ACCHA 2019
Denver, CO • May 28 - June 1
ELEVATING WELL-BEING

PROGRAM ABSTRACT BOOK
Advance ticket purchase is required for all pre-conference workshop offerings. Workshops are open to all registered meeting attendees (excluding spouses/partners) or those who pay the “workshop only” fee of $150 per workshop. See Meeting Registration Form. Note that several workshops have limited seating available.

9:00 am – 12:00 pm

SPSS for Non-Statisticians

Presenter(s): Monideepa Becerra, DrPH, MPH, CHES® (California State University, San Bernardino)

College health educators and leaders have a critical role in ensuring evidence-based practice. However, data driven policy and practice can be limited due to limited foundation on analytic skills. This pre-conference workshop will train participants how to use SPSS for health data analysis, including descriptive and bivariate statistics. The workshop is created for non-statisticians and thus applicable to everyday use of evaluating student health data, creating graphics and tables to demonstrate trends in health outcomes.

Hot Topics and Evolving Practices in College Student Mental Health

Presenter(s): Sharon Mitchell, PhD (University at Buffalo); Wanda Collins, PhD (Emory University); Barry Schreier, PhD (University of Iowa); Greg Ells, PhD (University of Pennsylvania)

Members of the Governing Board of the Association for College Counseling Center Directors (AUCCCD), will use information from national collegiate mental health databases and published research to highlight trends in college student mental health. An interactive format will engage participants in exploring how these trends impact scope of service, service delivery models, policies and procedures and staff development. Best practices and empirically validated approaches currently in use on college campuses will be shared.

Sports Medicine Special Testing

Presenter(s): Wendy Sheppard, MS, LAT, ATC (University of Richmond)

This session will review special testing techniques for a variety of sports medicine injuries (lachmans, mcmurrays, thompson tests, etc). I will breakdown the reliability of each test and give participants an opportunity to try and practice these skills.

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.

Tailoring a Comprehensive Public Health Framework to Assess the Needs of Students

Presenter(s): Julie Edwards, MHA (The University of Chicago)

The University of Chicago tailored the Mobilizing for Action through Planning and Partnerships (MAPP) framework to conduct a comprehensive campus health needs assessment (CHNA) over the past year. The CHNA involved key constituents to identify student needs and ways the campus will work collaboratively to address those needs. This pre-conference workshop will be an interactive session taking participants through the process and will share a newly developed tool used to assess the entire campus system.
Achieving AAAHC Accreditation for College Health, Part I

Presenter(s): Joy Himmel, PsyD PMH-CNS NCC LPC (AAAHC); Valerie Kiefer, DNP, MS/APRN (University of Connecticut)

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.

Understanding and Supporting Your Campus’s Health Promotion Unit: A Primer for College Health Leaders and Campus Executives Who Have Health Promotion in Their Reporting Portfolio

Presenter(s): Alicia Czachowski, EdD, MPH, CHES® (Tulane University); Padma Entsuah, MPH (Columbia University); Eric Davidson, PhD, MCHES®, CSPS (Eastern Illinois University); Sarah Menefee, MPH (William and Mary); Reuben Parrish, MPH (University of Houston)

It’s common for administrators of college health organizations to have health promotion as one of their reporting units, however, individuals in this role may have little training in health promotion practice and be uncertain how to best support and represent health promotion staff and their respective programs. This preconference session will provide an overview of the health promotion field and help college health leaders ensure that their campus’s health promotion programs have the appropriate staff and resources to meet the needs of their respective student populations and that they are meeting the Standards of Practice for Health Promotion in Higher Education.

ACHA Leadership Institute: Introduction to College Health and Wellness

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

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.
Perfectionism and Overcontrol Within the College Population: Too Much of a Good Thing?

Presenter(s): Robin Fierstein, PsyD (Rowan University Wellness Center); Lisa Twardzik, MA, LPC (Rowan University Wellness Center)

Hard work and perfectionism are often reinforced in our society, however these traits are sometimes maladaptive. This workshop will provide an overview of Radically Open Dialectical Behavior Therapy (RODBT), a treatment using individual therapy and skills class to reduce excessive self-control (i.e., overcontrol). Attendees will learn to identify overcontrolled individuals through assessment and target specific problems that impact psychological wellbeing. Preliminary research on the implementation of RODBT in a college counseling setting will be discussed.

Nurse Leadership Seminar

Presenter(s): Deborah Penoyer, MS (State University of New York at Geneseo); Pamela Stokes, MHCA, MSN, RN (Oklahoma State University); Mary Madsen, BSN, RN-BC (University of Rochester); Lauri Gallimore, BS, RN (Dartmouth)

Nurse leaders in college health differ in roles and responsibilities specific to their health service. Responsibilities may include supervision, 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 of campuses. This panel of nursing management professionals will explore the range of challenges and responsibilities one may encounter and offer examples, guidance and an opportunity to share experiences in setting priorities and developing strategies to meet these challenges.

Creating a Wellness Culture by Integration of Health Services, Student Affairs and the University Mission

Presenter(s): Joleen Nevers, MAEd, CHES®, CSE, CSES (University of Connecticut); Gerri Taylor, MS (Bentley University, retired); Ryan Travia, MEd (Babson College)

A multidisciplinary panel of seasoned college health practitioners and administrators share diverse perspectives about the evolution of Health Services, Counseling & Mental Health Services, and Health Promotion, as they relate to the phenomenon of “Wellness,” which has become the operant focus in College Health and Student Affairs. This interactive workshop will empower participants to facilitate greater collaboration across services and envision new ways of uniting, leading, and transforming health and wellness on their campuses.

Building Healthy Campuses by Increasing Social Connectedness and Sense of Community

Presenter(s): Gina Baral Abrams, DrPH, EdM, LSW, MCHES®, and Elizabeth Smull, MA, CADC (International Institute for Restorative Practices); Jaclyn Stone, MS, BS (University of Maryland, Baltimore County); Susan Wilson, BA, MS (Temple University)

This session provides the opportunity to do a deep dive into how to build a sense of community, social connectedness, and community resilience as prevention strategies for advancing health on campus and reducing risk behaviors. Restorative Practices (RP) can create the conditions for diverse students to thrive in supportive and health-engendering environments by strengthening relationships between individuals as well as social connections within the campus community. Using community health and prevention frameworks, this workshop will focus on the prosocial priming aim of RP, including the relationships between the practices and social determinants of health (e.g., sense of community, social connectedness, and community resilience).
Achieving AAAHC Accreditation for College Health, Part II

Presenter(s): Joy Himmel, Psy.D, PMH-CNS, NCC, LPC (AAAHC); Valerie Kiefer, DNP, MS/APRN (University of Connecticut)

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 accreditation 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.

Chaperoning Sensitive Examinations: Policies, Guidelines, and Competencies

Presenter(s): Susan Ernst, MD, Lindsey Mortenson, MD, Robert Ernst, MD, and Missy Ware, MA (University of Michigan)

This is a critical time for evaluating policies and procedures around the sensitive physical exam in the college health setting. We will share our process and procedures developed after we systematically evaluated and addressed this topic with a review of patient complaints, revision of chaperoning policy for sensitive exams as well as creation of chaperoning guidelines and competencies for medical staff. We have also invested in a new patient complaint process and will review options.

Psychopharmacology for Common Mental Health Conditions

Presenter(s): Marta Hopkinson, MD, Binali Mehta, MD, and Varsha Vaidya, MD (University of Maryland, College Park)

Mental health conditions are increasing in the college aged population, and the need for medications for these concerns is increasing as well. Many students arrive at college already taking psychotropic medications, and they will need ongoing care during their matriculation. This workshop will review the common mental health conditions encountered in the college student population and discuss the use of medical and some nonmedical interventions.

The Rise of Electronic Tobacco Products in the US: Implications for Public Health Policy and Practice

Presenter(s): Brian King, PhD, MPH (Centers for Disease Control and Prevention, Office on Smoking and Health)

Cigarette smoking has declined over the past half century. However, the tobacco product landscape has recently diversified to include a variety of electronic products, including e-cigarettes. In 2015, USB shaped e-cigarettes known as “Pod Mods”, including JUUL, entered the marketplace. This presentation will describe the past, present, and future of tobacco prevention and control efforts in the U.S., including what we know works to effectively address all types of tobacco product use among young people.

Promoting College Student Well-Being with Coaching Initiatives

Presenter(s): James Larcus, MA (University of Denver); Monica Webb, PhD, MPH, CHES (University of Florida); Mary Jo Desprez, MA (University of Michigan); and Elise Tofias Phillips, MED, and Makayla Davis, MA (Boston College)

Wellness coaching has been identified as an emerging targeted intervention for facilitating student well-being. To promote coaching initiatives in higher education, ACHA is developing programming to assist college health professionals in developing interventions grounded in this approach. This session will offer a preview of this new offering, discussing how effective coaching initiatives integrate positive psychology, holistic wellness, and peer education, empowering students to thrive in college and build capacities for creating meaningful and fulfilling lives.
Keynote Address: The Art and Science of Wellness

Presenter(s): Kevin Hines (Kevin & Margaret Hines Foundation)

Kevin shares his story of hope and celebration of life. Kevin Hines is a mental health advocate, global speaker, best-selling author, documentary filmmaker and entrepreneur who reaches audiences all over the world with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age), he attempted to take his own life by jumping from the Golden Gate Bridge. He is one of only thirty-four (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

Building Pathways to Effective Leadership: The Creation of an Administrative Fellowship

Presenter(s): Joel Schwartzkopf, PA-C, MPAS, MBA, and Kathy Waller, MD, MPH (Colorado State University)

Colorado State University PA Joel Schwartzkopf and physician Kathy Waller will discuss how they created an innovative track for leadership development within the organization based on the administrative fellowship model that is used at many hospitals. We will discuss leader identification, growth strategies, mentoring, application, and how to construct a similar program at other institutions.

Keeping Up With Cannabis: Understand the Use, Impact and Policy Related to Oils, Dabbing and Edibles

Presenter(s): Galeet Farrow, MA, LPC (Villanova University)

This session seeks to address the need for greater understanding of the newest terms and forms of cannabis use and its related impacts on the student body. We will explore the new challenges this creates for policy and practice as well as the cultural implications of these policies.

Using a College Sleep Environmental Scan to Build Collaboration and Change Across Campus

Presenter(s): Birdie Cunningham, MA (University of St. Thomas); Mandy Colbert, LMSW, MPH (The University of Texas at Austin); Lisa Broek, MA, CHES® (Macalester College)

Sleep is a foundation of well-being. Quality sleep is critical to academic success and overall health. This presentation will describe environmental factors that influence sleep and describe the College Sleep Environmental Scan as a tool for assessing college campuses. The Scan provides important data for campuses to consider in identifying and implementing strategies for institution-wide changes to improve sleep. Three institutions will describe how they utilized the Scan to build partnerships and create change.

Antibiotic Stewardship and Public Health

Presenter(s): Christopher Czaja, MD MPH (Colorado Department of Public Health and Environment)

Every year in the United States, antibiotic-resistant organisms cause at least 2,000,000 illnesses and 23,000 deaths. Clostridium difficile causes an additional 250,000 illnesses and 14,000 deaths. One of the core strategies to combat these antibiotic resistance threats is antibiotic stewardship. This session will cover the rationale for antibiotic stewardship and approaches to antibiotic stewardship in clinical practice and public health, with examples from Colorado.
Wednesday, May 29

1:45 pm – 2:45 pm (cont.)

Update from the ACHA Outsourcing Task Force
Presenter(s): Jessica Higgs, MD (Bradley University/OSF)
The Outsourcing Task force has been working for two years on guidelines and advice relating to Outsourcing. This presentation would review our paper and answer questions.

Best Practices on Improving Campus Student Influenza Vaccination Rate
Presenter(s): Catherine Sharbaugh, DNP (Manhattan College); Lisa Ipp, MD (Weill Cornell Medical 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 on campus. Discussion will include best practices survey of college health services for vaccine promotion, and quality improvement projects that influence students’ influenza vaccine rate on campus.

A Campus-Wide Handwashing Campaign to Decrease the Spread of Communicable Diseases
Presenter(s): Ann Rayford, ANP-BC, BS, CHES®, and Karen Huyghe, MA (Wayne State University/Nursing Practice Corporation)
In an effort to decrease the spread of communicable diseases on campus, the Wayne State University Campus Health Center collaborated with various university partners to implement a campus-wide Handwashing Campaign during the Winter 2018 semester. The timing of the campaign implementation strategically overlapped the growing concern of the ongoing Hepatitis A outbreak in Michigan, as well as the annual effort to stop the spread of influenza.

Addressing Common Contraception Myths
Presenter(s): Ann Laros, MD (University of Minnesota)
Myths about contraception abound. These serve as barriers to use, continued use and effective use. By addressing these head on with a consistent message based on good information and certainty, some of these barriers can be lessened.

The ABC’s of Smoking and E-cigarettes: What We Need to Know and Do About the Number One Addiction on Campus
Presenter(s): Alan Blum, MD (University of Alabama)
Although over 1750 colleges and universities in the US have become smokefree campuses, progress in reducing cigarette and e-cigarette use has slowed. The prevalence of nicotine product use may be as high as 25%. Moreover, tobacco companies continue to recruit students at career fairs. This presentation provides refreshing strategies for college health professionals to reduce cigarette and e-cigarette use among students and staff and to diminish the influence of the tobacco industry on campus.
Importance of Revenue Cycle Management, Coding and Clinical Documentation Improvement (CDI)

Presenter(s): Julie Shay, MBA-HIN, BS/HIM (Sante Fe College)

Do you have mechanisms in place to manage your revenue cycle? What about a strategy regarding your documentation practices? How about accurate medical coding that will result in consistent and timely money flow? We will define best practices for revenue cycle management, documentation practices and lastly, medical coding.

Communicating Effectively with Parents: Striking a Balance

Presenter(s): Amelia Arria, PhD (University of Maryland School of Public Health)

Parents can influence their grown child’s decision-making in many positive ways, and can facilitate help-seeking when needed. At the same time, it is important to allow college students to develop autonomy and resilience. This presentation will focus on building constructive relationships with parents of college students and encourage them to develop communication patterns with their grown children to support their health and well-being.

College Mental Health Clients: Changes Over Time in Presenting Symptom Severity, Complexity, Disruptiveness, and Treatment Demand

Presenter(s): Alan Schwitzer, PhD (Old Dominion University)

Millions of students visit counseling or health centers for mental-health concerns annually. Many require counseling to succeed. Still, debate continues about whether students’ concerns have become more severe. While staff-perception studies suggest an “overwhelming consensus” that client-patient presentations have grown more severe, studies using clinical evidence contradict this. This question is critical to strategic-planning. This program reviews the debate – then presents brand-new empirical evidence suggesting steady severity levels but increased problem complexity, disruptiveness, and treatment-demand.

Self-Care for the Treatment of Infectious Diseases

Presenter(s): Lauren Biehle, PharmD (University of Wyoming)

If we know that the majority of prescriptions for antibiotics are unnecessary, what else can we offer our patients? What if we offered other options available on the pharmacy shelves? This presentation will describe therapies that are over the counter when you are feeling under the weather! Join us for an interactive discussion describing non-prescription recommendations for a variety of infectious diseases.

Syncope in the College Student

Presenter(s): Mary Agnes Ostick, DNP, CRNP (Villanova University)

Syncope or near syncopal episodes occur in the college student. What is the etiology behind this syncope? This session will address the common causes, as well as, the DO NOT MISS diagnoses of syncope.
The New Cross-Functional CAS Standards for Advancing Health and Well-Being

Presenter(s): Gina Abrams, DrPH (International Institute for Restorative Practices) and Stacy Andes, EdD (Villanova University)

CAS has released its new cross-functional framework to move beyond functional area standards to include multiple departments and roles at an institution. The new standards on Preventing High-Risk Behaviors and Building Healthy Campuses are of particular relevance to professionals who are charged with facilitating a process for creating communities in which all members are thriving. This session will review the new framework, standards, and the application to process of health promotion.

Utilizing Registered Nurse Clinics to Maximize Patient Care Services

Presenter(s): Ellen Goldberg, MSN, RN (East Carolina University Student Health Services)

Student Health centers are looking for creative, efficient, and cost-effective ways to maximize patient care. This presentation will explore one university's approach to utilizing Registered Nurse (RN) led clinics to help alleviate patient volume, encourage RNs to work at the level of their professional licensure, and increase availability of services. From triage to tracking to testing for sexually transmitted infections, RNs can provide quality patient care through standing orders and established protocols.

Leadership and Collaboration for Holistic Student Well-Being

Presenter(s): Denise Bevly, DrPH (California State University); Danielle Munoz, MS (Sacramento State University); Karen Nicholson, MD, and Allison Peters, PsyD (California State University, San Marcos)

In the California State University system, all 23 campuses have taken the charge to address student wellbeing, holistically, in order to promote student success and increase retention. This session will highlight those strategies, specifically dealing in the area of students' basic needs (food and housing), physical health, and mental and emotional wellness.

Management and Education of Opioid Overdoses

Presenter(s): Kate Kinloch, RN, MA, and Amanda Unruh, BA (University of British Columbia)

UBC Student Health Service in conjunction with Health Promotion, has developed a program in response to the opioid crisis. This entails creating a course that instructs people on how to recognize and respond to an overdose. Subsequent workshops teach students, faculty and staff about overdoses in general and how to then respond with a Naloxone kit.

New in Women's Health

Presenter(s): Ann Laros, MD (University of Minnesota)

Review newer topics in College Aged Women’s Health including new HPV vaccine guidelines and controversies; primary HPV testing for cervical cancer screening; new FDA approved app for pregnancy prevention; updates on emergency contraception and genital herpes.
Redefining Student Support through Centralized Administrative Services

Presenter(s): Jessica Doty, PsyD, APRN, MSN, MS, Jennifer McDuffie, MS, Gloria Brisson, MSN, BSN, and Leisha Connors Bauer, MPA (University of Colorado Boulder)

In the sixty minute session you will hear from a panel of professionals at CU Boulder, including the Assistant Vice Chancellor of Health & Wellness, Director of Clinical Services, Director of CAPS, and the Sr. Director of Administrative Services. The panel will provide an overview of the process of reorganization and realignment of administrative support services, from billing and coding through communication and marketing. As a Health & Wellness organization at a large 4 year public institution, CU Boulder currently provides medical, counseling, trauma services, and psychiatric care to 35,000 students. The Administrative Services team provides the infrastructure through centralized information, policies & procures to support the operations. The intent of the presentation is to provide an overview of the work within Health & Wellness, share our experiences, provide recommend resources, and answer specific questions.

Chaperoning Sensitive Examinations: Policies, Guidelines, and Competencies

Presenter(s): Susan Ernst, MD, Lindsey Mortenson, MD, Robert Ernst, MD, and Missy Ware, MA (University of Michigan)

This is a critical time for evaluating policies and procedures around the sensitive physical exam in the college health setting. We will share our process and procedures developed after we systematically evaluated and addressed this topic with a review of patient complaints, revision of chaperoning policy for sensitive exams as well as creation of chaperoning guidelines and competencies for medical staff. We have also invested in a new patient complaint process and will review options.

Positioning SHIBPs to Elevate Student Health & Well-Being

Presenter(s): Shannon Millington, PT (University of Oregon); Maureen Cahill, BS (The Ohio State University); and Kimberly Dalluge, BA (University of Illinois)

Panel presentation focused on how SHIBPs can be positioned to elevate student health & well-being, specifically centering around ensuring equitable access to health insurance and healthcare. This panel will explore how institutional policies can be developed to specifically support access to health insurance and healthcare through sound policy development.

The Science Behind Two Popular Diets: Ketogenic Diet and Intermittent Fasting

Presenter(s): Gage Fink, BS, MACC (Southern Illinois University Carbondale)

According to the latest NCHA reports, a staggering 54.2% of college students are trying to lose weight. Like others, college students often turn to the latest diet trend to shed unwanted pounds. Two diets currently in the news are the Ketogenic diet and intermittent fasting diet. We will look at the history, physiology and biochemistry, and implications of each diet based upon scientific evidence.
**Integrating Spiritual Health & Wellness into Practice**

Presenter(s): Dinorah Martinez-Anderson, APRN, FNP-C (South University, Austin-College of Nursing and Public Health); Debbie Rosenberger, BSN (University of Mary Hardin-Baylor)

As health care providers, we are trained to assist our patients to wellness by caring for the whole person, body, mind and spirit. But are we really addressing the spiritual health of our patients? Let’s examine what spiritual health & wellness is and how we can incorporate into our practice by: learning the history, recognizing spirituality as a dimension of wellness, assessing for spiritual distress cues, and using evidence-based assessment tools. Gaining a deeper understanding of spiritual health & wellness will equip you to fully engage the whole patient for overall wellness.

**Standards of Practice for Health Promotion in Higher Education: Updates and Application**

Presenter(s): Padma Entsuah, MPH, CHES® (Columbia University); Alicia Czachowski, EdD, MPH, CHES® (Tulane University); Emily Matson, MPH, MCHES® (University of Minnesota); Sarah menefee, MPH, CHES® (The College of William and Mary); and Joleen Nevers, MAEd, CHES®, CSE, CSES (University of Connecticut)

The Standards of Practice for Health Promotion in Higher education have been a guiding document for health promotion practitioners since 2005. The Committee to Advance Health Promotion Resources (CAHPR) will describe the 2019 update process and present the newly drafted Standards along with examples of how they may be applied to the work of health promotion in higher education. This session is intended for those with some experience working in health promotion in higher education.

**Collaborating Effectively Among the Health Center, Student Affairs Case Managers, and Disability Services to Address At-Risk Students**

Presenter(s): Annette Eaton, MSED, LMHC, LSW, NCC, NCACII, Elizabeth Ferlic, MA, and Scott Howland, MRC (University of Notre Dame)

Case management services continue to improve and evolve. This presentation will focus on elevating the care of students-of-concern through comprehensive care and teamwork. The presentation will briefly touch on the history of case management at Notre Dame and how services within our university have changed and expanded. This presentation focuses on what we have done to address students before they fall through the cracks through the monitoring of services, utilizing a team approach with Student Affairs Care and Wellness Consultants (case managers), and collaborating with the clinical nurse case manager, Disability Services, and the University Counseling Center.

**Affecting Change with Practical Health Policy Strategies**

Presenter(s): Ravi Grivois-Shah, MD, MPH, MBA, FAAFP (University of Arizona Family & Community Medicine/Banner University Medical Group)

This presentation uses health policy success case studies to review practical ideas that you can take back to your community and implement to achieve your health policy goals. In the interactive format, you will work with a small team to determine who your likely allies are, who the opposition may be, and how to legislatively achieve your goals. Together, we will review your ideas and look at what really happened that led to the health policy success.
Outcomes of a Student-Driven Comprehensive Alcohol Risk-Reduction Strategy

*Presenter(s): Dawn Null, PhD, RDN, LDN (Southern Illinois University Carbondale)*

Undergraduate and graduate students from a mid-sized, Midwestern public research university directed all stages of the planning, development, and implementation of a coordinated health communication campaign that included innovative print and digital materials, student-designed music videos, and community engagement. Funded by an NCAA Choices grant, the program yielded positive results with a significant increase in students using risk reduction strategies when drinking alcohol, a reduction in binge-drinking, and a reduction in frequency of binge drinking.

Current Trends and Gaps in Faculty and Staff Wellness Programs and Initiatives in Higher Education

*Presenter(s): Holly Levin, MPH, MCHES® (Boise State University); Faith DeNardo, PhD (Bowling Green State University); Marguerite O’Brien, MSW (University of South Carolina); Alicia Battle, PhD (Benedictine University); Lori DeWald, EdD (Walden University)*

Describe the ACHA Faculty and Staff Health and Wellness Coalition and its purpose. Explain current trends in employee wellness programming in higher education. Identify the gaps in employee wellness programming in higher education. Describe how various campuses have used data to address the wellness needs of employees through best practices.

Marijuana...Not the Same Weed

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

This presentation will address the challenges campuses face as marijuana becomes more available through medical or recreational legalization. Usage patterns and the changes in marijuana types and potency as well as potential medical consequences will be discussed. Particular focus will be given to the impact recreational marijuana legalization has had in Nevada after just one year.

A Public Health Equity-Informed Approach to Promoting Social Connectedness, Identifying Students at Risk of Suicide, Increasing Help-Seeking, and Improving Student Retention

CANCELLED BY PRESENTER

Utilizing Student Engagement and Well-Being Data to Inform Student Affairs Practice

*Presenter(s): Brittini Brown, PhD, and Jacki Stone, MS (University of Maryland, Baltimore County)*

Though student affairs practitioners are often called upon to implement intervention strategies, student engagement data are often absent from student success models. In times of constrained resources and increased accountability from stakeholders, student affairs practitioners are being called upon to make more strategic decisions that enhance student success. The goal of this presentation is to describe how the University of Maryland, Baltimore County has utilized student engagement and well-being data to inform student affairs practice.
Desensitize Yourself to Antibiotic Allergies

Presenter(s): Meghan Jeffres, PharmD (University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences)

Penicillin and sulfa are the most common reported antibiotic allergies. There are conflicting opinions about the cross-reactivity within and between other classes of beta-lactam antibiotics and sulfa-containing medications. This results in the avoidance of all first line medications for patients labeled as penicillin or sulfa allergic. This session will review and provide recommendations for optimal management for these patients.

Firearm Access: Risks to Students and Interventions for Health Care Providers

Presenter(s): Eric Sigel, MD (University of Colorado School of Medicine)

Firearms are one of the leading causes of death for young adults 19-24. This talk will explore the impact firearms pose to college students and efforts that health care providers can utilize to mitigate these risks. We will review school shootings as they relate to the safety of all campus personnel, and legislation that is effective towards decreasing morbidity and mortality related to firearms.

Sexual Health Nurse Specialists: An Innovative Campus Program for STI Testing, Contraception and Education

Presenter(s): Beth Kutler, FNP-C, Rachel Clark, MS, FNP-C, Stephanie Wright, RN, BSN, and Henriette Rizzo, RN, and Tracy Sangprakarn, BA, BSN (Cornell University)

Sexual health and education are some of the core needs of college students. With rising STI rates, colleges must be open to innovative screening programs which enhance access to care. Registered nurses are well-positioned in college and university health centers to provide comprehensive, individualized sexual health services for students of all gender identities and sexual orientation. This program will discuss the benefits and practicalities of developing a nurse-led sexual health program that encompasses risk reduction education, contraceptive counseling and STI screening.
The Importance of Brand Identity and Management in College Health
Presenter(s): Marlena Holden, MA (University Health Services, University of Wisconsin-Madison)
College health providers’ days are filled with immediate and long-term demands of working with clients, serving on various committees, learning rapidly-changing policies and procedures. The attention to your health center’s brand identity is just as important to manage as other items on your to-do list, and this session will provide concise, relatable, and usable information on how all levels of college health employees – from providers, to medical assistants, to health promotions staff can effectively and efficiently promote and advance their college health center’s brand identity.

Elevating Collegiate Recovery Programs: Understanding Student Needs and Employee Roles
Presenter(s): Nika Gueci, MA (Arizona State University, Center for Mindfulness Compassion and Resilience)
Emerging research on Collegiate Recovery Programs (CRPs) can provide valuable information about how to deliver the most comprehensive services to their populations. Understanding the unique needs of students in recovery and roles of CRP employees can offer context to guide informed, responsive programming and best practices in local settings. Thematic, qualitative data from two distinct queries will present specific needs of students in recovery along with how student CRP employees view their responsibilities and successes.

Mental Health First Aid – Implementation of an Evidence-Based Substance Use Literacy Training Program
Presenter(s): Betsy Schwartz, MSW (The National Council for Behavioral Health); Julie Edwards, MSH (The University of Chicago)
Mental Health First Aid, an evidence-based training program, introduces non-clinical participants to risk factors and warning signs of mental health and substance use 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 University of Chicago case study highlights effective implementation and program maintenance strategies, including gaining support from senior leadership and marketing to diverse audiences.

Title IX’s “Responsible Employees” and the Role of College Health Care Providers
Presenter(s): Joseph DeGearo, MBA (Adelphi University)
This session will explore Title IX’s use of “responsible employees” versus confidential employees like health care providers, therapists, and spiritual counselors. This exploration will include definitions, practice implications, and alternatives. Case study and discussion will be used to demonstrate challenges and explore options before concluding with recommendations for future practice with a focus on confidential employees.

Concussions on Campus - Not Solely a Sideline Issue
Presenter(s): John Breck, DO, CAQSM, and Stephanie Pascoe, PT, DPT, OCS, FAAOMPT (University of Colorado)
Concussion are common among the college population. While some of these injuries are sport related, many are not. This presentation will present original epidemiological data from one local campus and discuss the diagnosis, treatment, and management of concussion in the college student off the playing field and outside the athletic treatment room.
Nursing Hot Topics

Presenter(s): Jacquelyn Hop, MSN, MBA, CPN (University of Central Florida); Pamela Stokes, MCHA, MSN (Oklahoma State University)

Panel and group session led by the Nursing Section to review trends and benchmarking in topics such as: triage, policies, immunizations, diversity, mental health, and role development.

Innovative Strategies to Engage Students Who are Traditionally Less Likely to Seek Mental Healthcare

Presenter(s): J. Roxanne Prichard, PhD (University of St. Thomas); Alfiee Brelan-Noble, PhD (Georgetown University); Will Heininger, BA (University of Michigan); John Sterling, MS (U.S. Army)

This presentation uses data from the ACHA-NCHA to identify populations of students who are less likely to use campus mental health resources (e.g., men, athletes, students of color) and to identify primary areas of concern in these students, so that health promotion outreach efforts can be more effective. We discuss best practices cultural competency, behavioral health, and stigma reduction, and highlight successful programs in supporting diverse student populations.

The Stigma and Secondary Effects of the Opioid Epidemic

Presenter(s): Marta Brooks, PharmD, MS, and Joanna Stratton, PhD, LMFT, (Regis University)

This presentation will provide original research results (quantitative/qualitative) that used the opioid epidemic as a framework to explore graduate healthcare student attitudes and beliefs about their roles, identified the need for self-reflection about how the opioid crisis affects them, and demonstrated the impact of healthcare professional stigma on treating patients addicted to opioids. The presentation will also address the collateral damage associated with the opioid epidemic from the lens of the student.

Evaluation and Treatment Approaches to the Overworked and Overtired Student

Presenter(s): Shelley Hershner, MD, Lindsey Mortenson, MD, Mary Jo Desprez, MA, and Joy Pehlke, MEd (University of Michigan)

More than half of college students report feeling “exhausted and tired” during the last 2 weeks. This session will address how to determine if mood or sleep issues are causative of a student tiredness. When mood or sleep issues are excluded, this innovative program will demonstrate how to use well-being promoting techniques of resilience and mindfulness to combat fatigue. Participants will review the role that campus culture and climate can play on fatigue and wellness.

PrEP and nPEP: Preventing HIV in Young Adults

Presenter(s): Ravi Grivois-Shah, MD, MPH, MBA, FAAFP (University of Arizona Family & Community Medicine / Banner University Medical Group)

Young adults, especially racial/ethnic minority LGBTQ young adults, have the highest rate of acquiring HIV infection. In addition to behavior risk counseling, we have the tool of PrEP, or pre-exposure prophylaxis, and Pep or post-exposure prophylaxis to help prevent HIV infection. This presentation will review how to identify patients at risk for HIV infection and how to initiate and maintain patients using PrEP and PeP.
A Trauma-Informed Approach to Building College Students’ Resilience

Presenter(s): Angela Lauer Chong, JD (Florida State University)

A new psychoeducational universal prevention resilience program designed to complement existing mental health services at Florida State University will be discussed. The new online program is designed to strengthen student coping skills, inform students about trauma, and increase students’ connections. The program uses an applied science approach from empirical information and data in a manner responsive to trauma, media usage of Generation Z and young millennials, and the realities of campus environmental stressors.

Creating a Healthy Campus is the Work of Everyone - New Approaches from Industry Experts

Presenter(s): Stephanie Hanenberg, MSN, FNP-C, AANP (University of Colorado Colorado Springs); Sharon Mitchell, PhD (University at Buffalo); Kathleen Hatch, MEd, BPE (Ohio State University); David Arnold, BSW (NASPA)

Join thought leaders from NIRSA, ACHA, AUCCCD, and NASPA to discuss emerging principles and strategies to build vibrant communities of healthy people. It’s time to reimagine our work of creating optimal higher education conditions that enhance human well-being by eliminating typical organizational silos on campus and strengthening inter-association efforts within our professions.

Wellness Center Shark Tank: An Idea-Generating Activity to Enhance Collegiate Well-Being Outreach Programs

Presenter(s): Lindsay Johnson, MSEd, LPC, ACS, and Allie Pearce, MA (Rowan University)

Health promotion and outreach is an integral part of college health. However, it can be difficult to formulate new and innovative ideas while creating buy-in from other departments around campus. This interactive presentation will help participants do just that! With this fun and exciting program, professionals will acquire many new ideas for health promotion and outreach while creating a holistic focus on student well-being. Sink your teeth into the Wellness Center Shark Tank!

Opening the Medical Chart to Patient Review – Inviting Students to See it for Themselves

Presenter(s): Emily Gibson, MD (Western Washington University)

Password secured patient portals make it possible to provide patient access to electronic chart contents including progress notes, labs, x-ray results, patient education materials as well as a vehicle for secure messaging with providers, all directly recordable in the electronic chart. The college health center can teach students how to become cutting edge health care technology consumers, using all the online tools available for informed decision-making, effective communication with the health care team, and access to accurate patient education materials. This presentation will provide a summary of the benefits of providing on line medical chart access in a college health setting.
The Journey to Revenue Cycle Management

Presenter(s): Sara Parris, MHA, BA, CHWP, and Jamie Wingert, BA (Iowa State University)

Colleges are increasingly looking to third-party billing as a way to increase revenue, but many health centers struggle to optimize their revenue cycle to maximize reimbursement. This session will provide an overview of the steps Iowa State University took to decrease days in A/R, used existing technologies to verify insurance eligibility, and implemented work queues to help with denial management and follow up on aging claims.

Advancing Student Well-Being and Building Healthy Campuses on Japanese and US Colleges and Universities – A Joint Session of JUHA and ACHA

Presenter(s): Mayumi Yamamoto, MD, PhD, MBA (Gifu University); Jennifer Haubenreiser, MA (Oregon State University); Hiroaki Yoshikawa, MD, PhD, and Yumi Adachi, MA (Kanazawa University); Taku lwami, PhD (Kyoto University); Katsumi Nakagawa, MD, PhD, JD (Ritsumeikan University); Susumu Shirabe, MD, MPH (Nagasaki University)

In this engaging and collaborative joint session of the Japanese University Health Association and ACHA, five Japanese Professors of Health Administration will describe how Japanese university professionals are promoting health and well-being in Japan. Panel facilitators from the U.S. and Japan will compare many aspects of Healthy Campus approaches between the two countries, as well as the universal value of promoting holistic well-being across multiple cultures.

Building Resiliency: Data-Informed Interventions

Presenter(s): Georgia Ringle, MPH, and Byron McCrae, PhD (Davidson College); Jason Cassidy, PhD (furman University); Molly Weeks, PhD, and Tom Szigethy, MA (Duke University); Tierra Parsons, MSW, LCSW (Johnson C. Smith University)

The Student Resilience and Well-Being Project is a four-year collaborative longitudinal study initiated by key student life practitioners and faculty researchers at four campuses, and funded by the Duke Endowment. The purpose of this study was to explore how we could strengthen student resilience and enhance campus cultures to support resiliency and thriving. This session will discuss the challenges students face and the data-driven interventions that promote resiliency across a diverse student population.

Medical Management of Trans Healthcare

Presenter(s): Jessica Simmons, MD, and Stephanie Hartman, MD (University of Virginia)

Clinicians in student health may see transgender patients who are transitioning and will need to understand medical guidelines for hormone management, lab monitoring, expected physical changes, and safety concerns. This presentation will consist of a panel discussion of clinical insights and lessons learned as well as review of evidence-based guidelines (UCSF, W-PATH, Endocrine Society). We will consider questions that have arisen in our own practice - for example, IM estrogens, off-label medications, lab findings.

Ethical Principles and Practices Applied to College Health

Presenter(s): Lori Dewald, EdD, ATC, MCHES®, F-AAHE (Walden University); Tanya Tatum, MHA (Florida A & M University); Sheryl Heincka, DNP (University of Florida, Gainesville); Joleen Nevers, MAEd,CHES,CSE,CSES (University of Connecticut)

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.
Medical Grand Rounds: Case Presentation and Discussion

Presenter(s): Jessica Higgs, MD (Bradley University/OSF)

This session will allow participants to follow along during the course of a work-up of difficult and unusual cases. It will allow participants to learn about rare diseases or more common diagnoses with unusual presentations.

Illnesses Acquired by US Student Travelers

Presenter(s): Kristina Angelo, DO, MPH&TM, and Allison Taylor Walker, PhD, MPH (Centers for Disease Control and Prevention)

The number of US students studying abroad more than tripled during the past 20 years. As study abroad programs’ destinations diversify, students increasingly travel to resource-limited countries, placing them at risk for infectious diseases. Data describing infections acquired by US students while traveling internationally are limited. We describe illnesses among students and suggest how to prevent illness among these travelers.

Menstrual Woes: Dysmenorrhea, Menorrhagia, and Access to Menstrual Products

Presenter(s): Alexandra Hall, MD (University of Wisconsin-Stout); Beth Kutler, FNP (Cornell University)

Dysmenorrhea (painful menses) and menorrhagia (heavy menses) are common disorders that affect young women and can have a profound impact on their lives. This session will explore the etiology, diagnosis, and treatment of these disorders, present original research on their prevalence and impact, and discuss the potential benefits of providing free menstrual products on campus.

HP Hot Topics: Moving Beyond Peer Education to Broader Student Engagement in Creating Healthy Campus Communities

Presenter(s): Paula Adams, MA, and Ellen Taylor, MA, PhD (Washington State University); Erica Riba, MSW (JED Foundation); Mapuana Antonio, MA, DrPH (University of Hawai‘i at Manoa, Office of Public Health Studies and College of Tropical Agriculture and Human resources); Errin Heyman, MA, EdD (WASC Senior College and University Commission)

Standards of Practice in Health Promotion call for a socioecological approach. And yet, when we think of how students contribute to creating a healthy culture and community, we often stop at individual-level strategies such as peer education. This panel will explore options and opportunities to engage students, across the socioecological model, for healthier campus communities. Within the broader conversation, panelists will reference alignment with Student Affairs models and assessment approaches.

Venturing Beyond the Binary Sexual Health Interview

Presenter(s): Steffie Goodman, PhD, CNM (University of Colorado, Boulder)

Sexual health providers and researchers want to understand the epidemiology, prevention, and best interventions to promote sexual health. The purpose of this presentation is to reconsider how we perform the sexual health interview, to take into consideration non-binary questions and answers to benefit all of our patients. This presentation suggests new ways to ask questions about “partners” and “practices” that will be all inclusive to enhance quality of care and research.
A Universal, Digital Approach to Well-Being

Presenter(s): Janelle Patrias, MSW (Colorado State University)

Nine out of ten young adults report they have gone online for health information. About half of students who drop out due to a behavioral health concern have never accessed mental health services even amidst the ever-climbing rates of college counseling capacity. Therefore, there is a high need for universal approaches that reach beyond the counseling center to touch all aspects of student experience while promoting easy access to resources and health and well-being information.

Building an Interdisciplinary Concussion Team at Your Health Center

Presenter(s): Tracy Casault, DO, CAQSM, Annie Sirotniak, PT, DPT, OCS, and Theresa Hernández, PhD (University of Colorado, Boulder)

Medical Services at Wardenburg Health Center has a Concussion Care Team, offering an interdisciplinary team approach in the evaluation and treatment of brain injuries for students and non-varsity athletes of all levels who attend the University of Colorado, Boulder. The presentation will allow the participant to gain information about building similar resources at their institution. The presentation will include results from original research entitled, “Brain Injury Recovery among CU Boulder students”, which is part of a larger PAC-12 funded study.

Food Allergies: Updates in Trends, Treatment and Accommodations on Campus

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

Managing food allergies while in a new environment can be difficult for a student. Three to four percent of adults have a good allergy diagnosis, while 25% of adults self-report food allergies. Come learn the difference between immune and non-immune-mediated food allergies, diagnosis, treatment and management. Understand what accommodations are appropriate and when a request may just be based on preference.

Can’t Sleep or Won’t Sleep: Improve Sleep Behaviors to Enhance Well-Being

Presenter(s): Shelley Hershner, MD, FAASM (University of Michigan)

More than half of all college students report feeling “tired, dragged out, or sleepy” during the day. This innovative program will address 2 types of sleep patterns. 1. Students that don’t prioritize sleep and consequently have poor sleep habits 2. Students with good sleep habits, but have difficulty with sleep. This program will demonstrate how to give personalized sleep recommendations that encourage improved sleep behaviors, enhance wellness, and when to consider pharmacologic treatment for sleep

Developing Wellness Coaching Programs for Academic Success

Presenter(s): Natalie Rella, MPH, CPH, CWHC, and Jennifer Kennymore, MPH (University of Florida)

While there is value in Wellness Coaching to facilitate positive behavior change and support academic success, programs vary greatly between institutions of higher education. Based on national benchmarking; variation with staffing, training, and program implementation may lead to ethical concerns and lack of program effectiveness. 2018 Best Practices in College Health Award winners will present elements of and recommendations for effective program implementation. Participants will develop a wellness coaching framework for their home institution.
Managing Chronic Mental Illness in College: Preliminary Results of a Survey by the ACHA Mental Health Task Force

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

Large numbers of students come to college either already taking psychotropic medications or they are diagnosed with a chronic psychiatric condition after arriving. Counseling Centers traditionally have defined their scope of practice as consisting of short term assistance for normal developmental concerns, while the students with chronic illnesses have been referred off campus. Increased psychiatric services on campus highlights the disconnect between tradition and current reality. This workshop will discuss preliminary results of a survey of mental health services and approaches to addressing the increased need for ongoing services for students with chronic mental health needs.

Orienting New Professionals to the Changing Landscape of ATOD Prevention

Presenter(s): Mickey Irizarry, MPH (American University) and Tom Hall, PhD (University of Central Florida)

This session is designed for new ATOD and health promotion professionals and those who supervise them. This session will provide a primer for new professionals in the field of ATOD as well as tools and strategies for supervisors to employ in their on-boarding processes. This session will also provide an update to the current data trends in ATOD on college campuses and examine the changing demographics of college students.

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

Presenter(s): Krystalyn Martin, BA (Rollins School of Public Health, Emory University); Nola Elliffe (Emerson College); Omar Vayani (University of Texas at Austin); Brenna Fitzmaurice (Montclair State University)

ACHA is dedicated to advancing the health of college students and campus communities through advocacy, education, and research. As students make up a major proportion of the patient population of college health centers, it is important to consider the perspectives of students when thinking of ways to improve services and outcomes. 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.

Mindful Self-Care for College Health Professionals

Presenter(s): Ted Coleman, PhD, CHES®, MS (California State University, San Bernardino)

Although highly skilled and passionately committed to taking care of others, many dedicated college health professionals are “non-compliant” when it comes to consistent, effective self-care. This lively session will incorporate short- and long-term strategies for self-care that incorporate concepts of mindfulness, stress management, time management, and life balance. Everyone ranging from novice to expert, regardless of discipline, will find a place at our table.

The Importance of Information Governance in Healthcare

Presenter(s): Julie Shay, MBA-HIN, BS/HIM (Sante Fe College)

Information Governance (IG) Strategy, do you have one? Do you want to increase your organization’s ability to reduce costs, reduce risk and increase money flow? This session is for you. We will define information governance, differentiate between informatics and data analytics and how they both contribute to IG strategy. Lastly, we will explore the IG strategy benefits and have fun reviewing a case study or two. Be sure to bring your phone and participate!
Thursday, May 30

1:45 pm – 3:15 pm (cont.)

Advancing the Use of Telemental Health with Diversified Student Populations

*Presenter(s): Matt Mishkind, PhD (Johnson Depression Center/Steven A. Cohen Military Family Clinic/University of Colorado School of Medicine)*

Telemental health is a standard of care for varied populations and mental health concerns. This presentation will provide an overview of the efficacy literature and current telemental health guidelines. It will discuss mental health access concerns and telemental health use-cases for diversified student populations including the general student body, student-athletes, student-Veterans, and students with individualized needs. Finally, it will provide recommendations for developing new services. Time for a question and answer session will be included.

3:45 pm – 5:15 pm

The Road to Resilience: Helping Students Develop Resilience, Grit and Emotional Fortitude

*Presenter(s): Joshua Altman, PhD, LCSW (Adelphi University Student Counseling Center)*

This workshop teaches fellow clinicians and educators how to pilot a resilience training program on college campuses. Students who learn about resilience and utilize the skills taught in the resilience workshop are able to build their emotional fortitude and better cope with life's challenges. This is a workshop that utilizes both didactic and experiential learning opportunities, through the use of lecture, video, PowerPoint and group process work. My original workshop has been presented to hundreds of students, faculty and staff at Adelphi University.

Eyelid Lesions and More

*Presenter(s): Dina Kakish, OD, FAAO (University of Michigan)*

This session will assist primary care clinicians in identifying, diagnosing and treating common lid issues, from Blepharitis to Orbital fractures. The session will discuss current standards of care, when to refer for further evaluation, follow-up care and treatment of Eyelid disease.

Innovations in Open Access to Contraception Through Telehealth Services

*Presenter(s): Mary Landry, MD, Arielle Mora Hurtado, and Samantha Crowley (University of Wisconsin-Madison)*

In an effort to address barriers to contraception, University Health Services at UW-Madison has implemented multiple strategies over the past several years. This presentation will focus on how we leveraged Telehealth technology to provide open access for all contraceptive options. Specifically, we will describe our implementation of Telehealth visits to provide consultation regarding long acting reversible contraception (LARC) thus eliminating the need for in-person pre-insertion consult visits. (Telehealth consults single visit scheduling resulted in a four fold increase in IUD insertions. We will also discuss our most recent quality improvement strategy involving Telehealth contraception visits for women under 30 years old who complete a health questionnaire on the health services patient portal prior to the Telehealth visit. These strategies improve efficiency and maximize utilization of limited clinical resources. The outcomes of increased contraception access and patient satisfaction motivate us to share our implementation strategies..
Counseling and Outreach Programming Initiatives -- Creating Single Servings

Presenter(s): Koko Nishi, PsyD (San Diego State University)

This presentation will provide a description of the design, implementation and effectiveness of “Single Servings,” an innovative educational programming workshop series developed to educate students about mental health issues and promote awareness of counseling center resources. This program will be interactive in which presenters will share relevant data, provide samples of workshops, present examples of effective marketing strategies, and will invite audience members to present challenges or questions relevant to their own academic institutions.

Hot Topics in JCAHO and AAAHC Accreditation

Presenter(s): Jacquelyn Hop, MSN, MBA, CPN (University of Central Florida); Doreen Perez, DNP (University of North Florida); Kathy Mosteller, BSN (University of Texas Austin); Linda Reid, BA, ADN (Oregon State University)

Panel discussions to help you get ready for accreditation or re-accreditation with AAAHC and the Joint Commission.

Interactive Introduction to the SAMHSA Strategic Prevention Framework

Presenter(s): Kitra Nelson, CPP, and Alli Fast, BA (Minnesota State Community and Technical College)

Come to this fun introduction to the Strategic Prevention Framework! You will engage in a hands-on, structured, collaborative workshop, will work in teams as part of a mock campus, and will go through the SPF process. At the end, your team will have a comprehensive and collaborative mini-Strategic Plan created for your mock campus. As you share and discuss your Strategic Plans with the larger group, the teams will also learn from each other.

A Multidisciplinary Approach to Implementing a Mental Health Curriculum to Increase Student Awareness and Coping

Presenter(s): Erin Girio-Herrera, PhD; Jonathan Mattanah, PhD; Karen Goldrich Eskow, PhD; Gregory Reising, PhD; and Kelsey Ferrick (Towson University)

Learn how a multidisciplinary, cross-division team worked together to execute an innovative approach to address the mental health crisis among college students. Representative members of the team (administrator, counseling center director, faculty, student) will share how the team developed, as well as the successes, lessons learned, and future directions of a curriculum designed to increase student mental health awareness and coping. Components of the curriculum, along with the process of modification and implementation, will be presented, including an interactive portion that will bring the experience of the curriculum to life.

How College Health Administrators Can Ensure an Effective Comprehensive College Health Program

Presenter(s): Amy Magnuson, PhD, RD (Florida State University); Tanya Tatum, MHA (Florida A&M University); Mary Johnson, DNP, FNP-BC, CWP (Meredith College)

Learn how administrators from a small, mid-size and large institution address some of the challenges that we all face as leaders in college health centers. This session will review and expand on management styles, how to be an effective supervisor, effectively serve as the principle advocate for a healthy campus community at your institution and ensure opportunities for student involvement and education. This session will provide ways to help you manage your student health center.
An Integrated Approach to Vaccine Education for the College Campus

Presenter(s): LaToya Braun, PhD, Stephanie James, PhD, MBA, Robert Haight, PhD, and Christine James, PharmD (Regis University)

Vaccines and immunization challenges encountered on a college campus are addressed. How vaccine hesitancy and altered immunization schedules for students or residents of the surrounding community can impact the campus health is discussed. This is followed by strategies for improving immunization rates amongst the vaccine hesitant students as well as ways to work with state and local governments to improve campus health. The final topic is the often overlooked concern of proper handling of vaccines.

The Microbiome: Implications for Human Health

Presenter(s): Alexandra Hall, MD (University of Wisconsin-Stout)

In the past decade, there's been an explosion of research on the human microbiome and its impacts on human health. This presentation will provide an overview of what the microbiome is, how scientists are currently studying it, and what its functions seem to be, followed by a survey of some of the most important findings in regard to human health, particularly those related to digestive function, metabolism, autoimmunity, and mental health.

Getting Published in the Journal of American College Health

Presenter(s): Teri Aronowitz, PhD, MSN, BSN (University of Massachusetts Boston); Rachel Wilson, MS (Taylor & Francis Group)

This presentation will introduce the participants to scientific publication and the does and don’t of scientific writing. Specifics regarding the Journal of American College Health will be presented; however, many tips of writing will be applicable to any scientific writing.
Implementing a Response to an Infectious Disease Outbreak

Presenter(s): Kristina Blyer, DNP, RN, NE-BC, Andrew Guertler, MD, and Angela Ritchie, BBA (James Madison University); Hilary Cronin, MS, NRP (Central Shenandoah Health District)

The possibility of an infectious disease outbreak is a constant threat to college communities. College health professionals must have the knowledge necessary to coordinate response efforts during these outbreaks. This presentation will provide detailed information about how one such outbreak response was managed. Discussion will include the use of an infectious disease taskforce, coordination of efforts with state/local authorities, communication/marketing, implementation of mass vaccine clinics, real and potential barriers and tools to overcome these barriers.

The Use of Motivational Interviewing to Address Vaccine Hesitancy

Presenter(s): Rita Wermers, MSN (Arizona State University)

Vaccine preventable diseases significantly influence the health and success of college students. Despite the known impact, vaccination rates fall well short of recommendations. Vaccination is a complex behavioral process for the student and the healthcare provider. Research indicates health care provider recommendation is a key motivator for vaccination. Motivational Interviewing (MI) is used to address many health behaviors. This presentation will review a QI project on the use of MI to address vaccine hesitancy.

Together We Move: Strategies to Improve Student Physical Activity

Presenter(s): Jessica Kirby, MS, Katie Gordon, and Cynthia Lewis, BS (University of Colorado Colorado Springs)

UCCS Fitness Buddies, a programmatic partnership between Health Sciences, Wellness Promotion, and Campus Recreation, utilizes social connection as a tool for sustainable behavior change. Research findings on this socially-structured peer-facilitated physical activity program will be shared, to include motivational factors for participation, perceived benefits, emotional state changes across sessions, and the overall experiences of students participating in the program. Program leaders will also share lessons learned and recommended best practices for implementation on other campuses.

A Disability Justice Framework for Elevating Well-Being

Presenter(s): Sherri Darrow, PhD (University of Buffalo); M.Dolores Cimini, PhD, AB (University at Albany); Michael McNeil, EdD, MS (Columbia University)

Disability justice has been framed by disabled students, disability activists and disability scholars as those socio-cultural forces that sustain universal participation for all persons. How might we integrate such a disability justice framework with college health standards such as the “ACHA Guidelines for Cultural Competency”? Utilizing practices from three campuses, this workshop will explore concepts of intentional inclusion as they currently, and in the future, may influence institutional wellness practices, technologies, programming and policy development. Additionally, the presentation will outline core domains that college health leaders may use to work effectively with disabled students to support their academic, personal, and professional success.
Waiting for the Great Leap Forward: Ideas for Change in College Mental Health Systems

Presenter(s): Will Meek, PhD (Brown University)

University counseling centers are at a point where the traditional model of service is no longer viable due to increased demand. Improved staffing can have a temporary positive impact. However, the structural problems in our centers that create access issues, frustrated students, and burned out staff remain intact. This presentation will discuss trends in campus mental health models, innovations at the presenter’s campus, and a vision for an urgent care model for mental health.

Electrocardiographic Interpretation in Athletes

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

Variants can occur in athlete’s ECGs that may be interpreted as pathologic in the general population but may not be so in the athletically conditioned individual. This presentation will review the international recommendations for electrocardiographic interpretation in athletes. Attendees at this presentation will be assumed to have a basic understanding of ECG interpretation.

College Travel Health and Well-Being: Essentials, Surprises, and Creative Approaches

Presenter(s): Catherine Ebelke, PA-C, CTH (Montana State University)

College travel health essentials will be discussed covering pre-travel education, travel consults, intra-travel support, and post-travel issues. Elements of student travel which are less well-known including the role of risk-taking, accidents and mental health issues will be discussed. Finally, creative approaches to providing effective travel health care in a college setting and new opportunities for original research and collaboration will be addressed.

Red Flags of Fraudulent Prescriptions and Diversion Trends

Presenter(s): Dan McCormick (Drug Enforcement Administration)

This presentation will give participants information to recognize controlled substance prescription red flags and understand corresponding responsibilities when it comes to security of controlled substances. There will also be a discussion of requirements of a prescription and reporting requirements when it comes to theft and loss. Attendees will be able to recognize potential avenues for diversion and know here to find DEA regulations and information as well as understand administrative, civil, and criminal penalties.

Action Collaborative Approach to Efficiently Expanding the Definition of Campus Well-Being

Presenter(s): Kimberly O'Shields, MS (Partnership for a Healthier America); Kristen Sullivan, MS, MPH (American Cancer Society); Lisa Dalrymple, PhD (Oakwood University)

Leaders of campus well-being are expanding their framework beyond just physical health. An action collaboration model can help create a vision, leadership structure, and processes to move swiftly into action. The American Cancer Society and the Partnership for a Healthier America are collaborating to pilot this model, with advancing equity as a central principle of this joint initiative. The goal is to address the changing needs of today's college student – which are increasingly non-traditional.
Creative Approaches for Funding and Delivery of College Campus Health and Wellness Services

Presenter(s): Julie Nicknair-Keon, MA, Laura Anderson, MSN, BSN, and Tara Strong, MEd (New England College); Hannah Kuehl, MA (Oregon State University-Cascades);

Often, our fiscal budget leaves us with larger gaps than we want. With enrollments down across the country, many colleges have had to get creative to meet student needs. Hear from two schools who have utilized atypical funding methods to secure health and wellness services for their students. Take time this session to think outside of the box in terms of funding streams, collaborations and partnerships.

Lessons Learned from Hurricane Florence: Were We Really Prepared?

Presenter(s): Katrin Wesner-Harts, EdD, MS (University of North Carolina Wilmington); Mark Perez Lopez, PhD (University of North Carolina at Wilmington)

UNCW is a coastal school which is well versed on hurricane preparedness. We regularly do table top, functional, and full-scale exercises to ensure we are ready. In 2017, we led the FEMA Hurricane Zephyr exercise that simulated a Category 5 Hurricane. Hurricane Florence, a category 1 hurricane when it hit, caused over $140 million of damage and resulted in students being out of class almost 4 weeks. This presentation will focus on the lessons the counseling center and the health center learned, what we would do differently in the future, and what the short and long term effects on the students, faculty, and staff have been.

Legal, Risk Management and Emerging Issues in Higher Education

Presenter(s): W. Scott Lewis, BS, MS, JD (TNG, LLC)

This session will address the top legal issues facing higher education including the challenges of Mental Health Issues, Privilege, the crossover between Title IX, BIT/CARE and Health Services, Prevention Education, LBGTQIA and other general risk management and exposure issues.

Antibiotic Stewardship: The Effect of an Evidence Based Peer Review Process on Antibiotic Prescribing Behaviors of College Health Providers

Presenter(s): Valerie Kiefer, DNP, APRN, ANP-BC (University of Connecticut Student Health Services)

According to the CDC (2017) up to 50% of the time antibiotics are not optimally prescribed, either being prescribed when not needed or at an incorrect dosage or duration. Utilizing antibiotic stewardship principles and improving antibiotic prescribing in all health care settings is a critical component in combating antibiotic-resistant bacteria. This original research will evaluate the effect of utilizing an educational peer review process for college health providers that incorporates evidence-based standard of care guidelines regarding antibiotic use in the college health setting.
Constructing Pathways for Student Veteran Wellness  
*Presenter(s): Phillip Morris, PhD, Lisa Barker, PhD, Jesie Steffes, MA, LPC, and Anthony Lewis, BA (University of Colorado Colorado Springs)*

Utilizing the Social Ecological Framework, this session introduces a collaborative approach to supporting student veteran wellness on campus. Student services, classroom interventions, campus wellness services, and a behavioral health community clinic comprise a tightly woven network of care for student veterans at the University of Colorado, Colorado Springs. Attendees will gain a unique and evidence-based perspective for developing system of wellness support mechanisms for veterans in their communities, and leave with an action plan.

Is Your Practice a True Safe Zone?  
*Presenter(s): Amy Cavanaugh, PhD, LP, HSP-P, and Becca Rampe, PsyD, LP, HSP-P (University of North Carolina Wilmington)*

LGBTQ students more often describe school cultures as less positive and more negative than their straight counterparts (Brown, Clarke, Gortmaker, & Robinson-Keilig, 2004; Yost & Gilmore, 2011). Anti-LGBTQ bias and prejudice affects all students (Katz, Federici, Ciovacco, & Cropseyand, 2016), therefore it is everyone’s collective responsibility to work against it. This presentation will discuss Safe Zone training curriculum, identify their impact on student’s physical and mental health, and explore ways to create a Safe Zone.

Allergen Immunotherapy: Various Types, Indications, Effectiveness and Safety  
*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.

Counseling Center Retention and Graduation Rates  
*Presenter(s): Marcus Hotaling, PhD (Union College)*

Counseling services works with many at-risk and fragile students - would be expected that retention and graduation rates would be lower for these students using. The research shows otherwise. This program will briefly discuss this research, but focuses on how one counseling center used the data provided by institutional research to show that students that had utilized counseling services had significantly higher graduation rates and similar retention rates to the general student population.

An Overview of Tick Borne Viral Diseases  
*Presenter(s): Michael Deichen, MD, MPH (University of Central Florida); Chris Gregory, MD (Centers for Disease Control and Prevention)*

Tick-borne viral diseases are an emerging public health threat which college health clinicians and administrators need familiarity. This talk will be presented in conjunction with the CDC Vector Borne Disease division.
Current Management Strategies for Upper Respiratory Infections

Presenter(s): Jessica Simmons, MD, and Meredith Hayden, MD (University of Virginia)

Primary care clinicians in college health frequently see patients with upper respiratory concerns. In this lecture, we will discuss recent guidelines for topics such as sinusitis, updating clinicians as to best practices in 2019. We will also review intriguing research involving steroid use for pharyngitis, the latest on zinc for colds, and other treatment options. Clinicians should leave this talk with a practical, evidence-based armamentarium for treating both bacterial and viral upper respiratory infections.

Leadership Resiliency for College Health and Wellness Professionals

Presenter(s): Jenny Haubenreiser, MA, FACHA (Oregon State University); Renee Coleman-Mitchell, MPH (Washington State University)

Attention to student resiliency and well-being has increased on campuses around the country in response to high levels of self-reported stress impeding academic success. Similarly, leaders within comprehensive college health programs are facing more complex challenges, including uncertain fiscal environments, competition for resources, staff conflicts and other issues increasing the potential for overwhelm and burnout. Through conversation and review of relevant frameworks and models, this session will explore and illuminate leadership resilience and well-being as a foundational component for success within college health leadership.

STD Showtime: New Trends, Hot Topics and Challenging Cases

Presenter(s): Karen Wendel, MD, Oluyomi Obafemi, MD, MPH, and Allison Finkenbinder, MSN, WHNP-BC (Denver Public Health)

STD Showtime is a 3-part interactive session: Part 1 will discuss national and regional trends from the recently released CDC 2017 STD Surveillance Report and highlight clinical hot topics from the 2018 National STD Prevention Conference; Part 2 will be a rapid fire interactive quiz on typical and atypical STD clinical presentations; Part 3 will discuss challenging STD cases relevant to college health providers.

Introducing the ACHA-NCHA III

Presenter(s): Mary Hoban, PhD, MCHES® (American College Health Association); Alyssa Lederer, MPH, PhD, MCHES® (Tulane University)

This program will introduce the ACHA-NCHA III survey instrument to the ACHA Membership and discuss plans for its implementation in Fall 2019. Presenters will recap the revision process, share feedback from students and experts, review pilot results, and identify new sub-scales within the NCHA and how they might be used at the campus level. Finally, we’ll discuss the most successful NCHA-web implementations of the last year to glean ideas that might help other campuses.
10:00 am – 11:30 am (cont.)

Collaborative Leadership to Collaborative Care: Evolution of Mental Health Services in a Student Health Center  
Presenter(s): Lindsay Phillips, MD, MSc, and David Reetz, PhD, MA (Rochester Institute of Technology)

Despite acceptance of the biopsychosocial approach to understanding health and illness, medical services continued to be offered in 15-20 minute blocks of time and mental health services often had delays of weeks for services and were disconnected by floor, personnel and records from medical providers. Promoting collaboration involved targeting access and improving communication resources. Key initiatives include walk-in visits, mental health consultation in the medical clinic, semi-shared medical record, real time messaging, on-line scheduling in the medical clinic and campus outreach.

Managing Risk: How to Develop a Billing and Reimbursement Compliance Plan  
Presenter(s): Kristine Eckis (University of Florida)

A voluntary compliance plan is essential for any practice that is going to bill third party insurance. It states that you as an entity intend to follow “the rules”, educate your employees on “the rules”, provide tools and information needed to follow “the rules” and that you have processes in place to ensure “the rules” are followed. Find out how your compliance plan can save your practice thousands of dollars in the event of an audit with a poor outcome.

12:00 pm – 1:15 pm

Dorosin Memorial Lecture: Inside College Mental Health Services: Inconvenient Truths and Daring to be Different  
Presenter(s): Dori Hutchinson, AB, MS, ScD (Center for Psychiatric Rehabilitation/Boston University)

This lecture will overview the current challenging culture of college mental health services by examining the inconvenient truths of demand, resources and responsibility, as well as mission and money. Daring to be different means moving beyond an illness framework to one of wellness, diversity and resiliency to support students with mental health conditions to thrive and graduate. Examples of programs and universities who are disrupting “services as usual” will be highlighted as sources of inspiration for change.

1:45 pm – 2:45 pm

Creating a Healthy Campus Initiative: Lessons from an Award-Winning Healthy Campus  
Presenter(s): Julie Chobdee, MPH. Ann Cheney, PhD, MPH, and Marisol Torres, MPH (University of California, Riverside)

UCR’s Healthy Campus Initiative (HCI) is an integrated and comprehensive approach to elevate health and well-being and invests in improving the health and quality of life of the UCR campus community. This session will provide an overview of the conceptualization, implementation, and evaluation of UCR’s HCI. This initiative is part of the larger University of California’s systemwide Healthy Campus Network to make UC the healthiest place to work, learn, and live.
Beyond the Sick Visit: Transforming Healthcare for Collegiate Men

Presenter(s): Catherine O’Neil, MD, and Tanya Williams, MS, CSSD, RD, LDN (Bucknell University)

Studies have shown that 60% of men do not go to the doctor. Often, the only contact a college-aged man has with the student health center is when they are acutely ill. Therefore, it is crucial that healthcare providers transform the acute care visit into an opportunity to identify health risks through effective screening and provide a subsequent treatment plan. This program will describe key men’s health issues and help streamline this care process.

The Development, Implementation, and Evaluation of a Health-Themed Residential Learning Community for First Year Students

Presenter(s): Alyssa Lederer, PhD, MPH, MCHES® (Tulane University); M. Scott Tims, PhD, and Alicia Czachowski, EdD, MPH, CHES® (Tulane University)

The Health Wave Residential Learning Community (RLC) at Tulane University is a communal living opportunity that focuses on first year students’ self-care, wellness, and public health by offering a variety of health-related programs and academic courses. Sponsored by Campus Health, the RLC’s unique leadership team is comprised of diverse campus stakeholders. This session will discuss the Health Wave RLC’s development, programming, and results from a mixed methods comprehensive process and outcome evaluation.

Best Practices for Sexual Health Services in College Health

Presenter(s): Joanne Brown, DNP, APRN, WHNP-C, FNP-C (University of Kentucky); Blake Flaugher, MPH, CHES® (University of California, Davis); Deborah Penoyer, MS, RN (State University of New York, Geneseo); Lindsey Phillips, MSc, MD (Rochester Institute of Technology)

The SHECC Coalition presents a review of the results of the 2018 ACHA Sexual Health Services Survey and discussion of guidelines for best practices for providing sexual health services in college health.

Universal Suicide Screening in College Primary Care

Presenter(s): Melissa Frick, DNP, APRN, ANP-BC (Loyola University Chicago)

Implementation of a universal primary care (PC) suicide screening program in a college student health center to heighten awareness, provide support and enhance education of staff and students served will be presented. Methods utilized include incorporation of the Suicide Behaviors Questionnaire-Revised (SBQ-R), an EMR alert, referral tracking and simulated staff training for providers. A comprehensive suicide-screening program is feasible for identifying at-risk students and promoting positive clinical changes in college PC practice.

A Better Approach to a Patient-Focused Customer Service

Presenter(s): Garry Gore, MD (Texas A&M University Student Health Services)

Patient-focused communication and behaviors improve patient satisfaction. Learn how to effectively teach and reward customer service skills at both individual and organizational levels. Specific details of our "Be Part of The Bunch" initiative will be provided for adaptation to your program.
Inside SHAC at the University of Texas at Austin

Presenter(s): Omar Vayani, and Ananya Roy (The University of Texas at Austin)

Learn about the components that make up the Student Health Advisory Committee at the University of Texas at Austin, including the different subcommittees and their roles in furthering the organization's goal to spread information about UT University Health.

Expanding the Reach of Psychological Services into the College/University Community

Presenter(s): Shirely Matthews, PhD, Assunta Vitti, PhD, Addette Williams, PhD, and Petra Amrani, PhD (Columbia University)

In this session we will share a blueprint for how we came to step beyond our roles, as psychologists at CPS providing direct therapeutic services, to embrace and then to expand our roles as internal consultants, and change agents. We will share information about five programs you may want to introduce to your university community to help you meet the challenge of greater demand for services without adding additional staff.

Updates in UTI Management: Opportunities for Antibiotic Stewardship

Presenter(s): Matthew Miller, PharmD, BCPS (AQ-ID) (University of Colorado Hospital)

Urinary Tract Infections are one of the most common indications for both inpatient and outpatient antibiotic prescriptions. Given high rates of inappropriate antibiotic prescribing, it is imperative that accurate diagnostic evaluation and infection management be provided to minimize patient risk and optimize outcomes. During this presentation, audience members will review innovative strategies to improve diagnosis, prevention, and antibiotic management.

Exertional Heat Stroke

Presenter(s): Samantha Scarneo, PhD, ATC (Korey Stringer Institute)

Exertional heat stroke (EHS) is one of the most common causes of death in the exercising individual. Survival from EHS is predicated on rapid assessment and treatment that normally exceeds the capabilities of our health systems. This talk will discuss the tools necessary to identify at risk populations and situations for EHS and the tools necessary to develop treatment plans.

Credentialing and Privileging Boot Camp

Presenter(s): Deborah Beck, EdD, MPA (University of South Carolina); Michelle Burcin, PhD, MPH, MCHES® (Walden University)

Healthcare organizations are ethically and legally responsible to assure that providers, counselors and other professional staff are competent and that they have the education, skills and license to perform services. This is a practical and in-depth review of credentialing and privileging and how this process is linked with Peer Review, quality assurance and patient outcomes.

Heavy Conversations: Weight and Health

Presenter(s): Jennifer Barnoud, MS, RDN, LD, CEDRD (University of Texas at Austin)

In this presentation we will review weight bias and stigma in healthcare settings, the factors affecting a person's weight, and more inclusive approaches to health care to improve outcomes and patient satisfaction. Challenges and strategies to address weight concerns with patients and reduce the effects of weight stigma will be discussed.
“If They Had Known” A Documentary Spoken BY Kids TO Kids about the Risks of Current Party Culture

Presenter(s): Genny Soper, BA (Clay Soper Memorial Fund)

Our film connects with students in a unique way. Our goal is simple; to save lives. “If They Had Known” is a 30 minute documentary that focuses on the risks of current party culture; specifically, the recreational trend of mixing prescription drugs with alcohol. It is an honest and emotional story of an accidental death that shouldn’t have happened. Following the film, we present an outline and tools for leading an effective post-viewing discussion with students.

Development of an Inclusive Transgender Care Team

Presenter(s): Daniel Raedel, PsyD, and Sally Lowell, RN, FNP, MPH (University of Colorado at Boulder)

This presentation outlines the process of developing a Transgender Care Team in a major public university setting as a part of elevating the standard of care provided to students identifying as transgender or gender non-conforming. Guided by the team’s mission: "to provide interdisciplinary education, training, advocacy, and consultation as it relates to the healthcare of transgender and gender non-conforming individuals", we will share clinical pearls and review case studies including EMR adaptations, substance use, eating disorders, anxious and depressive disorders, and medical treatment guidelines.

Enterprise Risk Management in the College Health Setting

Presenter(s): John Bollard, MA (University of California Los Angeles); Kristin Parker, RN, BBA, and Brad Buchman, MD, MBA (University of California Office of the President)

Student Health Centers are not immune to the challenges, risks and uncertainty present in the rest of the healthcare world. Patient safety, financial sustainability, quality improvement, operational efficiencies and ever-increasing compliance demands drive how we spend our time and resources. In this presentation we will provide a road-map to navigate these complex issues and discuss strategies that campuses might consider using to contain risk, improve efficiencies, and ensure better outcomes for their students.

Identifying Students at Risk for Co-Occurring Disorders

Presenter(s): Stephen Bentley, LCSW, CAC III (University of Colorado at Boulder)

This workshop will show how one high-volume, high-acuity Counseling and Psychiatric Services Clinic is responding to clinic-based indicators reflecting significant under-diagnosing of students with co-occurring disorders. This multi-dimensional approach focuses on staff education, training, and the development of a risk/resilience rating scale to help clinicians more readily identify and treat students with co-occurring disorders.

Utilizing Effective Collaboration to Improve Campus Health Promotion Reach and Capacity

Presenter(s): Kelly Phipps Grove, MS (Florida State University)

As Health Promotion professionals, how can we reach all our college students? Do you feel like the task is impossible? Learn how to increase your reach and capacity through key collaborations. We will explore how to sway college partners to collaborate, effectively utilize community organizations, motivate faculty to be involved, and find needed resources.
Pharmacy Hot Topics 2019
Presenter(s): Anne Hartig, BSPharmacy (University of Nevada-Las Vegas); Jennifer Davis, PharmD (Oregon State University); Raisa El-Kurdi, PharmD, and Lauren Speake, PharmD (University of North Carolina at Chapel Hill)
Pharmacists, administrators and pharmacy residents will discuss current issues in college health to include: Investigational Pharmacy in college health and the expanding role of pharmacists in college health clinics, counseling centers and the wider University community.

Sports Medicine Primer
Presenter(s): Jessica Higgs, MD (Bradley University/OSF)
Opportunity for participants to ask about sports medicine topics that concern them. Discussions could review musculoskeletal exam techniques or discuss latest management in sports medicine issues. Presentation will be audience driven.

Achieving Higher Immunization Compliancy Results
Presenter(s): Constance Morrow, BS (University of Notre Dame)
Notre Dame requires all incoming students to demonstrate proof of immunity to 9 communicable diseases and to be tested for tuberculosis infection, if coming from a country of high TB burden. This prematriculation program requires extensive administrative, clerical and clinical support. We conducted a LEAN/Six Sigma Green Belt project in 2017-18 to improve our compliance process and reduced the workload dramatically. We increased our compliance rate from 68% to 89% for the fall semester.

Campus Recreation’s Role in Promoting Student Well-Being
Presenter(s): Lena Newlin, MPH, and Patrick Moran, MS (University of Wyoming)
Many collegiate recreation centers today are more than a gym, and college students are coming to campus looking for integrated recreation and wellness opportunities. Yet the partnership between health promotion professionals and campus recreation professionals is just emerging. Significant opportunities to impact student wellbeing and academic success exist with the collaboration between collegiate recreation and health promotion professionals. Participants in this session will gain examples of how to build successful partnerships to promote well-being.

Sexual Dysfunction in Young Adult Males
Presenter(s): David Reitman, MD, MBA (American University)
While male sexual dysfunction is more common regarded as an older male phenomenon, it frequently presents as a chief complaint in college-aged males. Using a combination of lecture and case based approach, his presentation will address etiology, work-up and treatment of commonly seen sexual functioning complaints including erectile dysfunction, premature ejaculation, delayed ejaculation and others.
Basic Needs – Addressing Non-Academic Barriers to Ensure Student Success

Presenter(s): Jeanne Harris-Caldwell, EdD, MSN (Saddleback College)

At colleges throughout the country, there is a rapidly growing awareness of the serious challenges that students face meeting basic needs. A recent study of 70 community colleges found that 56 percent of students were food insecure, and nearly half were either experiencing housing insecurity (35 percent) or homelessness (14 percent). A fall 2017 survey of California community colleges found 56.8 percent of respondents had direct contact with students experiencing basic needs insecurity multiple times per week or every day.

ACHA Connected College Health Network (CCHN) Data Warehouse

Presenter(s): Sarah Van Orman, MD, MMM (University of Southern California/Keck School of Medicine)

Sarah Van Orman, M.D. will provide an overview and progress of the ACHA Connected College Health Network (CCHN) data warehouse initiative including initial data from the Phase I Institutional Profile Survey. 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, health policy, and institutional administrators. Dr. Van Orman will elaborate on information users can access and progress on the initiative.

Giving it Your Best Shot: Collaborative Strategies to Improve Flu Vaccination Rates on Your Campus

Presenter(s): Geno Mehalik, MPA (University of California Los Angeles)

According to the CDC, the common flu kills nearly 36,000 people each year. As university health professionals, we’re on the front lines every October when flu season begins -- and though the ACHA Healthy Campus 2020 target for flu vaccination remains 50 percent, most campuses continue to fall short of that goal. In 2017-18, UCLA’s Arthur Ashe Student Health & Wellness Center successfully vaccinated nearly one quarter of our 43,000 enrolled students (N=10,765). In this program, learn a number of strategies for growing flu vaccination rates on your campus.

Adverse Childhood Experiences: An Unaddressed Public Health Crisis

Presenter(s): Rebecca Rampe, PsyD, LP HSP-P, and Amy Cavanaugh, PhD (University of North Carolina Wilmington)

Adverse Childhood experiences impact over 67% of Americans, yet it is estimated that less than 15% of American Healthcare providers assess for ACEs despite the significant health impact that ACEs can have on a person’s treatment. This presentation will review ACEs, there impact on health, and the ACEs assessment measure. Presenters will share ACEs data collected by the CC, how this data is used in treatment, and how it will inform future services.
Understanding the Application of Acupuncture in College Health

*Presenter(s): Richard O'Keefe, MD, MA, FAAFP (Columbia University); Kimberlie Wilson, LAc, MAc, DAc (Pacific College of Oriental Medicine)*

How can acupuncture enhance clinical practice in a college health setting? Through case presentation, didactics, and discussion, this session will explore a model of a collaborative acupuncture practice for students. Cases will employ an allopathic and acupuncture lens with attention to the linguistic, professional, medical challenges, and benefits of working in an integrative fashion. Participants will be introduced to the conceptual framework for acupuncture including the 5 Elements, 6 Evils, Yin/Yang theory, and the clinical significance of qi flow.

Building Connections between Student-Athletes and Mental Health

*Presenter(s): Kevin Thomas, PsyD, and Jaime Potter, MS (California State University, Fullerton)*

Nationally, there has been a movement to provide more mental health support for student-athletes. Counseling and Psychological Services and the Athletic Training Staff at California State University, Fullerton have partnered to create a Student-Athlete Wellness Model. This model combines student health services and the athletics department to create a network of support around student-athletes to help them flourish. This presentation will share our comprehensive model and offer insights that we have gained over the years.

Sexual Assault Prevention Programming for International Students

*Presenter(s): Elizabeth Peeler, MSPH, CHES®, Laurie Cox, EdD, and Deborah McMillan, EdD (Ball State University)*

While most institutions of higher education provide sexual assault prevention programming to domestic students, there is also a need to provide separate culturally competent sexual assault prevention programming to international students. Providing sexual assault prevention programming brings its unique challenges in ensuring cultural competency and being understood by non-native English speaking students who may have limited English competency. This presentation will address the importance of providing culturally competent sexual assault prevention programming to international students.

Update on Diabetes Mellitus in the College Student: A Collaborative Approach to Management

*Presenter(s): James Desemone, MD, FACP, FACE, CPE (Albany Medical College); Graciela Desemone, MD (University at Albany)*

Diabetes Mellitus (DM) management may be challenging for college students and college health providers alike, especially transitioning from home to on-campus living. This interactive session led by an Endocrinologist/Diabetologist and a College Health Physician will present attendees with issues encountered by college students with DM. Topics will include a review of the pathophysiology of DM, updates on current monitoring and treatment regimens for diabetes, and attention to problems commonly encountered by college students with DM.

Understanding Your Competitive Advantage

*Presenter(s): Jean Chin, MD, MBA, FACP, FACHA (Augusta University/University of Georgia Medical Partnership)*

The healthcare industry continues to face disruptive forces. College health is not immune to these disruptors but is often ill equipped to adequately address these forces. Understanding the concepts of competitive advantage and competitive strategy is critical to the sustainability of your healthcare organization. This program will: Discuss how to identify your health services’ competitive advantages and communicate them to critical stakeholders; Discuss how to implement a competitive strategy; and Analyze value creation of successful businesses and translate those successes to healthcare.
Implementing SBIRT for Every Student Patient

Presenter(s): Melissa Paterakis, RN MSN FNP-C (UMBC (University of Maryland Baltimore County))

Screening Brief Intervention Referral to Treatment (SBIRT) is a technique that is used nationwide to address substance use and misuse in primary health care settings. UMBC’s University Health Services, in addition to a few other University of Maryland System schools, participated in a grant from the Hilton Foundation to implement SBIRT at every patient visit. This presentation will give an overview of SBIRT, describe the procedure for clinic implementation, clinician experience of SBIRT, and data on the students’ perspective. Additionally, I will lead a discussion on challenges, review data results, and discuss future opportunities for SBIRT in practice.

Identifying and Managing Common Hand and Wrist Injuries

Presenter(s): David Edwards, MD (Texas Tech University Health Sciences Center, Lubbock)

Hand and wrist injuries are common in the collegiate population. Clinicians often lack confidence in diagnosing and managing these injuries, leading to unnecessary and costly imaging studies, long waiting times to see specialists, and uncertainty regarding when to return to work / sport. This presentation will emphasize diagnosis and treatment of these injuries in an efficient and cost-effective manner.

Orthorexia, Other Eating Disorders, and Pathological Exercise

Presenter(s): Jennifer Barnoud, MS, RDN, LD, CEDRD (University of Texas at Austin)

This presentation will address the diagnostic criteria for a variety of less common or more inconspicuous presentations of eating disorders including orthorexia and avoidant restrictive food intake disorder, as well as offering proposed criteria for pathological exercise. Participants will be able to correctly identify disordered eating or exercise behaviors to provider earlier interventions.

Adenovirus-Associated Respiratory Illness in Campus Settings: Update from CDC

Presenter(s): John Watson, MD, MSc (Centers for Disease Control and Prevention)

Although recruits at basic military training sites are recognized to be at risk for infection with human adenovirus (HAdV), less is known about the risk for HAdV in nonmilitary congregate settings. Understanding the effects of HAdV respiratory illness on college campuses, including severity, missed class time, and occurrence of outbreaks, would be useful in assessing potential control measures in these settings. Results from investigations of recent outbreaks involving campus settings will be presented and discussed.

Immunization of Healthcare Professionals

Presenter(s): Patricia (Patsy) Stinchfield, MS, CPNP, CIC (Children’s Minnesota)

Recommendations for vaccination of healthcare professionals change as new vaccines are added to the immunization schedule. This session will cover a recent National Foundation for Infectious Diseases Call to Action on how to improve healthcare professional immunization rates, what documentation is acceptable for proof of immunity and how to talk to healthcare professionals who may be hesitant or misinformed about vaccine safety.
Synergistic Programming to Support and Elevate the Health and Well-Being of the Residential Community

Presenter(s): Rowan Tan, MSocSc, Grad.DipSocSc, Bec, and Glenda Langford, CPM AAPM (Swinburne University of Technology)

Swinburne University (Australia) has a strong commitment to providing a safe and healthy environment for our students in housing. Studies have shown that mental health, alcohol, behavioural issues, and social media addiction can significantly impact the safety and wellbeing of our students in on campus housing. The Health & Wellbeing and On Campus Housing Teams have collaboratively developed the Res.Com, Resilience and Healthy Ninjas programs to elevate students’ wellbeing and minimise risks for our residents.

Alcohol Screening and Brief Intervention (SBI) in Primary Care

Presenter(s): Jean DeDonder, PhD, APRN (Kansas State University)

Alcohol use/misuse on college campuses continues to challenge the well-being of college students. Although prevention and education remains the cornerstone for addressing this ongoing challenge, the U.S. Preventive Services Task Force, as well as the American Medical Association and the American Academy of Family Physicians, recommend that alcohol screening and brief intervention (SBI) be implemented for all adults in primary health care settings. This presentation will review the pragmatic and successful process of implementing alcohol SBI in primary care at Kansas State University.

Insta-Scramble: Adjusting to the Ever-Changing World of Social Media

Presenter(s): Sara Stahlman, MA (University of North Carolina at Chapel Hill)

Social media users - especially college students - are moving away from the frontrunning platforms of the past decade to new and dynamic spaces. This requires significant updates to how we communicate. This session will provide platform-specific strategies to build an audience, engage students in communication efforts and distribute high reach health communication.

Disaggregate Student Health Data to Optimize Use of Limited Resources and Address Health Disparities

Presenter(s): Claudia Trevor-Wright, MA, JD, MCHES®, and Jessica Abramson (Wellesley College); Karem Moses, EdD, CHES® (Arizona State University)

Many institutions administer the National College Health Assessment or other instruments to assess student health behaviors, attitudes, and beliefs. Compelling ethical and financial reasons exist to go beyond the aggregate data and examine health disparities among various subpopulations on campus. In this session, we will explore those reasons in addition how you can dig deeper without significant additional financial or personnel resources. We will also provide a case study for partnering with campus stakeholders to respond to identified health disparities.

Microaggressions and Inclusive Language

Presenter(s): LeAnn Gutierrez, PhD, MBA (Florida Atlantic University)

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 professionals increase awareness for microagressions and inclusive language.
Creating a More Mindful Campus: The Patient Centered Medical Home as a Springboard to Mindfulness and Meditation Practice

Presenter(s): Marguerite O’Brien, MSW (University of South Carolina)

Mindfulness and meditation have been linked to improved health outcomes. Yet, how can we as practitioners integrate these concepts into our care delivery models like patient-centered medical homes? How can student health act as a campus leader in how to integrate such practices into our campus cultures? This presentation will provide participants with concrete examples of how one campus has linked clinical practice (i.e. administration of the PHQ-9) to health education programs and services around mindfulness and stress management, as well as assisting training students, faculty, and staff to integrate mindfulness into daily living.

Nutritional Strategies to Improve Symptoms of Depression, Anxiety, and ADHD

Presenter(s): Rahul Patel, DO, and Janele Bayless, LPC, RD (The Ohio State University)

This presentation will provide an update on research developments show that certain nutritional strategies can have comparable benefits to medications or therapy for treatment of depression, anxiety. Nutritional strategies for adhd, and bipolar disorder will also be presented. There will be room for sharing and discussing strategies to help students improve nutrition to improve their mental health, as well as possible system/university level interventions.

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, mental 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.

Protecting Young Adults from Vaccine-Preventable Diseases

Presenter(s): JoEllen Wolicki, BSN (Center 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.
Health Center Staff as Key Partners in Preventing and Responding to Campus Sexual and Relationship Violence

Presenter(s): Jennifer Jacobsen, MA, MPH (Grinnell College); Virginia Duplessis, MSW (Futures Without Violence); Kim Webb, MEd (Washington University in St. Louis)

Sexual and relationship violence (IPV/SV) impacts student health, engagement, and educational persistence. Campus health centers are a vital component of campus-wide prevention and response. Health center staff are in a unique position to be able to offer support, as well as to provide education to all patients. Presenters will outline best practices including staff training, routine assessment in clinical encounters, student outreach, addressing secondary trauma, and partnerships with other campus departments and community providers.

Serving Student Veterans: Core Competencies for Healthcare Providers and Campus Personnel

Presenter(s): Jenna Ermold, PhD (Center for Deployment Psychology)

This core competency workshop is designed to address cultural and clinical concerns of Veterans and Service members on a university or college campus. The program presents an overview of the experience of student Veterans and Service members, and includes challenges during deployment and reintegration on campus, campus outreach strategies, recommendations for culturally-informed assessment approaches for common presenting health/behavioral health problems.

Presidential Session -- Active Minds: Changing the Conversation about Mental Health

Presenter(s): Alison Malmon, BA (Active Minds)

Students are reporting that all of the biggest factors impacting their academic performance are related to their mental health. Active Minds’ founder and Executive Director Alison Malmon will present about the impact that Active Minds has had on campus mental health over the past 15 years as she speaks to the state of the issues and tells her personal story of founding the organization in memory of her brother, Brian. Allison will share Active Minds’ vision to mobilize the next generation to build a mental health culture on our campuses and create a safe space for hope, help, and health.