programming

Presenter(s): Eric Davidson, PhD, MCHES, CSPS (Eastern Illinois University); Victoria Beltran, MPH (University of South Florida, St. Petersburg)

When an emerging issue presents itself, educators are often given an immediate call to action to respond and address such problems. In response to our “knee jerk” reactions, programs and interventions are often put together without fully understanding the relationships between the long-term, intermediate, and short-term outcomes we seek and the program resources, activities and outputs we have available to use. Understanding and being able to apply a logic model helps overcome this problematic challenge.

6. ACHA Leadership Institute: Introduction to College Health and Wellness

Presenter(s): Devin Jopp, EdD, MS (American College Health Association); Michael Huey, MD (Emory University); Jamie Davidson, PhD (University of Nevada, Las Vegas); Ted Coleman, PhD, CHES (California State University-San Bernardino); Alan Glass, MD (Washington University in St. Louis); Jenny Haubenresier, MA (Oregon State University)

This half-day leadership training event will provide an overview of key issues across the college health and wellness landscape and will also explore the unique value of college health and wellness programs. Additionally, this session will provide college health and wellness professionals with an understanding of management and leadership techniques that can be used to enhance your own leadership skills and drive organizational outcomes. Participants in this program will receive credit towards the completion of a ACHA’s College Health and Wellness Professional designation.

7. Crucial Takeaways from Recent Campus Tragedies and Catastrophe

Presenter(s): Erin Halligan Avery, PhD (Rochester Institute of Technology); Toni Ratliff, BSN, MBA (University of Florida)

When crisis strikes an institution of higher education, particularly one that involves human tragedy or environmental catastrophe, the many campus units will discover an uncommon confluence of shared goals, strained resources, and challenging collaborations with new partners. While risk awareness and skill-building may equip your campus to be generally prepared, most campuses are unprepared for the intense challenges at the micro level that can unexpectedly permeate campus operations. Together, we will become better equipped to persevere and successfully navigate through crisis.
8. An Introduction to Point of Care Ultrasound in a College Health Center

Presenter(s): Neil Silva, MD, and Christopher Thom, MD, RDMS (University of Virginia)

Point of Care Ultrasound is rapidly becoming a standard of care in acute care facilities in the United States. We will explore the physics of medical ultrasound, learn the basics of looking at and interpreting ultrasound images at college health centers. Areas of focus will include basic cardiac, renal, soft tissue and sports medicine applications.

9. Narrative Medicine for the College Health Provider

Presenter(s): John Vaughn, MD (Duke University)

Narrative Medicine re-frames clinical care as the setting for the patient’s story, not the story itself. Connecting with our students through their stories will enhance their health outcomes, wellness and our own satisfaction with the work we do. Through a reading of short texts, small and large group discussion, and reflective writing, we will study how storytelling works and how this knowledge can give us greater insight into illness, treatment and our clinical relationships.

10. Achieving AAAHC Accreditation

Presenter(s): Joy Himmel, BSN, MA, PsyD (The Pennsylvania State Univeristy (Retired)); Raymond Grundman, BSN, MSN, MPA (University of Wisconsin at Milwaukeee (Retired))

College health professionals are committed to providing the highest quality services possible to the students they serve. Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will cover the reasons to seek accreditation and introduce practical information on how to be successful in achieving accreditation. Quality and process improvement, essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement efforts.

11. Beyond ACHA-NCHA Report Documents – Basic Techniques for Evaluating and Analyzing Your Campus Data

Presenter(s): Mary Hoban, PhD, MCHES, and Christine Kukich, MS (American College Health Association); Alyssa Lederer, PhD, MCHES (Tulane University)

This workshop will teach novice ACHA-NCHA users basic techniques for getting more from their data. As a result of this hands-on workshop, participants will learn how to determine confidence intervals and whether their institution’s sample represents their campus population, manage SPSS data files, conduct basic SPSS analyses, and compare campus data with the Reference Group. To get the most out of this workshop, participants are encouraged to bring a laptop with SPSS software installed and a copy of their campus data file.
12. The Nuts and Bolts of Creating, Managing, and Sustaining a Collaborative Care Team

Presenter(s): Joseph Kithas, MD, Jamie Davidson, PhD, Phoebe Kuo, PhD, Luke Jensen, PhD, Nanette Lim, BSRN, and Laurice Jones, MS, APRN, FNP-BC (University of Nevada, Las Vegas)

Address complex and contentious issues surrounding the implementation and management of a collaborative care team shared between a counseling and health center. A demonstration and frank discussion will provide guidance on overcoming barriers to collaborative care. Issues covered: consent for treatment, behavioral health provider role in primary care, warm hand off, registry for patient management, psychiatric nurse phone management, multidisciplinary collaborative care team meeting, expedited psychiatric assessments, data management, key policies/procedures, and collaborative leadership.

13. Driving Diversity Goals into Action

Presenter(s): LeAnn Gutierrez, PhD, MBA (Florida Atlantic University); Rebecca Hagerwaite, MSN, BSW (University of Oregon); Fayine Hussien, BA, and Trudi Stuber, BA (University of Oregon)

Many college health programs are in pursuit of tools and resources to meet the needs of diverse communities on campus. This program will help college health decision-makers learn strategies to increase awareness for diversity needs on campus, understand how to use University of Oregon’s Health Center Multicultural Toolkit, gain actionable strategic initiatives for inclusive and welcoming programs, services, and facilities, and learn how to facilitate simple diversity exercises for both small and large groups.

14. Introduction to State, Federal and Administrative Advocacy

Presenter(s): Brett Sebastian, JD (American College Health Association)

This workshop is designed to inform interested parties about the basics of government and the best practices to engage in advocacy and stay up to date on legislative and regulatory changes that could impact practice.
15. Confronting 21st Century Health Threats in College Communities

Presenter(s): Anne Schuchat, MD (Centers for Disease Control and Prevention)

Health happens where people live, work, learn and play. Many college students do this all in one place. University health professionals don’t just provide health services – they work to create an environment that supports the development of lasting healthy behaviors. Building on lessons learned from the past, this presentation will offer strategies for confronting public health threats of the 21st century as they affect the university community.

16. Biological Threat Agents 101

Presenter(s): Robert Leggiadro, MD (Villanova University)

The concept of biological warfare or terrorism is not new, and the intentional delivery of Bacillus anthracis spores through mailed letters or packages established the clinical reality of bioterrorism in the United States in the autumn of 2001. An understanding of the epidemiology, clinical manifestations, and management of the more credible biological threat agents is critical to limiting morbidity and mortality from a bioterrorism attack. Implementation of an effective response to deliberate release of biological agents by terrorists requires detection and reporting of cases as soon as possible. Prompt recognition of unusual clinical syndromes and increases above seasonal levels in the incidence of common syndromes or deaths from infectious agents is critical to an effective response. On the basis of historical incidents, ease of dissemination, contagiousness, mortality, public health impact, ability to cause panic, and need for special preparedness, the Centers for Disease Control and Prevention stratifies biological threat agents into three risk categories: A, B, and C. This session will consider category A agents, which merit the highest level of concern: anthrax, smallpox, plague, tularemia, botulinum toxin, and viral hemorrhagic fever.

17. Inclusivity in Information System Design and Implementation – A Civil Rights Issue

Presenter(s): Amy McLaughlin, MS, MA, CISM, CETL (Oregon State University)

Student-facing information systems are binary in nature while the world we live in is non-binary. As a result, information systems are often unwelcoming to diverse students and can reflect unconscious bias. This session examines ways to recognize and identify bias in the information systems we use every day, strategies for working with IT staff and vendors to redesign systems to be inclusive of all students, and strategies for incorporating inclusiveness into technology product selection.
18. Creating a Healthy Campus: Best Practices and Innovative Strategies from Winners of the Healthy Campus Award

Presenter(s): Laura Horne, MPH (Active Minds); Joseph Behen, PhD (School of the Art Institute of Chicago); Chris Brownson, PhD (University of Texas at Austin); Mary Ann Takemoto, PhD (California State University, Long Beach)

The Active Minds Healthy Campus Award recognizes and celebrates U.S. colleges and universities that demonstrate excellence in prioritizing and promoting the health and well-being of their students. Active Minds and faculty, staff, and administrators from California State University at Long Beach, the School of the Art Institute of Chicago, and the University of Texas at Austin will share trends, lessons learned, and challenges for creating a healthy campus that prioritizes a collective, strategic approach; defines health broadly and pursue it comprehensively; and champions student voices.

19. Pharmacological Treatments in Tobacco Cessation, An Update on Electronic Cigarettes and Connections Between Nicotine and Other Drug Use

Presenter(s): Carlo DiClemente, PhD (University of Maryland, Baltimore County)

Nationally, cessation of tobacco use is a public health success story. However, over 40 million individuals continue to smoke. This presentation will highlight state of the cessation approaches that combine medication (Nicotine replacement, Zyban and Chantix) and behavioral approaches. We will also explore the latest information and controversies related to e-cigarette or vaping among youth and the connections between nicotine use and other drug use including alcohol.

20. Student Leadership Development in Collegiate Peer Health Educators

Presenter(s): Bilqis Amatus-Salaam, MPH (University of Tennessee, Knoxville)

Newly hired peer health educators are stepping into a leadership role on campus and perhaps for the first time. This presentation will discuss how formal training in student leadership, in addition to coursework in health education, provides a foundation for students to envision themselves as leaders and agents of change within their organization and greater university community. Participants will leave with an understanding of how student leadership concepts builds skills for successful peer health education.

21. Update from the ACHA Outsourcing Task Force

Presenter(s): Jessica Higgs, MD (Bradley University/OSF-St. Francis)

The Outsourcing Task Force has worked on preparing a document discussing the items that should be discussed when considering outsourcing. This presentation will discuss the process behind this paper.
22. Implementing a Counseling Center Triage System to Meet the Needs of Diverse Urban Commuter College Students

Presenter(s): Megan Wilen, LCSW (CUNY, Lehman College)

Urban commuter students experience several barriers to counseling; long commutes, employment, health insurance gaps, cultural stigma, and familial expectations. In an attempt to minimize obstacles and increase accessibility, CUNY Lehman College refined the triage system to see students immediately and assess for risk using the CCAPS-34. These brief screenings integrate Motivational Interviewing and SFBT to provide support and follow up resources. This new system has proven to significantly reduce psychiatric hospitalization and increase student engagement.

23. Enhancing the Well-Being of Generation Z: Creating a Healthy Campus Environment for “Adulting”

Presenter(s): Rebecca Caldwell, PhD, MS, Marguerite O’Brien, MSW, and Jackie Knight, MPH (University of South Carolina)

What do today’s Generation Z college students expect from health care? How do their lived experiences shape their health beliefs and behaviors? How can campus professionals guide these students toward healthy “adulting”? What does an environment that supports their holistic well-being look like? Generation Z and College Health was the subject of USC’s 5th annual Healthy Campus Summit. In this session, we’ll reprise our keynote address and highlight key findings from this regional one-day conference.

24. Transforming Contraceptive Care: Using the Evidence to Provide Contraceptives to Patients with Common Medical Problems

Presenter(s): Noaa Shimoni, MD, MPH (Rutgers New Jersey Medical School)

Common medical conditions can limit a patient’s contraceptive choices. This case-based presentation will review public resources available to clinicians to assess contraceptive safety with commonly encountered medical conditions. When and how to switch and start contraceptives will also be discussed.

25. Unexpected Impacts of a Chickenpox Outbreak

Presenter(s): Darrell Hess, EdD, Andrea Dooley, EdD, MA, and Stephanie Waits Galia, MPH (San Diego State University)

Unexpected challenges with a chickenpox outbreak at San Diego State University required evaluation and changes to Student Health Services’ outbreak response protocol. Some of these challenges included the involvement of a high profile athletic program, press coverage, the need for medical isolation on campus, communication across various university departments, and unusual patterns of infection. Presenters share their experience and the lessons learned to help participants evaluate and improve their campus plan.
26. Sports Medicine Coverage for College Club Athletics

Presenter(s): Justin Mullner, MD (MedStar Medical Group/Georgetown University Hospital)

Club sports at the college level often field higher numbers of students than their varsity counterparts, yet do not have the same level of support. These athletes are participating recreationally and often do not have adequate supervision, coaching, or equipment, putting them at higher risk of injury. It can be difficult for them to navigate the medical system and many injuries go undiagnosed or only partially treated, setting them up for future inactivity or even disability.

27. A Model for Offering Sexual Assault Nurse Exams (SANE) on College Campuses

Presenter(s): Susan Ernst, MD, Monique Steel, NP, and Lisa Scheiman, MS, BSN, CNM (University of Michigan)

We will present information about implementing or introducing forensic examinations or sexual assault nurse examiner services on a college campus. We will discuss our process at University of Michigan Student Health Service and share our protocol. We will describe the necessary elements including training staff on trauma informed care, creating a safe place for survivors, coordination of care between units on campus, maintaining chain of evidence, and development of a campus sexual assault response team.
28. Leading Generations in the Workplace: How to Best Communicate in Life and in Healthcare

*Presenter(s): Pamela Stokes, MHCA, MSN, RN (Oklahoma State University)*

Communicating is difficult for many reasons. We all have different views and/or perspectives and we're influenced by things outside of our control. For years experts have said that shared events influence and define each generation (Zemke, Raines, & Filipczak, 2000) and that while individuals in different generations are diverse, they nevertheless share certain ideas, morals, and behaviors because of the shared events. An alternative view states that although there might be variations throughout an employee’s life, in the end employees may be “generic” (Jurkiewicz & Brown, 1998). This presentation will address common myths and truths about each generation so that we may better communicate with staff and most importantly students we see on a daily basis.

29. Genital Dermatology for the College Health Clinician

*Presenter(s): David Reitman, MD, MBA (American University)*

Genital dermatologic conditions frequent present to the college health provider. While some conditions can be seen with regularity, others can be more difficult to diagnose and treat. This presentation will utilize a case based approach to diagnose and treat a variety of genitourinary dermatologic concerns seen in older adolescents.


*Presenter(s): Rachel Kiliany, MPH, CHES, and Jamie Leonard, MPH (University of Virginia)*

This program aims to address how one institution used public health best-practices to create a hazing prevention program that is delivered by peer facilitators. Participants in this program will review national data, experience aspects of the peer-facilitated curriculum, and apply knowledge to begin developing a program at their own college or university. This program will cover a range of concepts to address hazing, including organizational values around hazing, social norms, hidden harm, bystander intervention, institutional policies, and university tradition.

31. Getting the Resources You Need: Engaging Stakeholders in Student Wellbeing Programming

*Presenter(s): Nicole Brocato, PhD, and Malika Roman Isler, MPH, PhD (Wake Forest University)*

Holistic wellbeing is multidimensional and complex. Providing on-campus support for holistic student wellbeing therefore requires multilevel, multidisciplinary interventions and the engagement of stakeholders from across campus. In this presentation, we will provide an evidence-based approach to engaging those needed stakeholders using: a research-driven conceptualization of holistic student wellbeing, a review of existing wellbeing measures, and tools to help participants synthesize that research and those measures into effective stakeholder recruitment strategies.
32. Identifying and Managing Eating Disorders in our International Students

Presenter(s): Annette Santiago-Espana, PhD, Colby Golder, MS, Roseann Neuberg, MSN, FNP-C, and Lisa Cohen, PhD (Columbia University)

How can we better identify and manage eating disorders in students from abroad with diverse cultural backgrounds? Recent research and experience highlights the fact that eating disorders exist globally. Once believed to be concentrated among adolescent Caucasian females in high income Western countries, today eating disorders are now cross-cultural.

33. Caring for Crowds: The Role of College Health in Large-Scale Campus Events

Presenter(s): Sharon McMullen, RN, MPH (University of Notre Dame); Keith Williamson, MD, FAAFP (Midwestern State University); Alicia Czachowski, EdD, CHES (Columbia University)

What do a Notre Dame home football game, the Hotter’N Hell desert cycling race and Columbia’s outdoor Bacchanal concert have in common? All include large numbers of people who may experience illness or injury while at the event. Presenters will describe the principles of mass gathering medicine, which is structured around the Incident Command System, and present strategies for harm reduction and risk mitigation at large campus events.

34. From Service to Student: Navigating Student Veteran Health Care Transition Support

Presenter(s): Gerald Smith, Colonel, USMC (Retired), Dena George, MD, Jacqueline Swann, and James Halepaska (Texas A&M University)

For student veterans, the military to college transition creates numerous stressful challenges. While many campuses claim to be “military-friendly,” student veteran health care transition support often receives insufficient attention. Learn how to make your campus truly “veteran friendly” by enhancing a critical student veteran support component. Learn how to enhance campus services. More importantly, help to begin the national conversation on how to create strategic changes to student veteran health care transition process.

35. Transforming Student Thinking to Wellness: The Development of a Pilot Program for Student Success

Presenter(s): Jacqueline Johnston, MSN (Adelphi University)

The Work-Life-Wellness Program is a pilot program to introduce students to the concepts of an individualized program of wellness. Goals established by Healthy Campus 2020 (in collaboration with the American College Health Association, Appendix A) and The National Association of Colleges and Employers (NACE, Appendix B) are behind the development of this program. Students will engage in personalized and university wide programs to improve individualized health goals and develop strategies to bring with them as graduates. These skills will enable students to highlight their abilities to have a healthy-work-life balance. These attributes are necessary to be an engaged, empowered and successful student, alumni and future employee in the workforce. We envision this pilot program to be an acknowledgement that learning is much more than just a structured classroom but information gleaned from multiple aspects in life. The Work-Life-Wellness program is structured to enhance and support student success through partnerships and diverse learning environments through an individualized program.
36. What’s Happening in College Health: An Update from the ACHA Benchmarking Committee

Presenter(s): Carlo Ciotoli, MD, MPA (New York University); Cheryl Flynn, MD, MS (University of Vermont)

This session will discuss opportunities to leverage ACHA benchmarking tools to support college health professionals in assessing clinical performance and achieving your institution’s goals. Data from the most recent Clinical Benchmarking Survey will be presented. The efforts of college health benchmarking will be contextualized within the national landscape and the ACHA strategic plan.

37. The Effect of Sleep on Diabetes Management Among College Students with Type 1 Diabetes

Presenter(s): Jennifer Saylor, PhD, APRN, ACNS-BC, and Michelle Ness, MSN, RN, NCSN, CHES (University of Delaware); Christina Calamaro, PhD, APRN (Children’s Healthcare of Atlanta)

College students with type 1 diabetes (T1D) may experience difficulty with diabetes management in college. This cross sectional study examined sleep, caffeine intake, and technology and resilience on diabetes management (Hemoglobin A1C) among college students with T1D. The participants (n=76) completed Internet-based surveys. Regression analyses yielded an inverse relationship with Hemoglobin A1C and weekday sleep (p<0.01) and gender differences. This session provides campus professionals with study results as well as sleep and T1D resources.

38. On-Campus Pharmacy Responses to Meningitis B Outbreaks: Lessons Learned

Presenter(s): Jennifer Davis, PharmD (Oregon State University); Gregg Wendland, BPharm, RPh, PhC (University of Oregon)

Outbreaks of Meningitis B are becoming more common on college campuses. Both University of Oregon and Oregon State University had Meningitis B outbreaks declared in 2015 and 2016 respectively. This presentation will include a review of prophylactic and vaccination options for Meningitis B. It will describe barriers unique to on-campus pharmacies and opportunities for collaboration with public health, health systems and local pharmacies to assist with prophylaxis and vaccination efforts.
39. Herbs, Supplements, Spices, and Other Product Interactions

Presenter(s): Debbie Rosenberger, BSN, RN-BC (University of Mary Hardin-Baylor)

Our patients are ingesting any number of prescribed medication, over the counter, supplements, herbs and other products. We need to be capturing this information so we can prevent possible harm to our patients. Education may prevent serious complications. Together we will look at possible sources of problems with some contents ingested or applied to the skin.

40. Endocrine Evaluation of Men with Sexual Dysfunction

Presenter(s): Michael S. Irwig, MD (George Washington University)

Men with sexual dysfunction often have low-normal or borderline testosterone levels. This presentation will help clinicians understand what testosterone assays to order in their patients and how to interpret the results, including limitations with the reference range. We will review secondary causes of low-normal or borderline testosterone levels such as obesity and depression and the best management strategies.

41. Enhancing Quality Improvement Initiatives: Growth Mindset

Presenter(s): Christiana Moore, MPA, MSW, LCSW (Arizona State University)

Quality improvement and benchmarking, are important strategies for enhancing success in health care settings. This presentation will teach participants how to incorporate "growth mindset" principles into the quality improvement process, to facilitate intellectual curiosity amongst staff/healthcare professionals, and improve health outcomes for patients/clients.

42. Assistance and Support Animals on Campus: Understanding the Differences and Opportunities, While Navigating the Challenges

Presenter(s): M. Dolores Cimini, PhD (University at Albany, SUNY)

With the increasing numbers of service, assistance, and emotional support animals on college campuses in recent years, college health professionals are being faced with more complex and evolving professional and ethical challenges. This presentation will discuss the differences among service, assistance, and support animals, outline the laws that govern their access on college campuses, and highlight best practices for evaluating requests for access. Potential opportunities for the integration of trained animals, such as therapy dogs, within our mental health treatment and promotion efforts will also be explored.
43. More Than an Insurance Mandate: Factors Influencing Student Utilization of Student Health Centers

Presenter(s): Tyler G. James, MS, CHES, Katherine Lindsey, MS, CPC, CHDA, Meagan Sullivan, BS, BA, Leanne Dumeny, BS, JeeWon Cheong, PhD, and Guy Nicolette, MD (University of Florida)

Despite the passage of the Affordable Care Act, several universities throughout the United States have implemented health insurance mandates. In doing so, student health centers (SHCs) have increased the chances for students to use competing services; thus, potentially decreasing healthcare engagement at SHCs. This presentation discusses the process and implications of insurance mandates and presents original research findings of a health insurance needs assessment among college students. Implications for health promotion application will be discussed.

44. Standards of Practice for Health Promotion in Higher Education: 2018 Review and Update

Alicia Czachowski, EdD, MPH, CHES, and Padma Entsuah, MPH (Columbia University); Delynne Wilcox, PhD, MPH, CHES, CIC (University of Alabama); Sarah Menefee, MPH (College of William and Mary); Emily Matson, MPH, MCHES (University of Minnesota)

The Standards of Practice for Health Promotion in Higher education have been a guiding document for health promotion practitioners since 2005. Last reviewed in 2012, a draft of the newly revised Standards has been developed. The new standards will be informed by the CAS Standards, Healthy Campus 2020, the Okanagan Charter, and feedback from health promotion professionals. Join us to learn the history of the standards, to view a draft of the latest update, and share your feedback.

45. Networking Session: Nursing Challenges and Best Practices

Presenter(s): Natalie A. Conner, MS, RN, PHCNS-BC (University of Washington); Jacquelyn Hop, BSN, MSN, MBA (University of Central Florida); Pamela Stokes, BSN, MSN, MHCA (Oklahoma State University)

Join colleagues to discuss and problem solve issues affecting nursing practice and patient outcomes at your health center. A structured format encourages attendees to discuss current challenges and share best practices with their peers. Participants may choose from topics including, but not limited to, triage, travel health, nursing protocols, and competencies. Facilitators will assist small groups to engage in reflective discussion, summarize and share knowledge gained with all participants.

46. Body Positive at The Beach: A University Program to Help Students Overcome Conflicts with Their Body Image

Presenter(s): Christina Goldpaint, MPH, CHES, Allison Borwell, BS, and Angela Girard, BSN (California State University, Long Beach)

Body Positive at The Beach is an eight week series that helps students overcome conflicts with their bodies. It is built on the foundation of practicing intuitive self-care, cultivating self-love, exploring one’s own unique and authentic beauty, and building community. Participants have called this program life-changing. In this presentation, we will share the results of our program, discuss how to bring a Body Positive program to your campus, and sustain these positive impacts.
47. The Intersections of Title IX and College Health

*Presenter(s): Kim Webb, MEd, LPC (Washington University in St. Louis); Mary Wyandt-Hiebert, PhD, MEd (University of Arkansas); Jennifer Jacobsen, MPH, MA (Grinnell College); Brittney Vigna, MPH (University of Alabama)*

This program examines Title IX as it relates to support and prevention services, with consideration of campus and community engagement.

48. Strategies to Develop and Implement a Student-Centered Suicide Prevention Media Campaign

*Presenter(s): Luis Manzo, PhD, Ruth DeRosa, MSW, and Hara Stephanou, BA (St. John’s University)*

This presentation will share strategies used to implement a student-focused suicide prevention media campaign. Using St. John’s University’s SJUOK? Suicide prevention campaign as a case study, participants will be guided through the development, dissemination, and evaluation process for a suicide prevention media campaign that has been successfully embraced by the campus community. The presenters will share lessons learned as well as materials, and resources developed for this campaign that attendees can use on their campuses.

49. Long-Acting Reversible Contraception - A Guide for College Health Providers

*Presenter(s): Roxanne Jamshidi, MD, MPH (George Washington University)*

Long-acting reversible contraceptive (LARC) therapies are considered first line contraceptive methods for women of child bearing age. They are associated with much lower failure rates and increased satisfaction by patients who use them. Currently, they are not routinely offered at the major of college/university clinics. It is important for college health providers to understand the benefits of LARCS and follow evidence-based care, specifically focusing on the most effective contraceptive counseling efforts. This session will address the learning needs of providers to establish comfort in offering LARCS in the college clinic and provide strategies to increase patient acceptance.

50. ACHA Connected College Health Network (CCHN) Data Warehouse

*Presenter(s): Sarah Van Orman, MD, MMM (University of Southern California); Devin Jopp, EdD (American College Health Association)*

Sarah Van Orman, M.D. will provide an overview of the ACHA Connected College Health Network (CCHN) data warehouse initiative. ACHA is implementing a data warehouse that will consolidate and transform student health data into useful insights. The CCHN data warehouse will support multiple missions, including research and education, administration and management. Users will include clinicians, mental health professionals, researchers, and institutional administrators. Dr. Van Orman will elaborate on information users can access and progress on the initiative.
51. Improving Quality in College Health Through A Framework of Joy

Presenter(s): Beth Kotarski, MSN, CRNP, DNPC (Carnegie Mellon University)

Inspired by the 2017 Institute for Healthcare Improvement (IHI) white paper, Framework for Improving Joy in the Workplace, student health services should consider using joy as the central element to strategic planning. In institutionalizing joy, health services are better poised for successful outcomes for staff, students, and the entire campus community.

HIV PrEP - Where Are We Now?

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52. HIV Pre-Exposure (PrEP) in the Campus Health Center: Recognizing Barriers and Implementing Practice Changes

Presenter(s): Joanne Brown, DNP, APRN, FNP-C, WHNP-C, CTTS (University of Kentucky); Kimberly Daly, DNP, APRN, FNP-C (Salem State University)

Despite the growing research to show the effectiveness and relative safety of prophylactic medications to reduce the risk of HIV transmission, the use of pre-exposure (PrEP) has not been widely adopted in the majority of college-university health centers. This session will provide attendees with the knowledge needed to implement such a program on their respective campuses while addressing the common barriers identified by patients and providers alike.

53. Transforming University Health Centers Into Patient Centered Medical Homes: Challenges and Opportunities

Presenter(s): Joseph Campos II, PhD (University of Hawaii at Manoa)

As the health care continues to enhance and reform it is imperative to understand how these changes impact student health care. One of the main movements is the transformation to Patient Centered Medical Home (PCMH). The goals of this program are to: understand the concept PCMH model; understand how a PCMH can fit in college health; and understand how a PCMH can be established in a college health service.

54. Science as a Solution for the U.S. Opioid Crisis

Presenter(s): Wilson Compton, MD, MPE (National Institute on Drug Abuse)

The U.S. opioid crisis is an intersecting set of problems related to both licit (i.e. prescription opioids) and illicit (i.e. heroin and fentanyl-related synthetics) substances. Notable is that prescription drug misuse can affect both patients directly receiving medications and patients’ friends and family who indirectly receive medications. Key responses include primary prevention, reducing excess opioid prescribing, saving lives acutely with naloxone, improved treatment of the underlying addiction, and research to inform prevention and treatment efforts.
55. Advancing Our Brief Motivational Intervention Skills for Managing College Students’ Alcohol and Other Health Risks

Presenter(s): Paul Grossberg, MD (University of Wisconsin, Madison)

Initial Motivational Interviewing workshops provide concept familiarity but not sustained skills; clinicians often feel they “already learned it,” yet lack effective techniques to help patients actually change behaviors. This ‘advancing’ case-focused workshop will provide guided practice utilizing participants’ most challenging clinical conversations, the presenter’s original research, and essential/advanced techniques to help patients modify behaviors. Respecting clinicians’ time pressures and challenges, participants will leave with a ‘practical strategies toolbox’ to more effectively engage students in planning their own behavior change.

56. A University-Wide Collaborative to Support Students in Addiction Recovery

Presenter(s): Kathryn McKee, MD, Gladys Gibbs, MD, MS, Jason Goodman, PharmD, MBA, Ahmed Hosni, BS, and Ryan Patel, DO (The Ohio State University)

The opiate epidemic has been declared a national emergency and Ohio is frequently referred to ground zero in that regard. While alcohol remains the most commonly misused substance on college campuses, the state of Ohio has been especially hit hard by the opioid epidemic. The likelihood of the epidemic impacting our students is great. The Ohio State University has been proactive in providing a recovery friendly environment by collaborating across campus. We will present on activities at OSU by student health services, campus recovery community, counseling and consultation services, and other academic units on our campus to create an environment that supports students in recovery from alcohol and drug addiction. We will then lead a discussion on challenges and successes of creating a recovery friendly environment on other college campuses.

57. Leveraging E-Health in College Health

Presenter(s): Jamie Shutter, MSEd (The University of Texas at Austin); Nancy Ranum, MS, RN, CPHIMS, CPHQ, Andrea Lawson, MSW, and Liz Falk-Hanson, WHNP-BC, APNP (University of Wisconsin, Madison); Larry Long, PhD (University of Kansas Medical Center); Eileen Hineline, MS, BSN (Barry University); Brian Halstater, MD (Duke University)

College health services are looking for novel ways to extend their capacity and reach to meet student’s needs outside of traditional face to face encounters. This panel will present how several health services are leveraging technology and e-health to provide triage and video encounters in mental health, trans-health e-visits, nurse protocol visits for medical concerns, and STI self-screening as well as providing online access to evidence-based mental health and behavioral health support.

Presenter(s): Mary Wyandt-Hiebert, PhD, MEd, MCHES, CWHC, LPC (University of Arkansas); Kim Webb, MEd, (Washington University in St. Louis); Deborah Stewart, MD (California State University Chico); Jennifer Jacobsen, MA, MPH (Grinnell College); Amy Hoch, PsyD (Rowan University)

This program provides learners with understanding of how to apply the ACHA Guidance for Addressing Sexual and Relationship Violence toolkit for trauma informed practices and policies to campuses. The toolkit is designed to address all institutions and their respective needs.

59. The Application of Evidenced-Based Treatment and Social Justice in Group Therapy

Presenter(s): Colette McLean, MSW, LCSW (Rowan University)

With a deficit in the literature for evidenced-based group treatments for underserved, marginalized, and oppressed groups, counselors are tasked to be intentional in recognizing the needs of students who identify as such within these groups. Through the lens of both an anxiety and pilot group for students of color, this presentation will focus on the adaptation of the EBT model, ACT, with attention to social justice, and conscious and unconscious biases within the group process.

60. Healing Body Shame: A Weight Inclusive Framework to Health and Well-Being

Presenter(s): Amy Frasieur, MS, and Sara Caldwell-Kan, MPH (Oregon State University)

This session will focus on healing the damage weight bias brings to our campuses. It will focus on the undeniable evidence that weight stigma and bias is akin to discrimination based on gender, social class or race. Oregon State University integrated a weight inclusivity training series for peer leaders to begin shifting campus culture. This session will highlight the critical need for weight inclusive frameworks, while engaging participants with activities to utilize at their campuses.

61. Resilience-Building Programming for Students Living with a Serious Mental Health Condition

Presenter(s): Amy Wilkinson, LCSW (Stanford University); Dori Hutchinson, ScD, CPRP, CFRP (Boston University)

Come learn about two innovative programs serving students who are balancing mental health concerns with academic achievement. Stanford Care Management provides support, resource coordination and a secure connection to students as they balance hospitalization or needs for more intensive levels of care with their academic and personal lives. NITEO and College Re-entry: wellness, resiliency, and academic skills-building programs for college students struggling to remain on campus and those on leave of absence for mental health-related reasons. Learn about the services developed by these programs, review promising program evaluation data, and explore ways to adapt programming to meet needs of various campus populations.
62. Experiential Learning in the Campus Health Center: Using Students in Service Provision

Presenter(s): Donna Vose, RN-BC, and Eileen Kenny, BSN (University of Connecticut); Heather Lawson, CHES, Julie Casani, MD, MPH, and Heather Spencer, MHA (North Carolina State University)

Students in a health-related track often have difficulty finding settings near campus in which to gain experience in a wide spectrum of healthcare delivery services and systems. Two Student Health Services have risen to the challenge of providing students with experiential learning while also addressing concerns related to confidentiality issues, time management and assessment of educational/ performance outcomes. At NCSU Student Health, student volunteers rotate through business, clinical and ancillary service areas as well as participate in outreach programs such as flu clinics, sex education events and healthy diet programs. At UConn Student Health, student employees work side by side with professional staff to gain experience by measuring vital signs, performing point of care tests, stocking supplies, interning in the pharmacy and assisting in the business office. Student participation in service provision adds value to operational efficiencies and, at the same time, provides insight to their cohorts’ expectations in receiving healthcare.
Thursday, May 31, 2018

10:00 am – 11:30 am

63. Refresher on Chemical, Biological, Radiological, and Nuclear Threats
Presenter(s): James Jacobs, MD, PhD (Stanford University)

Universal awareness of chemical, biological, radiological, and nuclear (CBRN) threats to national security has been heightened since the terrorist events of 9/11 and the ensuing “anthrax letters,” but the reminders have been ongoing, now to include daily news headlines. The purpose of this presentation is to provide a refresher on medical aspects of CBRN threats. Content will include pharmacological approaches to prevention and treatment and examples from recent and current events.

64. Ask an Allergist: Diagnose, Management and Future Therapies for Allergic Conditions
Presenter(s): S. Shahzad Mustafa, MD, FAAAAI (Rochester Regional Health System)

Although allergic conditions can affect up to 20 – 20% of the US population, there is often frequent misinformation not only in the lay public, but amongst medical providers as well. This Q & A session will focus on providing evidence-based answers to questions posed by attendees, in hopes of improving their knowledge in allergy and clinical immunology and dispelling myths and addressing common misconceptions.

65. A Sneak Peek Into the ACHA-NCHA III
Presenter(s): Mary Hoban, PhD, MCHES (American College Health Association); Alyssa Lederer, PhD, MCHES (Tulane University)

Data from the ACHA-NCHA is used to assess needs, develop and evaluate programs, and allocate resources at more than 800 campuses across the country. The purpose of this program is to share the ACHA-NCHA III with the membership and discuss plans for pilot testing.

66. From Student Suicidality to Flourishing: The Mental Health Determinants of Academic Success
Presenter(s): Michael Balsan, MA, Erika Jonietz, MS, and Chris Brownson, PhD (The University of Texas at Austin)

Researchers from the National Research Consortium for Counseling Centers in Higher Education will present findings from its ongoing study exploring the relationship between mental health and academic outcomes among a national sample of college students. Discussion will focus on students’ self-reported well-being and the malleable psychological factors that allow students to thrive in academic settings. The team will emphasize the importance of mental health promotion and encourage discussion about implementing these findings on college campuses.

67. The Nuts And Bolts of Treating Sleep Disorders
Presenter(s): Shelley Hershner, MD (University of Michigan)

Sleep medicine is a rapidly evolving field with frequent diagnostic, technologic and insurance regulation changes. This practical and hands on session will give providers the knowledge to effectively diagnosis and treat sleep disorders commonly present among college students.
68. New Health Center Administrators: Where to Start?

Presenter(s): Amy Magnuson, PhD, RD (Florida State University)

Many of us feel apprehensive when stepping into a new management or administrator role. Will we be a good leader? Will others follow? Will we make a difference? How will we know? This session will address these concerns and provide three steps to assuming a new management role in your health center. Learn how to Know Your Management Style, Identify your Network, and Develop a Plan to ensure a successful management transition.

69. Trend Results from Three Surveys Assessing Faculty and Staff Wellness Initiatives

Presenter(s): Nikki Brauer, MS, CWPM, COEE (Illinois State University); Lori Dewald, EdD, ATC, MCHES, F-AAHE (Walden University); Holly Levin, MPH (Boise State University); Marguerite O’Brien, MSW (University of South Carolina)

The purpose of the Faculty Staff Health and Wellness Coalition is to encourage the inclusion of the campus community as a whole in college health efforts in order to build healthy environments that optimize learning. The Coalition provides a mechanism for the exchange of information, resources, and research-based best practices to address the health and wellness of faculty and staff on campus. These initiatives build knowledge and understanding among college health professionals. The session will review findings from three surveys conducted among ACHA Member Institutions assessing Faculty Staff Wellness programs and services. Presenters will discuss results from 2012, 2014, and 2018 data, and will identify trends from this original research. Upon discussing trends the relationship between the results and the Healthy Campus 2020 objectives for faculty and staff will be shared. Presenters will also explain how these data could assist campuses as a tool to advocate for increased resources and initiatives that impact the well-being of your faculty and staff community.

70. Hazing Prevention: From Theory to Practice

Presenter(s): Timothy Marchell, PhD, MPH, MDiv (Cornell University)

Hazing is a national public health problem that causes emotional and physical harm to many students. This session will examine the causes of hazing from a social-ecological perspective and will review an evidence-based public health framework for hazing prevention. Campus-wide, group-based, and individual-level strategies will be discussed. The dynamics of coercion and consent, the continuum of harm, and the intersection of hazing with alcohol, mental health, and sexual violence will be addressed.

71. Historical Roots of Public Health With an Application for Spirituality Research and Practice

Presenter(s): James Florence, DrPH, MPH, MATS, MCHES, and Annette Florence, DrPH, MPH (Liberty University)

This session explores the historic Judeo-Christian foundations of public health practice and their influence on current concepts of disease prevention and health promotion. It will propose an interfaith model for researching the impact of spirituality in motivating personal and population health behavior. Original research will be presented on model development in a college population.
72. Acute Care of the Anxious Patient in the Primary Care Setting

Presenter(s): Marta Hopkinson, MD (University of Maryland)

Anxiety is the number one mental health concern in college students. Many students present first to primary care, and access to psychiatric consultation can often take weeks to schedule. This workshop will discuss the common causes and presentations of student anxiety, assessment of severity, and intervention techniques that can be applied in the primary care setting.

73. Medical Transition Care for the Transgender College Student

Presenter(s): Penny Jacobs, MSN, CRNP-FNP (University of Maryland); Elyse Pine-Tweddell, MD (Chase Brexton Health Care)

This presentation will provide participants with the basics of gender affirming hormone therapy including components of readiness assessment and initial hormone start through follow up through the college years. Covered topics include pre-screening history, physical and lab testing, hormone initiation with medications and dosages as well as on-going management of routine care and commonly seen complications.

74. Mental Health First Aid – Successful Implementation of an Evidence-Based Mental Health Literacy Training Program

Presenter(s): Betsy Schwartz, MSW, and Bryan Gibb, MSW (National Council for Behavioral Health); Julie Edwards, BA, MHA (The University of Chicago)

Mental Health First Aid is a training program that introduces non-clinical participants to risk factors and warning signs of mental health and substance abuse challenges in adults, builds understanding of their impact, and highlights common treatment options. The program’s research base and unique interactivity drives its high adoption across the US. A case study at UChicago highlights effective implementation and program maintenance strategies, such as ways of gaining support from senior leadership and marketing approaches with diverse audiences.
75. Binge Eating Disorder: What's It All About

Presenter(s): Joann Hendelman, PhD, FAED, CED-S, CEDRN, and Johanna Kandel, BA (The Alliance for Eating Disorders Awareness)

Join us for a comprehensive seminar on Binge Eating Disorder ("BED"). We will discuss the DSM-V criteria, who is at risk, prevalence, signs and symptoms, medical complications, obesity as it relates to BED, the issue of trauma, abuse of alcohol, and more.

76. Mental Health Needs of Graduate Students: A New Collaborative Approach to Gathering Data

Presenter(s): Paul Barreira, MD (Harvard University)

Past Mental Health Surveys have primarily focused on undergraduates rather than graduate students. These surveys have several limitations including: a. low response rate; b. different response rates across academic disciplines; and c. lack of specific data at the departmental level that may be relevant to mental health issues. This presentation will describe the administration of a mental health survey designed in partnership with graduate students in several academic departments with support from the Department Chairs.

77. Endocrinological Causes of Amenorrhea, with a Particular Focus on the Diagnosis and Management of Polycystic Ovarian Syndrome

Presenter(s): Kirsten Hawkins, MD, MPH, FAAP, FSAHM (MedStar Georgetown University Hospital)

This presentation will review endocrinological causes of amenorrhea, with a particular focus on the diagnosis and management of Polycystic Ovarian Syndrome. Objectives include understanding the physiology of the menstrual cycle, formulating a differential diagnosis for amenorrhea, and understand the pathophysiology of a polycystic ovarian syndrome.

78. Applying Research to Health Promotion Practice: Considering Evidence, Context, and Stage of Program Development

Presenter(s): Paula Adams, MA (Washington State University); Rhonda Rahn, PhD, MS (Texas A&M University); Carol Day, MSN, BN (Georgetown University)

Applying research to practice is a priority for Health Promotion practitioners, but the possibilities are endless. We will review types of evidence that may be useful for stages of program development, and review applied examples and contextual factors that influence application decisions. Health Promotion practitioners will leave with a clearer understanding of how to organize and apply research to practice while researchers will better understand how to present results for useful application.
79. Diet, Exercise, and Supplements: Strategies for Cardiovascular Risk Reduction in the Young Adult

Presenter(s): Donald Kreuz, MD, FACC (Columbia University)

The origins of cardiovascular diseases (CVD) can largely be attributed to modifiable behaviors. Diet and lifestyle can be effective in primary and secondary prevention of CVD, the leading cause of death in the United States. Current, evidence based strategies related to diet, exercise and supplement use for CVD prevention will be discussed in this presentation, including reviews of new studies, seminal trials and the most recent guidelines from the American Heart Association. Recommendations on the components of healthy eating patterns, exercise prescriptions and the status of supplement use will be summarized.

80. Beyond the Basics: Clinical Care for Transgender Students

Presenter(s): Noah Riley, MPH, and Beth Kotarski, MSN, WHNP-BC (Carnegie Mellon University)

Many clinical staff participate in LGBTQ 101 trainings, but there is no universal standard for advanced training in transgender health. This program builds on those trainings to fill that gap and is appropriate for clinical staff providing routine/specialized care to transgender students. We will cover disparities for transgender students, the nuances of transition and implications on clinical care, and explore changes to clinical practices to better provide a community care for transgender students.

81. The Role of the Microbiome on Human Health

Presenter(s): S. Shahzad Mustafa, MD, FAAAAI, FACAAI (Rochester Regional Health System)

Humans house trillions of bacteria, and these bacteria play a critical role in human health. I will discuss the establishment of this bacterial signature, as well as the factors that affect a normal bacterial diversity. I will discuss associations of chronic health conditions and abnormal bacterial signatures. I will finish by discussing possible therapies and normalizing this bacterial signature.

82. Lessons Learned: How To Integrate Health and Counseling Services Without Losing Your Identity

Presenter(s): Sara Lee, MD, Richard Pazol, PsyD, Jennifer McCarthy, MD, Susan Kimmel, MD (Case Western Reserve University)

College health is uniquely positioned to have a leadership role in the advancement of integration. In 2015, we began our journey of integration as part of our SAMHSA Campus Suicide Prevention Grant to build a connected, outcomes-driven infrastructure that improves communication between providers and leads to better mental health and wellness efforts. We will present strategies to promote integration and problem-solve the typical barriers that can arise while developing a culture of cooperation.
83. National, Local, and University Collaborations to Eradicate the Opioid Overdose Crisis

Presenter(s): Tamara Oyola-Santiago, MPH, MA (The New School); Nance Roy, EdD (JED Foundation); Sharon Stancliff, MD, and Bethany Medley, MSW (Harm Reduction Coalition)

The opioid overdose crisis requires multi-pronged interdisciplinary public health. This presentation unifies JED Foundation, the US leading organization dedicated to young adult mental health, Harm Reduction Coalition, which mobilizes harm reduction drug use strategies working with communities, and The New School, the first university in New York registered as an opioid overdose prevention program. The presenters will share best practices for programming that bridges communities and universities, and harm reduction advocacy for eradicating the crisis.

84. Beyond the Counseling Center: Impacting Your Campus Using Positive Psychology

Presenter(s): Peter Forkner, PhD (Bentley University); Keith Anderson, PhD (Rensselaer Polytechnic Institute)

Due to overwhelming demand for services, counseling center staff are forced to almost exclusively work with the minority of students on campus who are distressed and struggling. This program will focus on teaching how to impart the principles of positive psychology in a series of brief, campus wide interventions that will be beneficial for even the most highly functioning students.

85. Evidence-Based Strategies to Identify and Treat Suicide Risk

Presenter(s): Michael Schoenbaum, PhD (National Institute of Mental Health)

Suicide is one of the leading causes of death in young people, and the suicide rate in young people in the US has been rising. There is a growing body of evidence about effective ways to identify individuals with suicide risk, and about effective interventions to reduce it. This session will report on recent developments in these areas, and possible ways to improve and expand identification and treatment of suicide risk in college populations.

86. Debunking the Myths: Achieving AAAHC Accreditation for Smaller Schools

Presenter(s): Joy Himmel, PsyD, PMH-CNS, LCPC, NCC (AAAHC); Catherine Brocker, RN, NP-C (Marymount University)

Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will focus specifically on the core barriers or fears in beginning the process to get ready for accommodation and complying with the standards. It will provide numerous reasons to seek accreditation for all sizes of schools and will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and health clinic alone. Quality and process improvement, essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement studies, and information will be shared on how to succeed with obtaining accreditation.
87. A Stepped Care Approach to Group Psychotherapy in College Counseling Centers

Presenter(s): Nicole Ruzek, PhD, and Jackie Woods, PhD (University of Virginia)

Group therapy is an effective treatment modality through which emerging adults develop interpersonal and emotion regulation skills. This session will present a stepped-care model for group psychotherapy in which counseling centers offer a gradation of treatment groups as a primary intervention to address a spectrum of clinical acuity. Presenters will offer recommendations for developing and adjusting group programs to better respond to the needs of students and to increase the clinical capacity of counseling centers.

88. Sudden Cardiac Death in Athletes: Arrhythmias and Pre-Participation Cardiac Evaluation of Athletes

Presenter(s): Sudhir Vashist, MBBS, MD, FHRS, CEPS (University Of Maryland School Of Medicine)

Sudden Cardiac Arrest in athletes is rare; with overall incidence of SCD of 1-3 per 100,000. SCA in otherwise healthy athletes is caused by several structural and electrical diseases of the heart. Most conditions responsible for SCA in young athletes are inherited (familial cardiomyopathies and channelopathies). Pre-participation screening with careful attention to the family history and warning sign and symptoms can help identify athletes at risk and prevent SCD. Presentation will cover common arrhythmias and conditions responsible for SCD in young athletes.

89. Storytelling in College Health: Practical and Meaningful Approaches

Presenter(s): Jessica Greher Traue, EdM (Bentley University)

Storytelling can be an effective communication tool in college health. From enlisting stakeholder support to engaging students, to program evaluation, stories are a part of our world. This session will provide participants with an overview of elements for storytelling, examples and approaches of how stories can be infused into our work, frameworks for identifying your story, and space to explore. Let’s discover our ‘once upon a time’ and ‘ever-afters’.

90. Understanding the Impact of Marijuana on Student Success: Novel Intervention Approaches

Presenter(s): Amelia Arria, PhD (University of Maryland); Allison Smith, MPA (New York University)

This presentation will present the latest research findings linking excessive alcohol consumption and marijuana use to adverse academic consequences among college students. Practical strategies to leverage non-traditional campus partners to identify and support students at dual-risk for substance use (especially marijuana use) and academic problems will be described, including a new approach that utilizes an assessment tool called the MOSAIC (Measure of Obstacles to Succeeding Academically in College).

91. Managing Change: Two Campuses, Many Opportunities

Presenter(s): Michael McNeil, EdD, MS, BA (Columbia University); M. Scott Tims, PhD (Tulane University)

Change management is an essential leadership tool; however, it is not part of the academic preparation programs for many college health leaders. This session draws from multiple examples of change management as applied in college health to describe the rationale & theory for change management, applied practice, and resources for future use.
92. Driving Diversity Goals into Action

Presenter(s): LeAnn Gutierrez, PhD, MBA (Florida Atlantic University) and Rebecca Hagerwaite, MSN, BSW, and Fayine Hussein, BA (University of Oregon)

Many college health programs are in pursuit of tools and resources to meet the needs of diverse communities on campus. This session provides an overview of University of Oregon’s Health Center Multicultural Toolkit, will help college health decision-makers learn strategies to increase awareness for diversity needs on campus, and suggest actionable strategic initiatives for inclusive and welcoming programs, services, and facilities.

93. Transforming Substance Abuse Prevention: Promoting Flourishing Thru Inclusive and Comprehensive Approaches to Risk Reduction

Presenter(s): Beth DeRicco, PhD (Drexel University); Stacy Andes, EdD (Villanova University); Delynne Wilcox, PhD (University of Alabama)

This session will provide a new view of substance abuse prevention based on the needs of this generation of students. We will cover substance use, how this has been addressed historically, and offer a discussion of how generational differences and current national data impact risk reduction efforts. Journaling and planning will allow examination of current programs based on evidence informed practice and current data, creating a tailored substance misuse prevention and collegiate recovery support program.


Presenter(s): Scott Henderson, MD, Susan Even, MD, Elisa Burkett, ADN, and Megan Huddleston, BSN (University of Missouri); Mariel Marlow, PhD, MPH (Centers for Disease Control and Prevention)

College campuses continue to deal with mumps outbreaks despite high vaccination rates. Prompt recognition and control of mumps present challenges. This presentation will look at strategies to diagnosis, monitor, control, and prevent outbreaks along with CDC data on the current US mumps epidemiology and new ACIP recommendation for use of a third dose of MMR vaccine. Mumps outbreak experiences from a recent outbreak on a large Midwestern university and from a survey of ACHA member universities will be shared.

95. Nurse Leadership Roundtable

Presenter(s): Lauri Gallimore, BS, RN (Dartmouth College); Mary Madsen, BSN, RN-BC (University of Rochester); Carol Kozel, BSN, RN (University of North Carolina); Tanesha Brown, MSN, APN, FNP-BC (Princeton University)

Nursing leaders in College Health may have different roles and responsibilities specific to their Health Center. Titles may include charge nurse, nursing supervisor, nurse manager, clinic manager, or director of nursing. Responsibilities may include supervision of staff, hiring/coaching/evaluating staff, clinic operations, budget management, ordering and maintaining supplies and equipment, developing protocols and procedures, responding to patient complaints, billing, and responding to the changing environment on campuses. This panel of nursing management professionals will explore the range of challenges and responsibilities one may encounter, and offer examples and guidance in setting priorities and developing strategies for nurses in management roles.
96. Issues of Policy and Advocacy in College Health

Presenter(s): Brett Sebastian, JD (American College Health Association); Michael Huey, MD (Emory University)

This presentation discusses the major policy, legislative and regulatory changes that have impacted college health and wellness over the past year and looks into what major changes and policy discussions might be coming in 2018.

97. Top STD Updates: An Interactive Case-Based Workshop on STD Management

Presenter(s): Katherine Hsu, MD, MPH (Massachusetts Department of Public Health, Boston Medical Center)

Top Updates for STDs relevant to college health clinicians will be presented in a reverse countdown, followed by an interactive case-based discussion using the CDC STD treatment guidelines. New clinical e- resources will be highlighted. Unique aspect to this session will be use of an audience response system, promoting collaboration between the audience and the nationally renowned speaker funded by CDC to train clinicians in STD management and prevention.
98. Tackling College Student Drinking: Best Practices and Sustainability

Presenter(s): Marion Pierce (SAMHSA); Amelia Arria, PhD (University of Maryland); Lorece Edwards, DrPH (Morgan State University)

This panel discussion will elaborate best practices for preventing adverse consequences associated with college student drinking, explore multiple on- and off-campus strategies, and emphasize sustained change through student engagement. We will also highlight SAMHSA’s initiatives, tools, and products to prevent and reduce underage drinking among college students.

99. A Multidimensional Understanding of Effective University and College Counseling Center Organizational Structures

Presenter(s): Sharon Mitchell, PhD (University at Buffalo); Danielle Oakley, PhD (Duke University); John Dunkle, PhD (Northwestern University)

College students need ease of access and comprehensive mental health care. Integration of counseling centers and health centers has been proposed as the “best practice” method for achieving this objective. This presentation shares the key points outlined in a white paper from the Governing Board of the Association for University and College Counseling Directors which considers collaboration rather than integration, unique campus needs, multidisciplinary cultural consciousness and mutual respect as central to best practices.

100. Using Strategic Planning to Advance the Mission, Vision, and Values of Your Student Health Service

Presenter(s): Melanie Bernitz, MD, MPH (Columbia University); Giang Nguyen, MD, MPH, MSCE (University of Pennsylvania); Kent Bullis, MD (Cornell University)

Each campus experiences competing priorities and requests for allocation of resources. This session will address how strategic planning allows college health centers to formally identify their mission, vision and values and create strategic priorities to guide their work on campus. Participants will see examples from several campuses and have a planning approach to apply when returning to campus.

101. Using Stress Management to Enhance Learning and Moderate “Post-Conference Letdown”

Presenter(s): Ted Coleman, PhD, MS, CHES, APCC, and Dolores Mancha, BS (California State University, San Bernardino)

This session will provide content information and insights into stress as a health-related phenomenon; sources of stress; intersections involving diverse life factors; potential physical, mental, behavioral, and social impact of unmanaged stress; and a variety of stress management techniques that may be used to maximize retention of ACHA materials and moderate the effects of inevitable post-conference challenges.
102. Working at the Top of Your License: Putting Theory Into Practice

Presenter(s): Courtney Holzheimer, DNP, FNP-BC, and Sara Lee, MD (Case Western Reserve University)

Ambulatory care practice is evolving to improve patient care. “Working at the top of license” models may be utilized in ambulatory care centers to enable clinic staff to spend time doing tasks they are licensed to perform. This presentation will provide an overview of one college health clinic implementing this model. We will share our motivation for change, our successes and our challenges. Group discussion will focus on potential barriers and solutions.

103. Practical Recommendations for Creating a Trauma Informed and Responsive Initiative at College Institutions

Presenter(s): Ashley Fryer, MS, and Kori Pruett, MS (Florida State University)

Research shows, the ages of 16-20 represent peak times for trauma exposure, consequently, trauma plays a significant role in higher education (Breslau et al., 1998). Unintentionally, service provision can exacerbate trauma, particularly in a university setting. With this in mind, we created a trauma responsive initiative at FSU that operates within our existing structure. This presentation will detail the creation of this initiative and provide practical recommendations for other institutions in developing their own programs.

104. Improving Vaccination Rates on College Campuses: Learnings from a Multi-Institution Quality Improvement Collaborative

Presenter(s): Allison Smith, MPA, and Carlo Ciotoli, MD, MPA (New York University); Linda Dudman, MPA (University of Rochester); Eric Haley, AAS (Orange County Community College); Paul Maxwell, BSN, MS, FNP-C (The College at Brockport); Mary Madsen, BSN (University of Rochester)

This presentation will report on the findings of a multi-institution collaborative that demonstrated improved vaccination practices on college campuses through systems-level changes, outcomes measurement, a shared learning model, and quality improvement methods. From multi-specialty student health centers to campuses that do not administer any vaccine, partner institutions spanned the diversity of higher education. This session will detail the Collaborative framework; strategies and experiences of diverse partner institutions; 18 months of outcomes data; and key learnings.

105. Concussion in Sports: From Sidelines to Exam Room

Presenter(s): David Edwards, MD (Texas Tech University); Wendy Sheppard, MS, LAT, ATC (University of Richmond)

Concussion, particularly with sport-related activity, continues to be a common yet often overlooked injury among the adolescent and young adult populations we serve. Proper diagnosis and management can return the student to the classroom and playing field efficiently. The healthcare provider will recognize concussion signs and symptoms, implement the SCAT5 concussion assessment tool, and navigate the return-to-learn and return-to-play continuum. Sequelae of concussions, including post-concussive syndrome, will also be identified.
8:00 am – 9:30 am (cont.)

106. Innovative Wellness Programming: Two Approaches Transforming Traditional Education

Presenter(s): Mary Wyandt-Hiebert, PhD, MCHES, CWHC (University of Arkansas); Liz Romero, MPH, MCHES (San Jose State University)

Come discover how two universities have implemented innovative peer-led approaches toward achieving overall wellness. One program will explore the use of traditional learning combined with group and individual wellness coaching with consideration of mindfulness, resilience, assertiveness, relationships, and personal health. The other examines how to integrate experiential peer-led meditation workshops into existing peer health education models. Successes, challenges, and evaluative results of both programs, along with recommendations for adapting similar practices will be highlighted.


Presenter(s): Katsumi Nakagawa, MD, PhD, JD (Ritsumeikan University); Toshiyuki Marutani, MD, PhD (Tokyo Institute of Technology); Mayumi Yamamoto, MD, PhD, MBA (Gifu University); Shintaro Yanagimoto, PhD, MA (The University of Tokyo); Catherine Ebelke PA-C (Montana State University)

In this engaging collaborative joint session of the Japanese University Health Association and ACHA, four esteemed Japanese Professors of Medicine will discuss multiple topics involving Japanese College Health, Travel Health in a University setting and International Student Health in Japan. They will be joined by a US College Health professional involved in Travel Health. We will compare many aspects of these and related topics from our cross-cultural perspectives in a lively panel discussion.
108. The Consent Conversation with a Partner

*Presenter(s):* Sara Choate, MEd (University of Louisville)

In this high-impact session, participants will learn how to guide students through the concept of consent, followed by a partner dialogue illustrating the different aspects of consent. The session integrates touch into communication exercises, in which participants learn new ways to express and seek consent that respect everyone’s limits while negotiating desire. Finally, participants will have the opportunity to debrief and ask questions about how to facilitate the workshop with their diverse student populations.

109. Health Promotion Hot Topics: Perspectives on How to Engage Faculty – From Current Faculty Who Have a College Health Promotion Background

*Presenter(s):* Sarah Menefee, MPH, CHES (The College of William and Mary); Alyssa Lederer, PhD, MPH, MCHES (Tulane University); Sara Oswalt, MPH, PhD, AASECT (University of Texas at San Antonio); Cynthia Burwell, EdD, MCHES, RKT, FACHA (Norfolk State University)

This panel presentation will help participants better engage faculty in campus health promotion efforts by understanding demands placed on faculty and their perspectives on collaborating with campus partners on health issues. The panelists, who are all previous health promotion practitioners, represent diverse institutions and faculty positions. Participants will strategize about how to successfully collaborate with faculty and then apply knowledge from the session to their home institutions.

110. Total Quality Improvement for Early Detection and Intervention of Alcohol and Substance Use Throughout the Continuum

*Presenter(s):* Maritza Lugo-Stalker, PsyD LCSW, and Anne Thompson-Heller, LMFT, MA (University of Connecticut)

Defining Total Quality Improvement. The importance of conducting TQI studies to reinforce and examine current practice and examining the data related to the identified problem. An overview of the steps to conduct a TQI study as well as presenting a study focused on alcohol and substance use related disorders. The intercept of clinical services and building a supportive recovery community in a college campus will be included as part of resources available throughout the continuum.

111. Queer-Spectrum and Trans-Spectrum Student Experience in Higher Education: A Meta-Analysis of Four National Surveys

*Presenter(s):* Mary Hoban, PhD, MCHES (American College Health Association); Maren Greathouse, MS (Rutgers, The State University of New Jersey)

Presenters in this session conducted a joint meta-analysis of queer-spectrum and trans-spectrum student responses to their respective surveys. The meta-analysis includes NSSE, ACHA-NCHA, SERU and all CIRP surveys conducted during the 2015-2016 academic year and was coordinated by the Tyler Clementi Center at Rutgers University. Presenters will discuss the complicated landscape for survey research with these populations, the limitations of these instruments, and implications for policy and practice.
112. Food Insecurity and Hunger on Campus: Insights & Opportunities from the Field
Presenter(s): Andrea Muscadin, MBA (Partnership for a Healthier America); Kevin Anderson, BA (University of North Florida); Leslie Kemp, MA (University of California, Davis); Colleen Kelty, MA (The George Washington University); Alana Davidson, BS (Tufts University)

The rate of college student food insecurity is four times greater than the national average, which can impact student success. Academic institutions can pursue a range of creative strategies to address hunger on campus by engaging with community partners, local policymakers, and leveraging campus infrastructure. Hear campus leaders discuss the extent and consequences of student food insecurity, share best practices gleaned from current programs, and detail actionable solutions to alleviate this growing challenge.

113. Unveiling the Results of a National Survey of Behavioral Health Services Offered Within Primary Care Student Health Centers: Implications for Our Practice
Presenter(s): Kevin Readdean, MSEd (Rensselaer Polytechnic Institute)

This session will detail findings from a national survey of health center directors which benchmarked behavioral healthcare services offered within student health centers. The results provide insights into how health centers are organized to respond to behavioral health needs of patients and indicate various levels of integration between behavioral health and primary care services. The implications of the findings will be discussed in the context of the existing literature on primary care behavioral health integration.

114. “Weed Better Be Ready”: A Massachusetts Campus Prepares for Recreational Marijuana
Presenter(s): Ilene Hofrenning, MSN, FNP-BC, and Joy LaGrutta, MEd (Framingham State University)

See if you can identify the clues of marijuana use in a tour of a mock teenage bedroom/dorm room that we have set up! With legalization of marijuana, both medical and recreational, occurring in many states usage patterns are changing in terms of forms and concentrations of marijuana, delivery systems, paraphernalia used. You will get a hands on experience of obvious and not so obvious items used in the use of marijuana (and other drugs.) It is imperative that we, as college health professionals, are aware of the ever changing methods our students are using marijuana in order to intervene properly. We will also address trends in marijuana usage in states where it has been legalized and how this will inform health professional in states such as Massachusetts where recreational marijuana will be implemented soon.

115. An Update on Global Tuberculosis and the Policies to Mitigate Risk in the United States and College Communities
Presenter(s): Michael Deichen, MD, MPH (University of Central Florida); Susan Temporade Cookson, MD, MPH, and Drew Posey, MD, MPH (Centers for Disease Control and Prevention)

Tuberculosis (TB) continues to pose a significant global health risk. Most cases of TB in the United States occur among persons who are foreign-born. In partnership with speakers from the Centers for Disease Control and Prevention, this talk will review global TB and pathways to mitigating risk on college campuses. The talk with share updates to the ACHA TB screening guidance as well as a potential update of the US State Department Pre-Entry TB screening requirements.
116. Immunization Update 2018

Presenter(s): JoEllen Wolicki, BSN, RN (Centers for Disease Control and Prevention)

The field of immunization is marked by constant change including annual Advisory Committee on Immunization Practice (ACIP) immunization schedules, ACIP updated recommendations and newly licensed vaccines. The purpose of this presentation is to provide an update on 2018 ACIP immunization recommendations for young adults, incorporating those for students in a college/university setting. Special situations will be addressed including students training to enter health care related fields. Best practice standards and related resources will be highlighted.

117. Attention Bias Modification Therapy: A Novel Treatment for Anxiety Disorders

Presenter(s): Lauren White, PhD (Children’s Hospital of Philadelphia)

Anxious individuals show a bias to orient their attention toward potentially threatening information in their environment. This attention bias to threat is thought to play a causal role in the development and maintenance of anxiety. A novel computer-based treatment, Attention Bias Modification Therapy (ABMT), specifically targets this attention bias to treat anxiety disorders. The current presentation reviews research using ABMT and discusses this novel therapy as a potential new treatment for anxiety disorders.

118. What Makes a Good College Health Center and Healthy Campus Environment: The Student’s Perspective

Presenter(s): Spencer Treu, BS (Winona State University); Brett Curtis, BSEd (University of Virginia); Krystalyn Martin, BA (University of Rochester)

ACHA is dedicated to advancing the health of college students and campus communities through advocacy, education, and research. As the organization strives to accomplish these tasks, it’s important for college health professionals to touch base with the student population to receive adequate and realistic feedback. This presentation will provide an overview of college health from the student’s perspective. A diverse panel of students will present on key topics and offer a Q and A session.

119. Top College Health Primary Care Patient Oriented Articles in 2016-17

Presenter(s): Cheryl Flynn, MD, MS (University of Vermont); Melanie Trost, MD (Duke University); David McBride, MD (University of Maryland)

This session will review the top research publications from 2017-18 that guide evidence-based care for college health professionals.
120. Dorosin Memorial Lecture: The Diverse Reactions to Social Anxiety Among Adolescents and Emerging Adults

Presenter(s): Andres De Los Reyes, PhD (University of Maryland)

Traditional characterizations of social anxiety focus on how anxiety-provoking social situations prompt sheer avoidance of social contact and risk for developing related mental health concerns like depression. New research indicates that social anxiety prompts diverse reactions to social situations, including both covert and overt avoidance strategies and the development of substance use concerns. These findings shed new light on both the challenges of and opportunities for addressing social anxiety concerns among adolescents and emerging adults.
121. Evaluating and Treating Sexual Dysfunction in College-Aged Women

*Presenter(s):* Tiffany Wilson, MSN, APRN, FNP-C (Texas A&M University)

This presentation will address the different types of female sexual dysfunction, evaluation, and treatment options specific to college-aged women. Findings from an original study performed in Fall 2017 will be presented, evaluating prevalence of sexual dysfunction in women ages 18-29.

122. Innovative Approaches To Mental Health Services: A University Health Center and Academic Training Clinic Partnership

*Presenter(s):* Aaron Krasnow, PhD (Arizona State University); Natalie Fabert, PhD (Arizona State University)

College students are seeking mental health services with increasing frequency, complexity, and acuity. Health and counseling services need to provide those services at rates that often outpace department resources. At the same time, academic training programs often run mental health clinics that provide the training for their students, but at great cost in recruitment and supervision. This program outlines an innovative collaboration between the Health/Counseling Services and an academic training clinic that meets complex student and unit needs without adding additional cost.

123. Space Matters: Designing Physical Environments to Enhance Student Wellness

*Presenter(s):* John Vaughn, MD, and Sue Wasiolek, EdD, LLM, MHA (Duke University)

Physical environments matter. Duke University has conceptualized, designed and constructed a new Student Wellness Center with the express intent of presenting student wellness programs and services in a holistic, comprehensive, coordinated way. The building itself is the foundation of all of these services. In this session, we will discuss architect selection, the design and construction process and lessons learned.

124. Health Care Workplace Violence in Higher Education

*Presenter(s):* Robert Liles, JD, MBA, MS (Liles Parker, Attorneys & Counselors at Law)

Violence against health care workers now accounts for nearly as many injuries as in all other industries combined. Nurses experience more non-fatal incidents of workplace violence than against the police or correction officers. Has your educational institution taken steps to help prevent and / or properly respond to incidents of health care workplace violence? In this session, we will discuss the current risks facing you, your staff and your students.
125. Who’s Minding the SHIBP?

Presenter(s): Zina Slaughter, MBA (University of California); Shannon Millington, BS (University of Oregon); Richard Simpson, BA (University of Wisconsin-Madison)

Panel presentation of how Governance and Policy administration can impact the financial viability of a Student Health Benefits/Insurance Plan. Disclaimer: Each institution may be bound by certain institutional, state and federal regulations. This session will present a panel discussion that will present best practices that may or may not be applicable in certain circumstances. You should always consult with your own institution’s legal and administrative representatives on matters relating to the operation or management of a Student Health Plan.

126. Navigating Roadblocks and Obtaining Administrative Approval to Improve Student Health Outcomes

Presenter(s): Edward Gisemba, MPH (Oberlin College); Megan Richardson, MPH, CPH, and Erica Bumpurs, AAS, BS (Sam Houston State University)

Some efforts for improving student health are difficult to implement. Administrative approval is often necessary for some of the most impactful advances, such as policy changes, and adding services. Barriers to changes can be limited resources, lack of stakeholder support, and/or concern of possible backlash. This program will outline the process used to gain support and administrative approval to better address sexual health and drug abuse at a large university in the Texas State System.

127. Evaluation and Management of the Red Eye

Presenter(s): Howard Saulles, BS, OD (University of Michigan)

"To use or not to use" antibiotics on that red eye, that is often our quandary. In addition, why is the eye red to begin with? This session will describe the office evaluation, with commonly available equipment and techniques, testing, treatment, referral of patients who present with red eyes.

128. Medical Complications of Eating Disorders

Presenter(s): Cheryl Hug-English, MD, MPH (University of Nevada, Reno)

Eating disorders are common on college campuses and can have profound physical and psychological consequences. This presentation will focus on the medical complications that many times go unrecognized with bulimia nervosa and anorexia nervosa. Approaches to diagnosis and management of these complications will be reviewed and specific case studies will be presented.
129. Drug Free Schools and Campuses Act: Review and Updates

Presenter(s): Eric Davidson, PhD, MCHES, CSPS (Eastern Illinois University)

The Drug Free Schools and Campuses Regulations, requires most IHE’s to fulfill four primary requirements. Due to a lack of monitoring, enforcement, and sanctioning, many schools have neglected abiding by the drug-free schools regulations. This workshop will review current requirements and mandates of the DFSCA, including certification, required components of the annual notification, what constitutes a substance abuse program, and best practices regarding the Biennial Review Process.

130. Pharmacogenomics for the College Health Provider

Presenter(s): Amber Frick, PharmD, PhD (University of North Carolina at Chapel Hill)

Pharmacogenomics is transitioning to implementation in the clinical setting. This session aims to enhance knowledge in pharmacogenomics and how it is being implemented in clinical practice, including the ways in which pharmacogenomics may present itself in the college healthcare setting and ways to educate our future and current healthcare professionals. In addition, this session will present a number of tools that can enhance healthcare professionals’ skills in the field of pharmacogenomics.

131. Diversity and the Differently-Abled

Presenter(s): Jacquelyn Hop, RN, BSN, MSN, MBA, CPN, LHCRM (University of Central Florida); Alexia Hop, ASN, BSN (Arnold Palmer Medical Center)

A new population of non-traditional students, who would have never come to campus, is arriving. These are students with different physical and mental abilities. We, as healthcare workers, are better equipped to assist these students in being successful, when we better understand the needs of this growing population. This workshop style presentation will allow attendees to experience a small fraction of these different abilities while attempting to accomplish ADLs.

132. Influence of Text Messages on Students’ Influenza Vaccination Rate

Presenter(s): Catherine Sharbaugh, DNP, CRNP (Haverford College)

The Center for Disease Control recommends an annual influenza vaccine for all persons over 6 months of age; yet, a disappointing rate of only 26 % of adults over 18 and 40% of college students vaccinate for seasonal influenza. These rates are far from the 70% target set by the government’s goal for Healthy People 2020. Without vaccination, young adults risk illness and campus wide school outbreaks with serious academic consequences. Providers must contemplate the multitude of variables influencing students around vaccinations and re-think how to promote vaccines. The purpose of this quality improvement project was to assess the influence of e-Health text messages linked to a health portal on college students’ influenza vaccine rate. Data was collected over an 8-week period from the present year (2015) on a college campus of 1,227 students and compared to a historical control group from the prior year, in which only 15% of students received a vaccine. The project participants (N=129) were undergraduate students at a traditional liberal arts college. At the completion of the project, 251 vaccines were calculated to have been given compared to 90 vaccines the prior year. The project resulted in a 2.72 fold change in vaccination rate, and 10% were first timers, which suggest that naïve students vaccinate when reminded and informed of the benefit. Health promotion of the influenza vaccine to college students should include e-Health technology.
133. Ingredients for A Successful College Cooking Program

Presenter(s): Cassie Barmore, MS, RD (San Jose State University)

Cooking classes/demonstrations are popping up on college campuses across the nation and can be a highly effective format for interactive nutrition and cooking education. This workshop will highlight key theories and components to consider when planning and implementing a peer-instructed, multicultural college cooking program and will give you the necessary ingredients to be able to build your own program at your institution.

134. Creating and Implementing a Standardized Allergen Immunotherapy Form

Presenter(s): Andrew Guertler, MD, and Lisa Tutwiler, BSN (James Madison University); Ann Wimer, RN (James Madison University)

University health centers providing allergen immunotherapy for students face the unique challenge of many different order forms from numerous distinct practices. This lack of conformity increases risk for patients. While there are general guidelines and sample forms available through the American Academy of Allergy, Asthma, and Immunology for allergen immunotherapy there is no standardization across practices. We will share our standard form as well as the process, and challenges associated with its development and implementation.

135. Evidence-Based Acne Management

Presenter(s): David McBride, MD (University of Maryland)

According to the American Academy of Dermatology, acne is the most common skin condition affecting 50 million individuals annually (https://www.aad.org/media/stats/conditions). Acne can cause significant distress to college students and is a common reason for seeking care at our health centers. This presenter will explore the pathophysiology of acne, severity grading of acne, treatment of acne and mechanisms for documenting improvement.

136. Integrating the Web-Based NCHA with Institutional Data

Presenter(s): Kari Pratt, PhD, and Todd Misener, PhD (Oklahoma State University)

We will present a framework for integrating the web-based NCHA results with institutional data as a potential method to evaluate the association between student health behaviors and institutionally specific success variables including first year retention, and grade point average. Results from our data analysis will be presented, and limitations and future revisions to this research design will be discussed.
3:15 pm – 4:15 pm (cont.)

137. Training Student Ambassadors: A Six Week Orientation for new Student Health Advisory Committee Members at The University of Texas at Austin

Presenter(s): Xena Nam (The University of Texas at Austin)

New members of the Student Health Advisory Committee at the University of Texas undergo an intensive, 6 week student ambassador training program in order to prepare them to represent University Health Services. We will break down the process of executing this training from recruitment through certification as an ambassador, and explain how this training can be implemented on other campuses.

138. The Latest Substance Use Data and Tool Kit for College Student-Athletes

Presenter(s): Mary Wilfert, MEd (NCAA)

Every four years since 1985, the NCAA has conducted the Substance Use Survey of College Student-Athletes. This session will present the latest 2017 data of over 21,000 student-athletes representing all sports. This data will be compared with the National College Health Assessment. In addition, best practices and tools to address substance abuse prevention, developed with a coalition of higher education associations will be discussed.

139. Building a Peer to Peer Counselling Model to Meet Increase in Students Seeking Support

Presenter(s): Melanie Bowman (University of Guelph)

The Student Support Network (SSN) at the University of Guelph, Ontario has been offering an effective peer counselling model (through Counselling Services, Student Wellness) for over a decade. The Student Support Network helps to meet the growing needs of students seeking support especially those who want to talk about their struggles with other students who “get it” This session will cover the Student Support Network model in detail including volunteer recruitment, training, supervision, marketing and promotion of the service, program evaluation and of course lessons learned.
140. Medical Intake Screens Beyond the PHQ-9 and Audit C

Presenter(s): Chris Wera, PhD and Callie Johnson, MSN (University of Denver)

The University of Denver’s Health and Counseling Center (HCC) developed the behavioral health consultant (BHC) role in 2010 to reduce barriers and improve accessibility of culturally competent behavioral health services to students seeking primary care services at the HCC. Since this time, the HCC has been screening students for distress at the time of their medical appointments using the Brief Patient Health Questionnaire Mood Scale (PHQ-9) and the Alcohol Use Disorder Identification Test (AUDIT-C). Only about 50% of the visits to the BHC are with students who have exceeded the questionnaire threshold score, while medical providers initiate the remaining 50% of behavioral health consults due to the patient’s endorsement of mental health related issues during their medical appointment. Due to this discrepancy, the HCC has developed a new questionnaire to better screen for the most common types of non-threshold score visits to the BHC (anxiety, trauma, sleep related difficulties, sexual assault, and eating disordered behavior symptoms). This new screen is comprised of the PHQ-4 (which is a subset of four questions from the PHQ-9 and an anxiety screen), questions from the CAGE-AID (an alcohol screen), and then selected additional questions to screen for trauma, sexual assault, sleep disorders, and eating disorders from other longer diagnostic screens. This, coupled with our new and demographic intake form should allow us to better focus early identification of the most common mental health issues we encounter by our medical providers. It is expected that this new measure will reduce the aforementioned discrepancy while continuing to reduce barriers for students needing behavioral health intervention.

141. Creating Sustainable, Trans-Inclusive Healthcare in Traditionally Conservative Areas

Presenter(s): Natalie Beck Hottel, EdS, LPC, NCC (The University of Alabama at Birmingham)

This program is intended for individuals in professional roles that support transgender, genderqueer, and gender non-conforming students on college/university campuses in the Southern United States. This program will address some of the specific challenges, unique possibilities, and demonstrated successes of advancing trans advocacy and support in a geographic environment that has historically been characterized by barriers for the LGBT population. This program will bring depth to the cross-collaboration strategies that have been effectively utilized by The University of Alabama at Birmingham (UAB) to create policy and procedure related to sustainable trans inclusive healthcare, including: the development of a Gender Transition Interdisciplinary Team, the formation and maturation of a student-driven support group, and the mapping of community assets that are necessary for success with this work in the South.

142. Evolving a Quality Improvement and Management Program in College Health

Presenter(s): Nancy Ranum, MS, RN, APNP, ANP-BC, RN-BC, CPHIMS, CPHQ (University of Wisconsin, Madison)

This session will present a process for developing a quality improvement program that aligns with organizational strategic initiatives, that is data driven, that fulfills AAAHC requirements, that fosters a culture of quality that engages staff across the organization, and that creates accountability for improvement in all clinical, prevention, and administrative departments. Specific strategies for using improvement work to promote cross functional teams, to address health disparities, and to communicate value to stakeholders will be discussed.
143. What Will it Take to Move the Needle Toward Better Health on Campuses Nationwide? Planning for the Next Decade of Healthy Campus

**Presenter(s): Allison Smith, MPA (New York University); M. Scott Tims, PhD, MS (Tulane University)**

Entering its fourth decade, Healthy Campus serves as a framework for improving the health of all students, faculty, and staff on campuses nationwide. This session will provide an overview of the evolution of Healthy Campus and Healthy People and progress toward the 2020 goals and objectives. Attendees will participate in interactive exercises to inform the design of Healthy Campus 2030.

144. Sports Nutrition - A Critical Component in Promoting the Optimal Health and Performance of Student Athletes

**Presenter(s): Deanna Busteed, MS, RD, CSSD (George Mason University)**

Sports Nutrition is a key fundamental to promoting the health and performance of student athletes. Student athletes often suffer from a variety of medical conditions and ailments. The most common nutrition related challenges faced by student athletes will be reviewed along with current evidence based practices and recommendations: Eating Disorders, RED-S, Female Athlete Triad, Fueling and Recovery, Medical Nutrition Therapy (GI disorders, Celiac, DM, GERD, HTN, Food Allergies, vitamin and mineral deficiencies ), and Dietary Supplement Use.
145. Polycystic Ovarian Syndrome and Non-Classical Congenital Adrenal Hyperplasia: Challenges of Diagnosis and Management

*Presenter(s): Serwa Gyamfi, MD, and Sharyn Malcolm, MD, MPH (Children's National Health System)*

Polycystic ovarian syndrome (PCOS) is the most common female endocrine disorder and leading cause of infertility for women. It is associated with complications including metabolic syndrome, type 2 diabetes mellitus, and endometrial carcinoma. PCOS and non-classical congenital adrenal hyperplasia have similar clinical presentations in adolescence and young adulthood. Providers must have knowledge of the clinical presentations and diagnostic criteria of both conditions in order to prevent delay in diagnosis and to ensure appropriate management.

146. Ethical Principles and Practices Applied to College Health

*Presenter(s): Barbara Tyler, MD, MPH (Texas A&M University); Janet Weatherly, MPH (Indiana State University); Tanya Tatum, MHA (Florida A&M University); Dessa Mrvos, BSN (Duquesne University); Lori Dewald, EdD, ATC, MCHES, F-AAHE (Walden University)*

College health professionals are regularly faced with making ethical decisions. The general ethical principles and the ACHA Ethical Guidelines provide a framework for making these ethical decisions. After an introduction to the ethical principles and guidelines, the participants in this program will be invited to apply these principles and guidelines to issues and cases in college health.

147. Development and Implementation of a College Health Sexual Assault Response Team

*Presenter(s): Valerie Kiefer, MS, APRN, ANP-BC, and Patricia Moriarty, MSN, FNP (University of Connecticut)*

The United States Department Of Justice states that one out of every four female college undergraduates will be victim to some form of sexual assault before graduation. The ACLU estimates that 95% of campus rapes in the U.S. go unreported. These statistics indicate a need for increased campus prevention and support systems at all colleges and universities. This presentation will address how the University of Connecticut’s Student Health Services developed and implemented an interdisciplinary team to respond and care for sexual assault victims on campus.
148. Changing Minds, Changing Lives: Fostering Resilience Among Diverse and At-Risk Student Populations (30 minutes)

Presenter(s): Genevieve Chandler, RN, PhD, and Jim Helling, MSW (University of Massachusetts, Amherst)

The transition to college can challenge pre-existing student resilience. This follow-up study investigated an educational and psychosocial intervention, CMCL (Changing Minds, Changing Lives), designed to strengthen resilience competencies among entering student-athletes (n=18; 80% Black). Quantitative and qualitative data indicated positive changes in resilience competencies and related student engagement indicators. Increments of change were positively correlated with rates of exposure to childhood adversity. CMCL continues to show effectiveness in enhancing resilience competencies for diverse students during the transition to college.

Understanding Stress and Sleep Deprivation (30 minutes)

CANCELLED BY PRESENTER

149. Pharmacy Hot Topics

Presenter(s): Jason Goodman, PharmD, MBA (The Ohio State University); Gregg Wendland, BPharm (University of Oregon); Raisa El-Kurdi, PharmD (University of North Carolina at Chapel Hill)

This presentation will highlight new services and programs student health pharmacies may provide to benefit patient care and the Student Health Centers they are a part of. An ADHD Clinic was designed and implemented at the University of North Carolina Campus Health Pharmacy which will be explained in detail. Also, the University of Oregon Health Center Pharmacy will describe their experiences with pharmacy-based prescribing services. Progressive business opportunities will also be discussed.

150. Front Desk/Business Office Operations Role in Student Health Centers

Presenter(s): Joseph Campos II, PhD (University of Hawaii at Manoa)

Front desk and business operations are sometimes overlooked as vital components of student health centers. This panel will discuss the multiple ways in which vibrant, well trained front desk and business office operations can help enhance the services of student health centers. Front desk/business offices not only provide customer service but also advising, assessment, and evaluation.
151. What We Can Learn From the Integrated Care of a Patient with Major Medical Illness

Presenter(s): Alan Lorenz, MD, and Wendy Gelbard, MD (Rochester Institute of Technology)

Michael has a very rare genetic mutation that makes him prone to cancer. Two weeks after starting school, he was diagnosed with metastatic colon cancer. We provided an integrated approach involving medicine, psychology and administration that also included collaboration with the patient, family and specialists. These extraordinary challenges were met with both success and failure.

152. Collaboration and Meaningful Coalition Work

Presenter(s): Tamara Loew, MA, and William Evans, MEd (Purdue University)

Comprehensive programs to address alcohol and other substance abuse often involve coalitions, but creating and maintaining coalitions can be challenging. Attendees will understand how to effectively engage their campus environment to create meaningful change. They will identify needs, key stakeholders, leadership, meeting management, creating lasting change, and sustaining the coalition. Presenters will discuss the nuts and bolts of three Purdue coalitions, and how they work to transform their campus environment in a meaningful way.

153. ACHA Student Health Insurance Benefit Plan (SHIBP) Portal Task Force Update

Presenter(s): Zina Slaughter, MBA, BA (University of California); Shannon Millington, BS (University of Oregon); Richard Simpson, BA (University of Wisconsin-Madison)

The ACHA SHIBP Portal Task force was launched June 2017 to develop and launch a SHIBP Portal to provide a centralized location where SHIBP details are explained and tools are available for students and parents to help them understand insurance options. Additionally, there is a “knowledge gap” of easy to understand information for college administrators who are charged with the administration of SHIBPs. A separate section will address resources for best practice administration of insurance requirements and SHIBPS. The task force will provide an update on progress in this presentation.

154. Impact of a Public Health Framed Peer Education Internship

Presenter(s): Samantha Smith, MPH, CHES, and Jacqueline Mungo, MSPH (University of Maryland, Baltimore County)

Applied learning provides students with the ability to integrate their classroom knowledge with real world applications. Many universities are working to provide students with applied learning experiences; even non-academic departments. This session will provide an overview of a public health framed peer health educator training model, that includes both CHES and NACE competencies. This session will report the effects of the training model on student facilitation self-efficacy and career readiness.

155. United Leadership for Well-being: Partnerships with Student Affairs Divisions

Presenter(s): Stephani Gordon, EdD, Med, and David Arnold, BSW (NASPA)

While many higher education health professionals are a part of a student affairs division, some lead from various other parts of the institution. Presenters will share the history of student affairs and health leadership, current designs student affairs divisions, and provide strategies for working in unison between college health and student affairs toward the shared goal of students with a sense of health and well-being.
156. Initial and Secondary Pharmacological Treatment of Depression in College Aged Individuals
Presenter(s): Todd Cox, MD, DFAPA
The Spring 2016 NCHA survey reveals that almost 16% of respondents were treated for depression in the last 12 months, compared to an overall rate of 7% in the general population. In addition, 10% of students had experienced a feeling of hopelessness. College Health providers must be proficient in the initial evaluation and management of depression. This session will endeavor to review the initial pharmacological management of depression, focusing on how to best select an initial anti-depressant. Newer antidepressant medications will be thoroughly reviewed, comparing their efficacy to more standard medication, with a discussion of when they may be preferred. Finally, the presenter will explore situations in which multiple medications may be indicated to treat depression initially or depression that is initially treatment resistant.

157. Live Well: An Online Healthy Lifestyle Experience That Meets Students Where They Are
Presenter(s): Ashley Lamb, MPH, CHES, and Kristina Bergman, RDN, LDN, BS (Florida Atlantic University)
As our students increasingly look to ever-growing e-learning and social media platforms to find health information, we need to expand our online resources to ensure evidence-based information is readily accessible in these spaces. During this session, we will discuss how to provide students with the online healthy lifestyle information and resources they want, while enabling them to make a healthy and sustainable behavior change.

158. Queer Rights and Disability Justice
Presenter(s): Victoria M. Rodríguez-Roldán, JD (National LGBTQ Task Force)
The intersection of Queer Rights and Disability Justice is of vital importance to colleges and universities’ ability to meet the health of students who are part of the Lesbian, Gay, Bisexual, Trans, Queer, Intersex, Asexual and Gender Nonconforming (LGBTQIAGNC) community. What are the rights of LGBTQIAGNC students and what does Disability Justice have to do with these? This presentation will explore emerging health needs and how advocacy bridges abilities, gender and sexuality.

159. A Primer on Musculoskeletal Examination Technique and Commonly Missed Injuries in Student Health
Presenter(s): Christopher Nasin, MD (University of Rhode Island)
A variety of both upper and lower extremity orthopedic injuries that are commonly missed in the primary care setting will be reviewed. These injuries typically require urgent specialty treatment and will result in permanent disability if missed by the primary care provider. All of the injuries reviewed in this lecture are seen in a college health setting and proper recognition and referral will generally result in improved patient outcomes. Special attention will be paid to evaluation and proper techniques to perform orthopedic exams on shoulders and knees. Participants will be provided the opportunity to practice these skills with other attendees.
160. Novel and Rapid Treatments for Depression and Suicidality

*Presenter(s):* Lawrence Park, MD (National Institute of Mental Health)

Ketamine, and other glutamatergic modulators, have demonstrated rapid effects on depression and suicidality. Ketamine is NOT currently FDA approved for these indications. This presentation will review the scientific evidence for the effectiveness of ketamine for depression and suicidality. In addition, the proposed mechanism of action for these effects, and their implications for future research, will be reviewed.

161. Achievement Ideologies and Organizational Structures: A Dialogue About Race, Alcohol Use, and Greek Life

*Presenter(s):* Alicia Battle, PhD, MS, MCHES (Benedictine University)

This presentation will examine social justice issues as contributing factors to well-being for African American college students specifically for those students participating in Greek-letter organizations. The overall goal of this session is to begin a dialogue about race, alcohol use and Greek life. This session will provoke discussion regarding similarities rather than differences in the area of alcohol use in an effort to encourage equity minded development of programs and services for students of color.

162. Nursing Grand Rounds

*Presenter(s):* Lauri Gallimore, BS, RN (Dartmouth College); Deborah Penoyer, MS, RN (State University of New York, Geneseo)

Guided discussion and analysis of challenging, unusual, and/or timely nursing case presentations. Each case will elicit audience participation regarding history, assessment, physical exam, ongoing care, lab tests, and nursing differential/diagnoses.

163. Addressing Food and Housing Insecurity

*Presenter(s):* Denise Bevly, DrPH, and Sabrina Sanders, EdD (California State University); Devon Payne-Sturges, DrPH (University of Maryland)

Throughout the U.S., food & housing insecurity is increasingly observed among college students, with significant potential for adverse effects on both physical and mental health. In this session, we will present findings from both NCHA and original research survey data to examine associations between food & housing insecurity and its impacts on academic performance, as well as reviewing case-studies that prioritize institutionalizing activities to help with student success.
8:00 am – 9:30 am

164. Innovative Solutions to Ever Growing Wait Lists for Counseling and Psychiatric Services

Presenter(s): Jamie Davidson, PhD, and Luke Jensen, PsyD (University of Nevada, Las Vegas); Gillian Berry, PhD, MSW (The George Washington University); Bryant Ford, PhD (Dartmouth College)

Attendees will be educated on the nature and extent of the increased demand for mental health services that often leads to long wait lists for services. An examination of the impact of hiring additional staff will show that this approach is not always an effective solution. Promising practices to reduce wait lists such as stepped-care, imbedding a mental health provider in primary care, and other ideas from a poll of Mental Health Section members will be presented.

165. Medical Excuse Notes – A Panel Discussion on Best Practices

Speakers: Margaret Higham, MD (Tufts University); Geraldine Taylor, MS, ANP-BC (Bentley University); Ryan Travia, MEd (Babson College)

A common theme on the student health list serve centers on what type of documentation health centers provide in regards to medical excuses and student absences. This discussion will highlight a conversation by a panel of both medical and academic administrators to provide insight as to how best to address this issue and identify goals to best meet student and institutional needs.

10:00 am – 11:00 am

166. The Setup in the Setback

Presenter(s): Jake Olson (University of Southern California)

The presentation will cover Jake Olson’s entire story from going blind to playing football in a live game for the USC Trojans. Throughout the presentation Jake will touch on how his adversity has shaped him, and how you can use your adversity to make you a happier and healthier person. It will be both motivational and educational, and remind you that the only person who can limit you is you.