WELCOME TO DENVER.
WE HOPE THE ACHA 2019 ANNUAL MEETING EXCEEDS YOUR EXPECTATIONS!
Student insurance is our only focus.
**Schedule at a Glance**

### Tuesday, May 28
- **Registration Opens**
  7:00 am–6:00 pm
- **Pre-Conference Workshops**
  9:00 am–12:00 pm
  Tickets required
- **ACHA Leaders’ Appreciation Lunch**
  12:00 pm–1:15 pm
  *Invitation only*
- **Pre-Conference Workshops**
  1:30 pm–4:30 pm
  Tickets required
- **Committee Meetings**
  5:30 pm–6:30 pm
  6:45 pm–7:45 pm
  *Open to all!*

### Wednesday, May 29
- **Registration**
  7:00 am–6:00 pm
- **Newcomers’ Orientation: Navigating the ACHA Annual Meeting**
  9:00 am–9:45 am
- **Orientation for Presidents and Facilitators**
  9:00 am–9:45 am
- **Opening General Session/Keynote Address**
  10:00 am–11:45 am

### Thursday, May 30
- **Registration**
  7:00 am–4:00 pm
- **Opening Breakfast**
  7:00 am
- **Posters**
  7:00 am–4:00 pm
- **Educational Programming**
  8:00 am–9:30 am
  10:00 am–11:30 am
- **Dorosin Memorial Lecture**
  12:00 pm–1:15 pm
- **Educational Programming**
  1:45 pm–2:45 pm
  3:15 pm–4:15 pm
  4:45 pm–5:45 pm
- **Industry-Sponsored Product Theaters**
  11:45 am–12:30 pm
  12:45 pm–1:30 pm
- **Section Meetings**
  12:00 pm–1:15 pm
  *All members welcome and encouraged to attend!
- **Affiliate Meetings**
  12:00 pm–1:15 pm
  *All members welcome and encouraged to attend!
- **Educational Programming**
  1:45 pm–3:15 pm
  3:45 pm–5:15 pm
- **Assembly of Representatives**
  6:15 pm–7:00 pm
- **Closing Presidential Session**
  10:00 am–11:30 am

### Friday, May 31
- **School Spirit Day! Registration**
  7:00 am–5:00 pm
- **Continental Breakfast with Exhibitors**
  7:00 am
- **Posters**
  7:00 am–4:00 pm
- **Educational Programming**
  8:00 am–9:30 am
  10:00 am–11:30 am
- **Assembly of Representatives**
  6:15 pm–7:00 pm
- **Continental Breakfast**
  7:00 am
- **Educational Programming**
  1:45 pm–2:45 pm
  3:15 pm–4:15 pm
  4:45 pm–5:45 pm
- **Industry-Sponsored Product Theaters**
  11:45 am–12:30 pm
  12:45 pm–1:30 pm
- **Assembly of Representatives**
  6:15 pm–7:00 pm
- **Closing Presidential Session**
  10:00 am–11:30 am

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**Schedule Subject to Change. Check the ACHA Mobile App for Updates.**
WELCOME TO DENVER!

Welcome to the ACHA 2019 Annual Meeting: Elevating Well-Being! We know that attending this meeting requires a significant investment of time and money and we’re very pleased that you have decided to join us. We hope you will experience a huge return on your investment – particularly in the following areas:

ENHANCE YOUR LEARNING AND EARN CE CREDIT

This year’s program features more than 150 educational sessions that will bring you cutting edge research, guidelines, programs, and best practices in college health and wellness from across the country – and beyond! With CE credit offered in 10 disciplines, you’re sure to maximize the continuing education you need in your profession.

FOCUS YOUR LEARNING EXPERIENCE WITH BADGES

New this year we will be introducing badges that will help you choose sessions based on professional development goals or themes. These badges are cross-disciplinary and do not follow a linear trajectory. In other words, there may be several concurrent sessions that all feature content that highlight ways in which technology is leveraged to enhance college health programs, and these would all receive the “technology” badge. See page 36 for more info.

NETWORK WITH PEERS FROM ACROSS THE COUNTRY

We know that a lot of great learning takes place outside of sessions, so we’ve added even more networking opportunities to the meeting this year. From the returning Aspire: ACHA Mentoring program to the expanded selection of adjunct meetings, we hope you will find even more ways to connect with your colleagues.

NEW: INSTITUTIONAL RECRUITING SESSIONS

Take advantage of 2,000 qualified college health and wellness professionals in one location! Institutional members can book private rooms to conduct one-on-one interviews or informal group recruitment sessions to showcase your school and any available or upcoming job opportunities. These sessions are a great way to save time and money since thousands of qualified college health and wellness professionals will be in the same location. Visit the Info Booth with any questions.

We’re so happy you chose to attend the ACHA 2019 Annual Meeting and we sincerely hope that the meeting exceeds your expectations and inspires you to Elevate Well-Being on your campus.

THE ACHA 2019 ANNUAL MEETING IS CONDUCTED IN COLLABORATION WITH THE ROCKY MOUNTAIN HEALTH ASSOCIATION

Stephanie Hanenberg, MS, FNP-C
University of Colorado
Colorado Springs
ACHA President

Katrin Wesner-Harts, EdD, FACHA
University of North Carolina
Wilmington
ACHA President-Elect

Jake Baggott, MLS 1SG (USAR Retired), FACHA
University of Wisconsin - Madison
Program Planning Committee Chair

Devin Jopp, EdD
American College Health Association
Chief Executive Officer
MEETING GOALS AND COMMUNITY SERVICE

ACHA 2019 MEETING GOALS
Consistent with ACHA’s mission of advancing the health of college students and the campus community, we, the members of the association, gather at the annual meeting with invited guests to:

• Identify ways to increase knowledge, update professional skills, and incorporate evidence-based guidelines and standards into college health practice in the following areas:
  • Assessment and planning
  • Health promotion
  • Clinical care
  • Mental health services
  • Leadership development

• Identify opportunities for collaboration and exchange of ideas among college health professionals, students, and leaders in higher education.

• Discuss programs and environments that enhance health outcomes for college students and campus communities.

• Describe the effect of diverse cultures and experiences on the health of individuals and communities.

• Identify ways to integrate college health programs with the missions of the institutions we serve.

• Discuss ACHA’s role as a national advocate for policies that have a positive impact on the health college students and campus communities.

ACHA 2019 COMMUNITY SERVICE PROJECT

Active Minds

This year we are teaming up with Active Minds, the nation’s premier nonprofit organization supporting mental health awareness and education for students. Through education, research, advocacy, and a focus on students and young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States.

Hear more about Active Minds’ mission from founder Alison Malmon at this year’s Closing Presidential Session (see page 7 for more information).

For a donation of $5 or more, you will receive a #NeedYouHere bracelet (pictured at left). All proceeds will go towards furthering Active Minds’ mission to help young people in crisis and open up the conversation about mental health.

Wear It. Share It. Show those around you how much they mean to you.
Something BIG is coming.

Medicat is changing campus health management.

Find out how at ACHA Booth #302

medicat.com
FEATURED EVENTS

OPENING GENERAL SESSION AND KEYNOTE ADDRESS

Wednesday, May 29 10:00 am-11:30 am
Room: Plaza Ballroom

Kevin Hines is an award-winning global speaker, bestselling author, documentary filmmaker, and suicide prevention and mental health advocate who has reached millions with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder, he attempted to take his 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 internationally.

This session is partially sponsored by the American College Health Foundation UnitedHealthcare Student Resources Fund, Health Promotion in Higher Education Fund, and Josh Kaplan Fund for Clinical Medicine.

DOROSIN MEMORIAL LECTURE

Friday, May 31, 12:00 pm-1:15 pm
Room: Grand Ballroom

This year’s Dorosin Memorial Lecture, “Inside College Mental Health Services: Inconvenient Truths and Daring to be Different,” will be presented by Dori Hutchinson, AB, MS, SCD, from the Center for Psychiatric Rehabilitation at Boston University. Dr. Hutchinson is an associate clinical professor at Sargent College of Health and Rehabilitation and sits on several community mental health center advisory boards both locally in Massachusetts and nationally. In her address, Dr. Hutchinson 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.

This session is partially sponsored by the American College Health Foundation

CLOSING PRESIDENTIAL SESSION

Saturday, June 1, 10:00 am-11:30 am
Room: Grand Ballroom

Alison Malmon is the founder and executive director of Active Minds, and a sought after mental health expert. In 2003, Alison created a group on her campus at the University of Pennsylvania to promote open dialogue around mental health. Since then, Active Minds has grown into the country’s foremost mental health organization for students and young adults, with award-winning programs and a vibrant network of campus chapters. In her talk, “Active Minds: Changing the Conversation about Mental Health,” Alison 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.

This session is partially sponsored by the American College Health Foundation Aetna Student Health Fund and Murray DeArmond Student Activity Fund.

SCHEDULE SUBJECT TO CHANGE. CHECK THE ACHA MOBILE APP FOR UPDATES.
FEATURED EVENTS

PRESIDENTIAL CITATION

The Closing Presidential Session will include the awarding of the ACHA Presidential Citation, which is intended to recognize national or international organizations, scholars, researchers, politicians, or activists who have made outstanding contributions directly or indirectly impacting the health and wellness of college students and other members of the campus community. It is our privilege to present this year’s ACHA Presidential Citation to Alison Malmon, founder and executive director of Active Minds.

For more about Alison, check out page 7 and don’t miss the Closing Presidential Session on Saturday, June 1.

NEWCOMER’S ORIENTATION: NAVIGATING THE ACHA ANNUAL MEETING

Room: Grand Ballroom

Is this your first ACHA Annual Meeting? If so, make sure you join us on Wednesday, May 29, 7:30 am – 8:45 am for this informal networking event. You’ll be surrounded by colleagues who are asking the same questions you are:

- How do I know what sessions would most benefit me?
- How do I get involved in a coalition or committee?
- Can anyone attend section and affiliate networking meetings?
- I’m here by myself — how do I connect with others who might want to go out to dinner?
- I’ve downloaded the mobile app, but now what?

And there will be plenty of seasoned meeting veterans on hand — who remember what their first meeting was like — to help you make the most out of your meeting experience!

STOP THE BLEED

Tuesday, May 28, 2:00 pm – 3:00 pm
Advanced sign-up required

Room: Windows

We are pleased to partner with BleedingControl.org to bring you a Stop the Bleed Training opportunity. BleedingControl.org is a hands-on training initiative of the American College of Surgeons and contains news, videos, and a hands-on training lab to help prepare you in the event you are witness to a traumatic event or injury.

There may still be spots available on Tuesday. Stop by the Info Booth with any questions.

POSTERS: ANOTHER GREAT LEARNING OPPORTUNITY

Thursday, May 30, 7:00 am-4:00 pm; Friday, May 31, 7:00 am-3:15 pm

Room: Plaza Foyer

Posters are visual presentations of successful programs on campuses. More than 50 poster presenters will be available for discussion and questions during session breaks.

See if you can guess who will win the top prizes for Best Professional Research Poster, Best Professional Practice Poster, and Best Student Poster!

See page 31 for a complete list of posters on display.

ACHA WALKING CHALLENGE

Thursday, May 30, 7:00 am – Friday, May 31, 6:00 pm

Join the ACHA Walking Challenge! Visit www.hekahealth.com/ACHAreg19 to download the app by 7:00 am Thursday! Participants can track their steps using their own personal Fitbit, Jawbone, Apple Watch, Garmin, or the step trackers integrated on your iPhone/Android smart phone. There will also be step boost QR codes at our Gold and Silver Sponsor booths in the Exhibit Hall, as well as a few hidden throughout the meeting, so keep an eye out. The top 25 steppers will be entered to win a yoga mat, resistance bands, and water bottle — perfect for keeping up with fitness after the meeting!
FEATURED EVENTS

JOIN US AT ACHA CELEBRATES!

Wednesday, May 29, 6:15 pm – 9:30 pm
Room: Grand Ballroom and Foyer

Opening Reception: Celebrating Diversity
6:15 pm – 7:00 pm
Join your colleagues for this informal networking reception co-hosted by the Ethnic Diversity and LGBTQ+ Coalitions. Enjoy appetizers while celebrating the rich diversity we see every day on our campuses, as well as the ways we continue to work to make health and wellness accessible and welcoming to all!

2019 Awards and Fellows Ceremony
7:00 pm – 7:45 pm
ACHA is pleased to honor the 2019 Awards Recipients and Fellows during this special ceremony. These are individuals or groups who are making exceptional contributions to ACHA, the field of college health, or their own health center and campus.

The Million Dollar Murder
8:00 pm – 9:30 pm
Your presence is requested at the reading of the will for the recently deceased, multi-billionaire, Senior Meene. First in line for the bulk of the estate, seems to be his only child, Junior Meene. What about Miss Finch, the young wife grieving widow or devious gold digger? Also, in attendance are Professor Prune, scientific genius and distinguished allergist; Colonel Dippinsaus, noted adventurer and bon vivant and Mrs. Off-White, domestic servant and accredited psychic. Super Pollen, secret identities and torrid love triangles all contribute to this evening’s suspense, mystery and dare we say murder!

With the emphasis on humor, the mystery unfolds with a crime that must be seen to be believed. The room is now full of suspects, as the clues and jokes fly fast and furious. It is now your turn to become even more involved. The plot thickens as the Detective arrives at the scene of the crime to question everyone and try to get to the bottom of this baffling mystery. Your group breaks into teams, forms their own detective agency and appoints a captain. Which team will be able to solve the crime and figure out WHODUNIT?
Did you know that non-prescribed opioid use is second to only marijuana use on college campuses?*

As overdose deaths continue to climb, preventing and treating drug abuse are critical priorities.

Join us for a live presentation about pain management, safe opioid prescribing, and identifying opioid use disorder.

**Friday, May 31, 2019**
**6:00 – 8:00PM MT**
**Dinner provided!**

Crowne Plaza Denver
Range Ballroom
1450 Glenarm Place

Visit us at Booth #408 to learn more.

**Expert Faculty**
MICHAEL R. CLARK, MD
Chair, Psychiatry & Behavior Health
Inova Health System
Falls Church, VA

YVONNE D'ARCY, MS, ARNP-C,
CNS, FAANP
Pain Management
Nurse Practitioner
Ponte Vedra Beach, FL

Jointly provided by Postgraduate Institute for Medicine and DKBmed, LLC.

This educational activity is supported by an independent educational grant from The Opioid Analgesic REMS Program Companies (RPC).

**Joint Accreditation Statement**
In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and DKBmed. Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Physician Continuing Medical Education**
This activity has been approved for AMA PRA Category 1 Credit(s)™.

**Physician Assistant Education**
This activity has been approved for AAPA credit, see final CE activity announcement for specific details.

**Continuing Nursing Education**
This activity is eligible for ANCC credit, see final CNE activity announcement for specific details.

*https://www.ncbi.nlm.nih.gov/books/NBK458661/

Register at **Denver.dkbmed.com**

Get Smart
Safe Means of Administering the Right Therapy

It's a 5-minute walk to the Crowne Plaza and our representatives will escort you.
SCHOOL SPIRIT DAY
Friday, May 31
Show pride in your institution by wearing something displaying your school name, colors, or logo!

2019 ASSEMBLY OF REPRESENTATIVES
Friday, May 31, 6:15 pm – 7:00 pm
Room: Columbine
Provide your input on association governance! If you are an eligible voting member of ACHA, you play a very important role in the governance of the association, and therefore, in the field of college health. Plan to attend the Assembly of Representatives and hear association updates, welcome the incoming ACHA president into office, and vote on recommended bylaws amendments.

You are an eligible voting member if you are a:
• representative of a member institution (RMI)
• section chair, chair-elect, or designated representative
• member of the ACHA Board of Directors
• past president of ACHA

All ACHA members are invited to attend the Assembly of Representatives, though only the members listed above are eligible to vote.

A 2019 Assembly of Representative Information packet, which contains the recommended bylaws amendments, current ACHA Bylaws, and the Board of Directors approved Assembly of Representatives minutes from the previous year will be available for review at the Information Booth and on the ACHA website at www.acha.org/Bylaws.

ASPIRE: ACHA MENTORING
Thursday, May 30, 8:00 am - 5:15 pm
Advance sign-up required.

Room: Windows
This program provides an excellent opportunity for meeting attendees! Whether you’re a seasoned veteran facing a challenge or considering a new opportunity, or an emerging leader looking to your colleagues for insight on a specific topic or advice on career development — this one-on-one mentoring program is for you!

If you signed up for the mentoring program — either as a mentor or a mentee — you were sent an email confirming your mentor/mentee’s information, the time of your session, and your table assignment. If you have questions, contact Kristen Crocker by sending a message through the mobile app, or ask for her at the ACHA Information Booth.

Aspire
ACHA Mentoring
In addition to the educational sessions and other networking events, we offer numerous opportunities for meeting attendees to come together to explore topics of interest. The meetings are open to everyone, so bring your questions, ideas, or concerns — or just stop by to hear what others in college health are talking about!

**TUESDAY, MAY 28, 4:45 PM - 5:30 PM**

**CHWP Participant Networking**  
**Room: Plaza Court 5**  
College Health and Wellness Professional (CHWP) enrollees and graduates are invited to connect with your fellow program participants, faculty, and CHWP leadership!

**WEDNESDAY, MAY 29, 9:00 AM - 10:00 AM**

**Health Promotion Section Member Welcome Session**  
**Room: Governor’s Square 14**  
All Health Promotion Section members are invited to this bring-your-own-breakfast gathering. Whether you are brand new to ACHA or have been coming for years, this is an opportunity for you to relax and network with other members of the section. Participants will get an opportunity to meet and connect with other HP Section members from across the country.

**WEDNESDAY, MAY 29, 12:00 PM - 1:15 PM**

**Students/Consumers Orientation**  
**Room: Director’s Row E**  
All students are encouraged to attend this orientation customized to meet the unique needs of students.

**WEDNESDAY, MAY 29, 6:00 PM - 7:00 PM**

**HIPAA/Health Information Management**  
**Room: Governor’s Square 14**  
Discussion will include HIPAA and health information management, electronic records, coding, etc.

**THURSDAY, MAY 30, 7:00 AM - 8:00 AM**

**College Health and Wellness Consulting**  
**Room: Plaza Court 3**  
Discussion will include benefits of external reviews from seasoned veterans in college health.

**TUESDAY, MAY 28, 4:45 PM - 5:30 PM**

**Nursing Section Welcome Session**  
**Room: Governor’s Square 15**  
Nurses are invited to this bring-your-own-breakfast gathering following the ACHA Newcomers’ Orientation. The “Newcomers Toolkit,” which will help you understand what it means to be a college health nurse professional, will be unveiled! Participants will meet other nurses from around the country who may be attending for the first time or who are returning to another ACHA meeting. This Welcome to the Nursing Section, will provide an opportunity to talk with the Nursing Section Executive Committee in a casual setting, and learn about ways you could become involved in ACHA.

**WEDNESDAY, MAY 29, 12:00 PM - 1:15 PM**

**Open Meeting of Community College Campus Health Centers**  
**Room: Plaza Court 2**  
Discussion will include mutual areas of interest to directors or supervisors of community college health centers.

**Faith-Based Fellowship**  
**Room: Plaza Court 4**  
Discussion will include topics of interest to attendees from faith-based schools and/or individuals of faith, including resources and special interest issues.

**HBCU Open Meeting**  
**Room: Plaza Court 5**  
Discussion will include topics of interest to attendees from historically black colleges and universities (HBCU).

**Open Meeting for Directors of Integrated Wellness Centers**  
**Room: Columbine**  
The benefits and challenges of an Integrated Wellness Center are numerous and unique. Join the discussion and sharing of ideas with directors who have similar responsibilities.

**Travel Health Coalition Special Meeting**  
**Room: Director’s Row J**  
Please join us for an informal gathering to meet and talk with Kristina Angelo, DO, MPH, of CDC’s Travelers Health Branch! Dr. Angelo is a medical officer and epidemiologist who has a keen interest in the health of traveling students. As our brand-new ACHA-CDC liaison, she welcomes the opportunity to start a conversation we can carry forth and continue after Denver! Please contact Catherine Ebelke PA-C, Travel Health Coalition Chair, if you have any questions!
**ADJUNCT MEETINGS AND NETWORKING EVENTS**

**THURSDAY, MAY 30, 12:00 PM - 1:15 PM**

Registered Dietitians Networking Hour  
**Room: Director’s Row J**  
Discussion will include mutual areas of interest among fellow dietitians in providing care to students.

**THURSDAY, MAY 30, 5:30 PM - 6:30 PM**

Psychiatry Fellowship  
**Room: Director’s Row J**  
Connect with fellow psychiatrists to discuss mutual areas of interest in providing psychiatric care to students.

**THURSDAY, MAY 30, 5:30 PM - 7:00 PM**

Healthy Campus Info Session  
**Room: Governor’s Square 10**  
Description to come

**FRIDAY, MAY 31, 7:00 AM - 8:00 AM**

Rising Leader Coffee Hour  
**Room: Columbine**  
Speak with current ACHA leaders about their roles with ACHA, and learn how you can get more involved with the association.

**FRIDAY, MAY 31, 12:00 PM - 1:15 PM**

Pharmacy Section Gathering  
**Room: Director’s Row J**  
Bring your lunch and talk with your colleagues about current issues in college health pharmacy.

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**Not on ACHA Connect, the exclusive, online community for ACHA members?**

Here is what you are missing:

- **797,440** daily digest emails sent
- **768** discussions created
- **2,468** posts
- **3,107** peers in the community
- **23,482** total logins
- **660** unique post contributors
- **221** resources added to the library
- **4,207** resource document views
- **8,409** document downloads

Get started today at [community.acha.org](http://community.acha.org)
**Immerse Yourself in Wellness**

We are again offering a variety of activities designed to enhance your sense of well-being. These activities provide a chance to challenge your physical and emotional self in the same way you stretch your intellectual muscles during educational sessions.

So take a break from classroom learning and don’t be afraid to try something new! You’ll find that many of these relaxation and exercise techniques promoting wellness of body and mind can be passed on to students and colleagues back home.

**Walk Your Way to Wellness – In Fifteen Minutes**

**Thursday, May 30**
9:30 am–10:00 am  
3:15 pm–3:45 pm

**Friday, May 31**
9:30 am–10:00 am  
2:45 pm–3:15 pm

**Room: Terrace**

Even the busiest person can achieve fitness! This brief and fun walking workout will re-energize you between sessions, so join your colleagues and stretch out those leg muscles.

**Seated Chair Message**

**Thursday, May 30, 3:15 pm–7:00 pm**  
**Friday, May 31, 9:30 am–3:30 pm**

**Room: Exhibit Hall/Plaza Ballroom**

An on-site professional masseuse will administer this highly effective technique that provides an immediate sense of tranquility. Chair massage helps decrease stress symptoms, fatigue, muscle tightness, and tension in the neck, arms, and shoulders. (First come, first served).

**Morning Mindful Yoga**

**Thursday, May 30, 6:00 am–7:00 am**

**Room: Terrace**

Are you a seasoned yogi or exploring yoga for the first time? Join your colleagues as you wake up your body for 60 minutes of mindful yoga that includes stretching, de-stressing and invigorates you for the day. You will be guided through a flow by Andrea, a Colorado native and certified yoga instructor who will offer options so you can control the outcome you are wanting. Please bring water to consume as you adjust to the altitude and a towel or mat to practice on.

**Hiit Workout**

**Thursday, May 30, 5:30 pm–6:30 pm**  
**Friday, May 31, 6:00 pm–7:00 pm**

**Room: Terrace**

Expect a full body HIIT workout (with a focus on the lower body) combining flexibility with strength. We will link your breath to movement as we target a variety of muscle groups. Build lean muscle mass and crank up the cardio while moving to the beat of the music! This workout will be suitable for all fitness levels – from beginner to advanced.

**Morning Meditation**

**Friday, May 31, 6:00 am–7:00 am**

**Room: Terrace**

Start your day with a nourishing and silent practice of Loving-Kindness meditation. Andrea, a certified meditation instructor will offer a 12-15 minute discussion and then a guided 25 minute Loving-Kindness meditation. Loving-Kindness meditation promotes the softening of the mind and heart, an opening to a deeper level of the feeling of kindness and compassion for others and yourself. Please bring water to consume as you adjust to the altitude.

**Meditation: It’s Not What You Think**

**Friday, May 31, 12:00 pm–1:00 pm**

**Room: Governor’s Square 10**

Mindfulness and meditation are buzz-words you may have heard recently and you may be wondering how you can relate it to services for students and staff. Research tells us how mindfulness practiced in different forms has measurable differences in your physical and mental health, resiliency, and the quality of relationships with others and yourself – basically your overall well-being. You will receive information about how to implement evidence-based meditation, mindfulness and activities on your campus with limited resources. We will also practice a brief meditation. Resources for supporting a flourishing life and stress management techniques will also be offered.
EXHIBIT HALL

PLAN TO VISIT THE EXHIBIT HALL
Room: Exhibit Hall/Plaza Ballroom
Take time to visit our busy Exhibit Hall on Thursday and Friday. More than 80 exhibitors will display their health-related products or services. Name badges are required! If you do not have your name badge, you will not be granted access.

HOURS FOR THE EXHIBIT HALL
Thursday, May 30
3:15 pm–7:30 pm
Friday, May 31
7:00 am–4:00 pm

ACHA RAFFLE DRAWING
Friday, May 31, 3:30 pm
Drawings will be held and announced on Friday, May 31 at 3:30 pm in the Exhibit Hall. Winners will be listed at the ACHA Information Booth and contacted following the meeting. To participate, drop your raffle tickets (included in your registration packet) in the appropriate tumbler inside the Exhibit Hall no later than 3:15 pm on Friday. You do not need to attend the drawing to win.

You’ll have a chance to win:
- A free registration to ACHA’s 2020 Annual Meeting in Chicago
- A free 2020 ACHA Individual Membership
- A free ACHA National Faculty and Staff Assessment implementation

Those who complete the Exhibits Visitor Card (included in your registration packet) will have a chance to win:
- Fitbit Versa Smart Watch
- Beats Solo3 Wireless Headphones
- GoPro HERO6 Action Camera

BREAKFAST AND REFRESHMENT BREAKS
Thursday, May 30
3:15 pm–3:45 pm
Refreshments and Light Snacks
Sponsored in part by UnitedHealthcare StudentResources
5:30 pm–7:30 pm
Exhibitor Meet and Greet
(refreshments and light appetizers)
Friday, May 31
7:00 am
Continental Breakfast
Sponsored in part by binx health and Jazz Pharmaceuticals
2:45 pm–3:15 pm
Refreshments and Light Snacks

For an interactive Exhibit Hall floor plan and more information on the exhibitors, download and log into the ACHA 2019 Annual Meeting mobile app.

SEATED CHAIR MASSAGE
See page 14 for more details.
Thursday, May 30
3:15 pm–7:00 pm
Friday, May 31
9:30 am–3:30 pm

Exhibit Hall
Room: Exhibit Hall/Plaza Ballroom
Take time to visit our busy Exhibit Hall on Thursday and Friday. More than 80 exhibitors will display their health-related products or services. Name badges are required! If you do not have your name badge, you will not be granted access.

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2:45 pm–3:15 pm
Refreshments and Light Snacks

For an interactive Exhibit Hall floor plan and more information on the exhibitors, download and log into the ACHA 2019 Annual Meeting mobile app.

SEATED CHAIR MASSAGE
See page 14 for more details.
Thursday, May 30
3:15 pm–7:00 pm
Friday, May 31
9:30 am–3:30 pm
The ACHA Exhibit Hall is located in the Plaza Ballroom

It is open Thursday, May 30 from 3:15 pm-7:30 pm, and Friday, May 31 from 7:00 am-4:00pm
Join us in thanking our Sustaining Members for their continued support of ACHA and College Health and Wellness!
Product theaters feature industry presentations by meeting sponsors. Seating is limited and first-come, first-served (except if indicated by the sponsoring company below that they are requesting reservations).

**Industry-Sponsored product theaters are not part of the ACHA 2019 Annual Meeting's accredited educational activity nor eligible for CE credit. Session may contain promotion. The content and opinions expressed are those of the sponsor or presenters and not of ACHA.**

### AN HIV PREVENTION MEDICATION: REDUCING THE RISK OF ACQUIRING HIV-1 INFECTION

*Sponsored by Gilead Sciences, Inc.*

**Wednesday, May 29, 11:45 am-12:30 pm**

**Room: Columbine**

Questions? Contact HIVPresentationTheater@medednow.com.

Each year, approximately 40,000 new HIV infections are diagnosed in the U.S. This presentation will educate providers on an HIV prevention option and how to identify appropriate candidates. Additionally, clinical studies and recommended guidelines will be discussed.

**Speaker(s):** Joanne Brown, DNP, APRN-BC, Adjunct Faculty, College of Nursing; Nurse Practitioner, University Health Service, University of Kentucky

### WELL-BEING INNOVATIONS IN COLLEGE CAMPUS SETTINGS FROM AETNA AND ACHF

*Sponsored by the American College Health Foundation*

**Wednesday, May 29, 11:45 am-12:30 pm**

**Room: Directors Row H**

Questions? Contact aphelan@acha.org.

The American College Health Foundation is collaborating with Aetna Student Health to explore various approaches to well-being on college and university campuses. The Framing Well-Being in a College Campus Setting white paper will assist colleges and universities by highlighting innovative campus strategies and models used to promote well-being amongst students and employees in the higher education environment. Join us for a Q&A and to learn more about preliminary outcomes of our well-being research.

**Speaker(s):** Ryan Travia, MEd, Babson College, and Wendy Shanahan-Richards, MD, MBA, Aetna Student Health

### STIs AND HIV IN COLLEGE HEALTH

*Sponsored by binx health*

**Wednesday, May 29, 12:45 pm-1:30 pm**

**Room: Columbine**

Questions? Contact howard.heller@mybinxhealth.com.

Rates of some sexually transmitted infections continue to rise in adolescents and young adults. STI screening guidelines, challenges associated with screening student populations, strategies for outreach and opportunities for education and new delivery methods to broaden access will be discussed. Guidelines for HIV prevention with daily medication, with a focus on frequently asked questions and challenges specific to the college health setting.

**Speaker(s):** Howard M. Heller, MD, MPH, Massachusetts Institute of Technology; binx health, Chief Medical Officer, and Margaret Higham, MD, Tufts University, Medical Director of Health Service; binx health, Director of Medical Affairs
UNDERSTANDING MENINGOCOCCAL SEROGROUP B (MENB): HOW IT CAN AFFECT YOUR CAMPUS AND WHAT YOU CAN DO TO HELP PREVENT IT

Sponsored by GSK

Thursday, May 30, 11:45 am-12:30 pm
Room: Columbine
This presentation will detail the risks and consequences of MenB, how to help prepare your campus before MenB occurs, and a case study on the cost and impact of an outbreak.

Speaker(s): Dr. Leonard Friedland, MD, GSK

FROM SCIENCE TO SYMPTOMS: A DEEPER LOOK AT NARCOLEPSY

Sponsored by Jazz Pharmaceuticals

Thursday, May 30, 12:45 pm-1:30 pm
Room: Columbine
Narcolepsy is a chronic and potentially disabling neurologic disorder that can be difficult to identify and diagnose. Even sleep specialists report that they are not always comfortable making the diagnosis. To better understand the complex issues associated with narcolepsy and best practices for establishing a narcolepsy diagnosis, join us at a Narcolepsy Link® live event at 12:45 pm on Thursday, May 30, 2019. Space is limited. Register now to reserve your seat! Email JazzEventReg@mei-nyc.com.

Speaker(s): Russell Rosenberg, PhD, DABSM, Founder and Director, Atlanta School of Sleep Medicine and Technology

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Resolution of Potential Conflicts of Interest

Program Planning Committee members have been asked to complete conflict of interest statements regarding relationships with commercial entities. Each of the 2019 Program Planning Committee members have reported no relevant conflicts of interest.

Program Planning Committee Chair
Jake Baggott, MLS, 1SG USAR (Ret)
University of Wisconsin-Madison

Program Planning Committee Chair-elect and Poster Chair
Susan Hochman, MPH
The University of Texas at Austin

ACHA President
Stephanie Hannenberg, MSN, FNP-C
University of Colorado Colorado Springs

ACHA President-Elect/Advisor on Student Issues
Katrin Wesner-Harts, EdD, FACHA
University of North Carolina Wilmington

ACHA Vice President/Leadership Development Advisor
Susan Hochman, MPH, CHES®
The University of Texas at Austin

Section Program Planners
Administration
Katherine (Kat) Lindsey, MS, CPC, CHDA
University of Florida-Gainesville

Advanced Practice Clinicians
Debby Mathis, APN
University of Pennsylvania

Clinical Medicine
Lauren Johnson, MD
North Carolina Central University

Health Promotion
Kim Chestnut, PhD
University of Wyoming

Mental Health
Amy Hoch, PsyD
Rowan University

Nurse-Directed Health Services
Jacqueline Johnston, PhD, ANP-C
Adelphi University

Nursing
Pamela Stokes, MHCA, MSN, RN
Oklahoma State University

Pharmacy
Sheryl Gamble, MBA, RPh
University of Central Florida

Students/Consumers
Krystalyn Martin
Emory University

Affiliate Program Planners
Rocky Mountain College Health Association
Thomas Kunstman, MD
University of Colorado Boulder
Joel Schwartzkopf, PA-C
Colorado State University-Fort Collins

Continuing Education Advisors
Chair, Continuing Education Committee and Advisor for Continuing Education for Certified Health Education Specialists
Kathy Saichuk, MA, MCHES®
Louisiana State University

Advisor for Continuing Medical Education and Continuing Education for Family Physicians
Scott Henderson, MD
University of Missouri

Advisor for Continuing Nursing Education
Martha Davis, BSN, MBA
University of Georgia

Advisor for Continuing Education for Psychologists
Michael Malmon, PhD
Metropolitan State University of Denver

Advisor for Continuing Education for National Certified Counselors
Joy Himmel, PsyD, PMHCNS-BC, LPC, NCC
AAAHC

Advisor for Continuing Education for Social Workers
Drayton Vincent, MSW, LCSW, BCD
Louisiana State University

Advisor for Continuing Education for Pharmacists
Deb Hubbell, RPh, FACHA
University of Connecticut

Advisor for Continuing Education for Health Information Management Professionals
Deb Hubbell, RPh, FACHA
University of Connecticut

Advisor for Continuing Education for Registered Dietitians and Nutritionists
Dawn Boyd Null, PhD, RD, LDN
Southern Illinois University

American College Health Association Staff
Chief Executive Officer
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Lisa Pitrone
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- SCHA (Southern College Health Association)

Schedule subject to change. Check the ACHA Mobile App for updates.
**Committee and Coalition Meetings**

Most are Tuesday and Wednesday evenings.

ACHA coalitions and committees address a diverse range of exciting issues pertinent to ACHA and the health of college students, and they are a vital component of the association’s work and mission. Coalitions are open to any members with an interest in the topic; committee membership is approved by the president. All meetings are open to all, but you must be a current ACHA member to join.

**Section Networking Meetings**

*Wednesday, May 29*

12:00 pm–1:15 pm

ACHA’s nine sections reflect the professional diversity of the individual members of ACHA. Each section elects or appoints its own section officers, who provide leadership, guidance, and programming for members, including selecting their own programs for the ACHA Annual Meeting. Your section is a great way to get involved with your peers and an even better place to take on a leadership role within the association.

**Affiliate Networking Meetings**

*Thursday, May 30*

12:00 pm–1:15 pm

ACHA’s 11 affiliates have their own officers who provide leadership, guidance, and programming to members including conducting their own annual meetings. The affiliate network is a great way to get involved with college health.

**Acknowledgements**

**Fellows Advisory Committee**

**Committee Chair**
Jake M. Baggott, MLS, 1SG USAR (Ret)
University of Wisconsin-Madison

**Board Liaison**
Michael Huey, MD, FACHA
Emory University

**Committee Members**
Jean Chin, MD, FACHA
University of Georgia (retired)

Jamie Davidson, PhD, FACHA
University Las Vegas-Nevada

Luoluo Hong, PhD
San Francisco State University

Alejandro Martinez, PhD
Stanford University

Craig Roberts, MS, PA-C
University of Wisconsin-Madison

Katrin Wesner-Harts, EdD, FACHA
University of North Carolina-Wilmington

**Awards Advisory Committee**

**Committee Chair**
Deborah Mathis, APN, FACHA
University of Pennsylvania

**Board Liaison**
Jessica D. Higgs, MD, FAAFP
Bradley University

**Committee Members**
Cynthia Burwell, PhD
Norfolk State

Robert Dollinger, MD
Agusta University (retired)

Jean Hanson, RN
Duke University

Jessica Higgs, MD
Bradley University

David Rousmaniere, MBA
University of North Carolina, Charlotte

Beryl Salvatore, RN
Mount Saint Mary University

**Conference Hotels**

ACHA gratefully acknowledges our conference hotels for their outstanding accommodations.

**Sheraton Denver Downtown Hotel**
1550 Court Place, Denver, CO 80202

**Hilton Denver City Center**
1701 California Street, Denver, CO 80202

**Crowne Plaza Denver Downtown**
1450 Glenarm Place, Denver, CO 80202

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Project Manager

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MOBILE APP & INTERNET ACCESS

CHECK OUT THE ACHA MOBILE APP

ACHA is pleased to provide you with a mobile app for the 2019 Annual Meeting. With the app, you get all of the annual meeting information you need to know consolidated into the convenience of your mobile device. The app allows you to search events by date, CE type, badge, or event type; features interactive maps of the Exhibit Hall and hotel floor plans; and offers custom scheduling.

To download the ACHA 2019 Annual Meeting app, go to the app store and search for “ACHA 2019.” Once you have the app downloaded, make sure you log in so you can access the full range of features, such as attendee-to-attendee messaging, custom scheduling, and much more!

If you have any questions, visit the ACHA Information Booth for assistance.

COMPLIMENTARY INTERNET ACCESS AVAILABLE

Guest Rooms
ACHA has negotiated and arranged complimentary internet access for you in guest rooms at the Sheraton Downtown Denver Hotel. Specific instructions will be available in your hotel room or through the front desk.

Wifi in Meeting Space
Additionally, ACHA has purchased access to a limited amount of wireless internet bandwidth within the conference meeting space (Sheraton Downtown Denver Hotel), intended only for light web browsing, web-based emailing and messaging, and use of the mobile conference app.

To connect:
1. Go to “Select network” on your device.
2. Connect to Sheraton-Meeting Room.
3. Open a new browser (Internet Explorer, Chrome, Firefox).
4. Enter acha2019 and click connect.
5. Once Sheraton page loads then you are connected to the internet.

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GENERAL INFORMATION

WHERE TO GO FOR ASSISTANCE

Association programs and services and research survey inquiries
Information Booth

Audio/visual equipment questions
Presenter and CE Support

Balance due inquiries
On-Site Registration Booth

Continuing education credits (learn how to apply)
Badge Pick-Up Booth and Presenter and CE Support Booth

Employment opportunities
Message Board

Lost and found
Badge Pick-Up Booth

Membership inquiries
Information Booth

Register and pay for the meeting (for those who did not pre-register)
On-Site Registration Booth

Registration Materials — pick up your bag, badge, program, etc. (for pre-registered attendees)
Express Badge Pick-Up Booth

Session handouts (drop off extra from sessions)
Presenter and CE Support

Social events planned by sections
Message Board

Tickets for Pre-Conference Workshops (for purchase if available)
On-Site Registration Booth

Walking Challenge
Information Booth

Messages left for/by attendees
Message Board

Name badge assistance
On-Site Registration Booth

National College Health Assessment inquiries
Information Booth

Presider/Facilitator schedule
Presenter and CE Support

Presentation slides for uploading to laptop
Speaker Ready Room

Publications from ACHA (special publications, guidelines, and brochures — stop by for free copies!)
Information Booth

REGISTRATION AREA

Express Badge Pick-Up Booth, Exhibitor Registration Booth, On-Site Registration Booth, Information Booth, and Presenter and CE Support

Tuesday, May 28
7:00 am–6:00 pm

Wednesday, May 29
7:00 am–6:00 pm

Thursday, May 30
7:00 am–4:00 pm

Friday, May 31
7:00 am–5:00 pm

Saturday, June 1
7:00 am–10:00 am
WHAT’S IN A NAME?

You are required to wear the name badge included in your registration packet to gain admission to all annual meeting events, including the Exhibit Hall, ACHA Celebrates, and the Exhibitor Meet and Greet. If you don’t have your name badge, you may not be granted entry to conference events. But in addition to gaining you access to meeting sessions and events, your name badge contains several important pieces of information.

QR Code

As an ACHA registrant, your contact information is conveniently encoded into your badge. With your permission only, exhibitors may scan the QR code or manually input your badge ID number and they will be provided your name, degree, title, company, address, phone number, email address, and area of practice. You may decline having your badge scanned if you do not wish to share your information. Just like handing out your business card, when you provide your contact information to exhibitors you are granting them permission to communicate with you. You will be subject to their communications and privacy policies and must opt-out with them directly.

Pre-Conference Workshops

If you purchased pre-conference workshop tickets in advance, the workshop code and a 1-2 word abbreviation of the title of the workshop will be printed on your name badge. This is your “ticket” into the workshop. Check pages 38-41 for workshop room locations. Simply show your name badge to staff as you enter the room.

Bling Your Badge

Visit the “Bling Your Badge” station for additional ribbons, stickers, and pins to accessorize your name badge. Wear your speaker ribbon proudly, let everyone know you are helping out as a presider or facilitator, or declare your ACHA section or affiliate. You can also pick up your 2019 meeting pin here.

SPOUSES/DOMESTIC PARTNERS AND CHILDREN

Spouses/domestic partners and children (13 years of age or above) who wish to participate in Annual Meeting events (including the Exhibit Hall, ACHA Celebrates!, the Exhibitor Meet and Greet, catered events, and business meetings) must be registered. Those who wish to attend ticketed events must purchase a separate ticket for those functions. Spouse/domestic partner/child registrants are not eligible for pre-conference workshops, and the registration fee does not include continuing education credits or certificates of attendance.

SPECIAL ACCOMMODATIONS

We have requested attendees to identify any special needs through pre-registration. If you require special services to participate in the meeting, please stop by the registration area for information. All meeting rooms and restrooms in the meeting area are wheelchair accessible.
ACHA COMMITTEES, COALITIONS, AND TASK FORCES

Interested in finding out more about the work of ACHA’s committees, coalitions, and task forces? These meetings (held on Tuesday and Wednesday evenings) are open to all attendees, so feel free to stop in and hear about the latest developments in the field and the important work committee, coalition, and task force members are doing.

If you are an ACHA member interested in joining a committee, you should speak to the committee chair and ask him/her to include your name in their roster when it is submitted to the ACHA president for approval.

If you are an ACHA member interested in joining a coalition, you should log into your ACHA member profile and check off the coalition you are interested in joining.

SPEAKER READY ROOM

Room: Plaza Court 7

All speakers are required to check in with the AV tech in the Speaker Ready Room—whether you have submitted your slides in advance or not. If you submitted your slides in advance, you can still make changes by bringing updated slides on a memory device. The AV tech will go over your slides with you and give you important instructions for accessing your presentation from the laptop that will be used in your meeting room.

Tuesday, May 28
7:00 am–6:00 pm

Wednesday, May 29
7:00 am–6:00 pm

Thursday, May 30
7:00 am–6:00 pm

Friday, May 31
7:00 am–6:00 pm

Saturday, June 1
7:00 am–10:00 am

RESOURCE TABLES

Visit the resource tables located in the Meeting Registration Area during the hours the ACHA Information Booth is open. Literature, posters, or extra speaker handouts can be placed here. Information promoting for-profit products or services may not be placed on these tables. Exhibitor materials are prohibited. There will also be tables for section, affiliate, and coalition information. Check back each day to see what’s new!

SESSION PRESENTATIONS

ACHA has worked with our audio-visual company to create a website from which you may download session presentations/handouts while you are at the meeting and for one week following the meeting. The website will close on June 10, 2019 and the slides will no longer be available. To access the presentations, go to: https://presents.prg.com/en/events/ACHA2019; password: ACHA2019.

Due to copyright infringement concerns, ACHA will no longer be recording sessions (either audio or synchronized slide capture) for sale after the meeting or for any other use. Additionally, we will not be posting session presentations to the ACHA website after the meeting.

CELL PHONES

Out of courtesy to speakers and your fellow attendees, please turn off your cell phone or place it on vibrate during sessions. If you must answer a call during a session, please exit the room so as not to disrupt the presentation.

BREAKFASTS AND REFRESHMENT BREAKS

Join your colleagues for complimentary refreshments at the indicated times and locations:

Wednesday, May 29
2:45 pm–3:15 pm
Refreshments and light snacks in Plaza Foyer and Governor’s Square Foyer
Sponsored in part by Aetna Student Health

Thursday, May 30
7:00 am
Continental breakfast in Plaza Foyer and Governor’s Square Foyer
Sponsored in part by American College Health Foundation and Gilead Sciences, Inc.
3:15 pm–3:45 pm
Refreshments and light snacks in the Exhibit Hall
Sponsored in part by UnitedHealthcare StudentResources

Friday, May 31
7:00 am
Continental breakfast in the Exhibit Hall
Sponsored in part by binx health and Jazz Pharmaceuticals
2:45 pm–3:15 pm
Refreshments and light snacks in the Exhibit Hall

Saturday, June 1
7:00 am
Continental breakfast in Plaza Foyer and Governor’s Square Foyer
DINING OPTIONS

15FIFTY restaurant will be open for lunch on Tuesday, May 29 – Friday, May 31, from 11:00 am – 1:30 pm. Whether you have time to sit and relax in their casual dining space or need a quick “grab & go” lunch, 15FIFTY has you covered. Although they are not usually open for lunch, they have agreed to offer a limited lunch menu for meeting attendees.

Other options inside the Sheraton include 16Mix, where you can relax on a charming outdoor patio that opens right onto the 16th Street Mall, and the Yard House, offering innovative foods made from scratch. Or you can choose to enjoy a quiet meal in your guest room.

There are also numerous options within just a few blocks of the hotel. Check the ACHA blog (www.achameetingblog.com) for tons of recommendations.

FITNESS CENTER AND ACTIVITIES

Hotel amenities include complimentary fitness services for registered guests. Featuring cardio equipment, weight machines, free weights and more, the fitness center at the Sheraton Downtown Denver Hotel has everything you need to stay in shape. Also see page 14 about various Wellness Activities offered free of charge for ACHA 2019 attendees.

BUSINESS CENTER AND RELATED SERVICES

ACHA attendees have access to Penfield’s Business Center onsite at the Sheraton Downtown Denver Hotel. The business center manages receiving, shipping, printing/document services, poster printing, and more.

Strengthen your commitment to patient safety and continuous quality improvement

Join the growing number of student health centers demonstrating their commitment to quality and strengthening the care delivered to students with AAAHC Accreditation.

To learn more, visit AAAHC in Booth #510.
There are lots of reasons why students could be falling asleep in classes – one of them could be idiopathic hypersomnia (IH), a chronic neurological disorder.

The Hypersomnia Foundation is a nonprofit patient advocacy group dedicated to improving the lives of those with idiopathic hypersomnia (IH) and related disorders. Please visit our booth at ACHA & see our website to learn more about diagnosis, treatments and research, get resources for students, and much more.

Let’s Get #BeyondSleepy

www.hypersomniafoundation.org
Posters are visual presentations of successful programs on a variety of campuses and will be displayed in the Plaza Foyer. Poster presenters will be available for discussion and questions during session breaks on Thursday, May 30, from 7:00 am–4:00 pm and Friday, May 31 from 7:00 am–3:15 pm.

We encourage you to spend time learning about the innovative research and programs being conducted around the country, as featured in more than 50 posters displayed at this year’s meeting. This is a great opportunity to ask questions, pick up handouts, get presenters’ contact information, etc. These are not formal presentations; feel free to move from one poster to another.

See if you can guess who will win the top prizes for Best Professional Research Poster, Best Professional Practice Poster, and the Best Student Poster!

P1 Assessing College Students’ Prescription Drug Misuse Across Multiple Approaches
Alexandra Barringer, MS, and Lauren Papp, PhD (University of Wisconsin-Madison); Alexia Frometa (University of Florida)

P2 Drinking Before You Get to the Bar: A Field-Based Investigation of Pregaming Comparing College Student and NonCollege Student Bar Patrons
Adam Barry, PhD (Texas A&M University); Beth Chaney, PhD, Ryan Martin, PhD, Joseph Lee, PhD, Jennifer Matthews, PhD, and Michael Stellefson, PhD (East Carolina University)

P3 HIV Literacy Among College Students: A Mixed Methods Analysis
Monideepa Becerra, DrPH, MPH, CHES®, and Mathew Mullen (California State University, San Bernardino); Robert Avina, MPH (California State University, San Bernardino and Loma Linda University)

P4 Assessing the Impact of Success and Wellness Coaching Programs on Student Wellbeing and Success
Jennifer Bleck, PhD, MPH, Jessica Garcia, BHS, Amy Gatto, MPH, Rita DeBate, PhD, MPH, FAED, FAAHB (University of South Florida)

P5 Describing the Prevalence and Trajectory of Helicopter Parenting Among College Freshmen
Jennifer Boyle, PhD, MS, and Darson Rhodes, PhD (The College at Brockport); Melinda Novik, PhD (Missouri State)

P6 Nourishing Success: Reaching Food Insecure College Students
Anne Buffington, MA, RDN, CSSD (Michigan State University)

P7 Patient Satisfaction with Sexual Assault Nurse Examiner Services and Post-Assault Resource Utilization at a University Health Center Compared to an Emergency Department
Lindsay Cannon, MPH, MSW, and Michelle Munro-Kramer, PhD, CNM, FNP-BC (University of Michigan School of Nursing); Lisa Scheiman, CNM (University of Michigan Department of Obstetrics and Gynecology); Diana Parrish, LMSW, and Susan Ernst, MD (University of Michigan)

P8 Building it Up and Tearing it Down—Lessons Learned from Health Hut Program
Kerri Crooks, MS, MCHES®, and Gloria Flores, MPH, CHES® (California State University, Fullerton)

P9 Risky Sexual Behavior in Undergraduates and STI Risk: The Influence of Peer Educators
Martha Curtin, RN, MS, Susan Hendee, MS, and Bridgit Buono, AA (Alfred University)

P10 Holistic Care for College Students: What a Fully Integrated Wellness Center Can Offer
Martha Curtin, MS, RN, Susan Hendee, MS, and Bridgit Buono, AA (Alfred University)

P11 Where Do Graduate Students Fit Into the Grocery Gap? Assessing Healthy Food Accessibility in an Urban Academic Setting and Potential Impact Strategies
Jodi DeMunter, MD, and Andrea Vintro, MS, RD (Oregon Health & Sciences University)

P12 The Link Between Increased Physical and Mental Health Issues on Campus and Food Insecurity
Joannie Dobbs, PhD, CNS (University of Hawaii at Manoa)

P13 Prescription Stimulant Misuse Among College Students: A Preliminary Investigation of Behavioral Deterrents
Crystal Eckman, Cherish Aquino, Wilma Figueiroa, Bree Godoy, and Cammie Lam (California State University Long Beach)

P14 College Health Clinic Population Health Improvement Plan
Kathryn Flynn, DNP, RN, PHNA-BC (Walden University)

P15 Addressing the Mental Health Needs of College Students by Training Faculty and Staff Members in Mental Health First Aid (MHFA) at a Large Urban Southeastern University
Jessica Garcia, BHS, Amy Gatto, MPH, and Jennifer Bleck, PhD, MPH (University of South Florida Center for Transdisciplinary Research in College Health, Wellbeing and Success); Rita DeBate, PhD, MPH, FAED, FAAHB (University of South Florida)
P16 A Content Analysis of How Undergraduate Students Define Self-Care
Andria Goodall (Illinois Public Health Institute); Alyssa Lederer, PhD, MPH, MCHES® (Tulane University)

P17 Improving Depression Screening and Mental Health Referrals in a University Health Clinic
Ronda Gottlieb, DNP, RN, FNP-C (University of the Incarnate Word)

P18 The Impact of Campus Health Services on the Attitudes and Beliefs of Historically Black College/University (HBCU) Students
Micah Griffin, MS, MHA (Alabama A&M University)

P19 Shingles in the University Student
Meredith Hayden, MD, and Stephanie Hartman, MD (University of Virginia)

P20 Patterns of JUUL Use Among Incoming College Students
Jakob Hester, CPT, and Melinda Ickes, PhD (University of Kentucky)

P21 Utilizing Employee Expertise to Provide a Worksite Wellness Program: A Case Study
Lisa Hicks, PhD, MS, BS, BCC, CHWC, CW-WPM, CWP, and Katherine Matutes, PhD, E-RYT 200, RYT 500, YACEP (University of Indianapolis)

P22 Audience-Specific Online Gatekeeper Training for Nursing Faculty: A Response to Increased Student Suicide Risk
Kristiana Holmes, MSN, APRN, FNP-BC (College of St. Scholastica); Julie Honey, MSN, APRN, CPNP, C-FNP (Westminster College)

P23 The Impact of Collaborative Workshop on Students, Faculties, and Staff
Ryo Horita, MA, PhD, Akihiro Nishio, MD, PhD, Chihiro Kawakami, MS, PhD, and Mayumi Yamamoto, MD, PhD, MBA (Gifu University); Koju Funakoshi, MA (Kyoto University)

P24 LIFE: A University Based Program to Enhance Student Connectedness and Retention
Isaiah Hurtado, MS, CHES® (Austin Peay State University)

P25 Student Tobacco Use Behaviors on College Campuses by Strength of Tobacco-free Campus Policies
Melinda Ickes, PhD (University of Kentucky)

P26 I Belong Here: Examining the Differences in Sense of Belonging and Mental Help-Seeking Behaviors Based on Military Status
Zachary Jackson and Adam Barry, PhD (Texas A&M University-College Station); Adam Fullerton (University of Nebraska-Lincoln)

P27 Healthy Sexuality Education as Sexual Violence Prevention for College Students
Kathryn Noble, MS, and Tara Johnson, MEd (Washington State University)

P28 Assessing Knowledge, Awareness, and Impact of Sexual Health in College Students Who Attend a Christian University
Erin Keckley, MSN, APRN, FNP-C (Lipscomb University)

P29 Gamifying a Sexual Health Intervention: The Sex Arcade
BoRam Kim, RN, BSN, PhD, and Teri Aronowitz, PhD, APRN, FNP-BC, FAAN (University of Massachusetts Boston)

P30 College Students’ Use and Perceptions of Wearable Fitness Trackers and Mobile Health Apps to Improve Motivation for Physical Activity
Dee Kinney, PhD, MSW, RDN (Miami University); Laura Nabors, PhD, Ashley Meriano, PhD, and Rebecca Vidourek, PhD (University of Cincinnati)

P31 Mindfulness, Self-Compassion, and Disordered Eating Among College Students
Celine Ko, PhD (University of Redlands)

P32 Changing Antibiotic Prescribing Practices at the Dr. Bob Smith Health Center – a Primary Care Quality Improvement Study
Arthi Krishnan, MD, FAAP (Southern Methodist University)

P33 An Examination of Factors Associated with College Students’ Knowledge about Sexually Transmitted Infections
Alyssa Lederer, PhD, MPH, MCHES®, and Amy Vertacnik (Tulane University)

P34 Implementing Mental Health First Aid (MHFA) Training for the College Curriculum: An Innovative Approach for Teaching Students About Mental Illnesses and Promoting Mental Health Well-Being
Patrice Levinson, MSN, FNP-BC, and Katie Clare, MFA (George Mason University)

P35 Using the Strategic Prevention Framework to Develop a Mindfulness Space on Campus
Tamara Loew, MA, and Will Evans, MS (Purdue University)

P36 Exploring the Relationship Between Internet Behaviors and Student Health and Well-Being
Kimberly Luna, Adrianna Rojas, Stephanie Nunes, Stephanie Benjamin, PhD, MPH, and Myriam Forster, PhD, MPH (California State University Northridge)
P37 Demographic Differences in Response Rates for PHQ9 in a University Student Population
Bjorn Hanson, PhD, Agustinia Marconi, MD, MPH, Nancy Ranum, MS, RN, ANP-BC, RN-BC, CPHIMS, and Valerie Donovan, MS, CRC (University of Wisconsin-Madison); Sarah Van Orman, MD, MMM, FACHA (Keck School of Medicine University of Southern California)

P38 Behavioral Health Integration in the University Setting
Francys Martin, Esq., LHRM (Florida Academic Healthcare Patient Safety Organization)

P39 Ritsumeikan University is Promoting “Healthy Campus” in Kyoto, Japan
Naoko Matsunaga, BSN, Katsumi Nakagawa, MD, PhD, JD, and Hiroshi Itoh, MD, PhD (Ritsumeikan University)

P40 College Students’ Understanding of Sexual Consent: A Mixed Methods Analysis
Marwa Mohamed, BS, and Monideepa Becerra, DrPH, MPH, CHES® (California State University, San Bernardino)

P41 The Impact of Reminder Systems on Rescreening Rates for Those Positive for Chlamydia and Gonorrhea in a College Health Setting
Lisa Montpetit, MAT, RN, and Ann Laros, MD (University of Minnesota)

P42 Demographic Trends in Injury-Related Emergency Department Visits Among Students in a U.S. Public University
Duc Anh Ngo, DrPH, Christopher Holstege, MD, Saumitra Rege, PhD, and Meredith Hayden, MD (University of Virginia)

P43 Healthy Campus Initiative from Kyoto University, Japan
Satoe Okabayashi, MD, MPH, DPH, Aki Yagi, Tomonari Shimamoto, BSN, MPH, DPH, Teruhisa Uwatoko, MD and Taku Iwami, MD, MPH, PhD (Kyoto University)

P44 Predicting College Students’ Mental Health Services Use with the Andersen Health Utilization Model and ACHA-NCHA II 2014-2015 Data
Meagan Pilar, MPH, CPH, and Renee Cunningham-Williams, PhD, MPE, LCSW (Washington University in St. Louis); Sha-Lai Williams, PhD, MSW (University of Missouri St. Louis)

P45 Enhancing Student Mental Health and Well-Being Through Classroom Education: Practical Strategies for Implementation
Lindsey Poquette, BS, and Erica Woekel, PhD, MS (Oregon State University)

P46 Changes in Scheduling and the Effect These Changes Have on Satisfaction Rates and Utilization of Services
Cassandra Riggs, RN, MSN, CRNP (University of Maryland Baltimore County)

P47 Attitudes Toward Health Care Needs and Utilization of a University Health Center Among LGBTQ and Non-LGBTQ College Students
Liliana Rojas-Guyler, PhD, CHES®, and Brandy Reeves, MPH, MSED, CHES® (University of Cincinnati); Joanne Brown, DNP, APRN, Keisa Fallin-Bennett, MD, and Stephanie Bennett, PhD (University of Kentucky)

P48 “Mobi” The Mobile Demonstration Kitchen: Promoting Food Security for Students at San Diego State University
Tyler Rolling, MS, RD (San Diego State University)

P49 Collegiate Recovery Communities: An Assessment of Services and Strategies Employed
Alex Russell, MA, Adam Barry, PhD and Meg Patterson, PhD (Texas A&M University)

P50 Variations in Sleep Quality of College Students Among Different Racial/Ethnic Groups
Emily Scircle, BS, CAN, and Jeffrey Kingree, PhD, MA (Clemson University)

P51 CU Boulder Model for Assisting Students with Medical Bills
Jenna Smith, Elizabeth Boland, and Rachel Vanderkuurk (University of Colorado Boulder)

P52 An App-Based Emotional Intelligence Intervention for University Student Wellbeing
Maria Sperduto, MPH (Yale University)

P53 An Evidence Based Approach to Teaching Testosterone Self-Injection to Transgender Males
Camelia Sutorius, MSN, RN (Stanford University)

P54 ACTIVE Spartans: Enhancing Students Well-being and Success Through Movement
Kristin Traskie, MPH, CHWC (Michigan State University)

P55 SAVE Lives: UBC Vancouver’s Campus Approach to Prevention and Education in the Opioid Overdose Crisis
Amanda Unruh, and Kate Kinloch, BSN (University of British Columbia)

P56 NCAA Student-Athlete Role Separation Impacts on Well-Being
Jowan Watson (Georgetown University)

P57 The Student Telecounseling Network (STCN): A Pilot Project to Deliver Online Psychiatry and Counseling to College Students
Leah Wentworth, PhD, MPH, and Marquel Bedrossian, MA (State University of New York (SUNY) System Administration)

P58 Extragenital STI Screening: Is it Worth Doing?
LaNika Wright, PhD, WHNP-BC, and Carol Locke, MSN, ANP-BC (East Carolina University)
OVERALL PURPOSE
In keeping with the ACHA Strategic Plan, the purpose of the ACHA Annual Meeting is to provide high-quality education to college health professionals, students, and other stakeholders to enhance the skills and capacities needed to advance health and build healthier campus communities.

TARGET AUDIENCE
The target audience for the ACHA Annual Meeting includes college health professionals, students and other stakeholders.

COMMERCIAL SUPPORT
At the time of printing, we have received commercial support from binx health, Gilead Sciences, Inc., GSK, Hologic, Jazz Pharmaceuticals, and Pfizer.

SPONSOR DISCLOSURES
At the time of printing, we have received general meeting sponsorship from the American College Health Foundation, Aetna Student Health, UnitedHealthcare StudentResources, Anthem, Inc., Beacon Health Options, Wellfleet Student, Academic HealthPlans, FirstRisk Advisors, GeoBlue, Relation Insurance and Southern College Health Association. See page 20-21 for a listing of meeting sponsors.

NON-ENDORSEMENT
As an Accredited Provider of Continuing Education (CE) Credits for Nursing (CNE), the Pennsylvania State Nurses Association and its respective Continuing Education accrediting organizations do not endorse any products or services that are displayed or referred to in conjunction with this activity and are not responsible for the actual presentation of content during scientific sessions.

CONFLICT OF INTEREST DISCLOSURES
Program Planning Committee: See page 20.
Speakers: See page 94.

PLANNING FOR THE ACHA 2019 ANNUAL MEETING
See page 20.

POLICY ON DISCLOSURE TO LEARNERS
See page 94.

HOW TO RECEIVE CREDIT
Participants must attend the entire session and complete the evaluation online in order to earn credit hours and obtain a CE certificate. Further instructions will be included in the registration materials you will receive on-site. All online evaluations must be submitted by July 15, 2019, to receive continuing education credit for this activity.

CHWP – There is no requirement to evaluate or log with ACHA any sessions attended at the annual meeting that are designated as qualifying electives for the College Health and Wellness Professional (CHWP) certification program. CHWP program enrollees need only attest that the required number of electives were completed prior to taking the exam. This attestation will take place in the learning management system where enrollees are completing their coursework.

ACHA guards against discrimination in selecting faculty or participants for continuing education activities, and makes every effort to maintain awareness of individual differences with respect to the following, listed in alphabetical order: age; gender identity, including transgender; marital status; physical size; psychological/physical/learning disability; race/ethnicity; religious, spiritual, or cultural identity; sex; sexual orientation; socioeconomic status; veteran status. Faculty are chosen for their expertise to meet specific needs of trainees and their availability. Faculty and participants are not asked to identify any sensitive information and no selection is made on the basis of the individual differences listed above.
ACCREDITATION STATEMENTS

CME: The American College Health Association (ACHA) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

ACHA designates this live activity for a maximum of 26 AMA PRA Category 1 credits.™ Physicians should only claim credit commensurate with the extent of their participation in the activity.

AAFP-P

AAFP: This live activity, ACHA 2019 Annual Meeting: Elevating Well-Being, with a beginning date of 05/28/2019, has been reviewed and is acceptable for up to 26 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CNE

CNE: This continuing nursing education activity was approved by the Pennsylvania State Nurses Association Approver Unit, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

CHES®/MCHES®: Sponsored by ACHA, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES®) and/or Master Certified Health Education Specialists (MCHES®) to receive up to 26 total Category 1 continuing education contact hours. Maximum advanced-level contact hours available are 25.

PsyCE: ACHA is approved by the American Psychological Association to sponsor continuing education for psychologists. ACHA maintains responsibility for this program and its content. This program has been awarded 26 hours of continuing education for psychologists.

NBCC: The American College Health Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6397. Programs that do not qualify for NBCC credit are clearly identified. ACHA is solely responsible for all aspects of the program.

NASW: This program is Approved by the National Association of Social Workers (Approval # 886508715-2619) for 26 continuing education contact hours.

CPEU: This activity has been approved by the Commission on Dietetic Registration for 26 CEUs.

AHIMA: This program has been approved for 84 continuing education units(s), with a maximum of 26 CEU(s) per participant, for use in fulfilling the continuing education requirements of the American Health Information Management Association (AHIMA). Granting prior approval from AHIMA does not constitute endorsement of the program content or its program sponsor.

ACPE: The University of Maryland School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The 2019 ACHA Annual Meeting and Pre-Conference Workshops has been approved for a total of 43 credit hours (4.3 CEUs) of continuing education targeted to pharmacists in college health ambulatory settings. Participants may earn a maximum 22.5 credit hours (2.25 CEUs) of pharmacy continuing education credit.
New this Year: Badges

This year we have added badges that will help you choose sessions based on professional development goals or themes. These badges are cross-disciplinary and do not follow a linear trajectory. In other words, there may be several concurrent sessions that all feature content that highlight ways in which technology is leveraged to enhance college health programs, and these would all receive the “technology” badge. Additionally, a single session may have multiple badges. For example, a session on meeting the health care needs of transgender and non-binary students may be assigned the “collaborative care” badge as well as the “social justice” badge.

Leadership
Sessions enhance individual leadership acumen and help prepare attendees for career advancement or excelling in senior roles.

Campus Collaborations
Sessions highlight ways in which college health programs partner with other units on campus to enhance reach and access to services or health promoting environments.

Student Involvement
Sessions celebrate ways to involve students in departmental decision making or program development and implementation.

Collaborative Care
Sessions reinforce principles of collaborative care, including interdisciplinary care (such as primary care, mental health, pharmacy, nursing, social work, nutrition, and health promotion), a student-centered holistic approach, and effective communication and intentional planning between all team members to facilitate coordinated care.

Technology
Sessions demonstrate ways in which technology is leveraged to enhance college health programs and services.

Measurement
Sessions model strong use of research, assessment, program evaluation or metrics to inform decision making or ensure adherence to evidence-based practices.

Management and Operations
Sessions have a focus on the finances, human resources, processes, procedures, services and workflow that make your services and programs run efficiently and effectively. This also includes professional development, marketing/communications, and organizational structures.

Social Justice
Sessions have a strong emphasis on meeting the needs of underserved or marginalized populations and addressing health disparities and inequities.

Toolbox
Sessions present new knowledge, strategies, models, tools, and guidelines to your toolbox. These may be clinical or public health focused, and some may increase familiarity with a particular issue impacting the health of college students.
TUESDAY EVENTS, MEETINGS, & PRE-CONFERENCE WORKSHOPS

SPECIAL EVENTS AND ADJUNCT MEETINGS

7:00 am - 6:00 pm
Registration

7:30 am - 8:45 am
Annual Meeting Program Planning Committee Training
Room: Vail
All members of the 2019, 2020, and 2021 Annual Meeting Program Planning Committees are encouraged to attend.

8:00 am - 5:00 pm
American College Health Foundation Board of Directors
Room: Directors Row F

12:00 pm - 1:15 pm
ACHA Leaders’ Appreciation Lunch
Room: Majestic Ballroom
(invitation only)

2:00 pm - 3:00 pm
Stop the Bleed Tourniquet Training
Room: Windows
See Featured Events on page 8 for more details.

5:00 pm - 5:30 pm
CHWP Participant Networking
Room: Plaza Court 5
College Health and Wellness Professional (CHWP) enrollees and graduates are invited to connect with your fellow program participants, faculty, and CHWP leadership.

ASSOCIATION MEETINGS

5:30 pm - 6:30 pm
Mid-America College Health Association Executive Committee
Room: Tower Court B
Mid-Atlantic College Health Association Executive Committee
Room: Tower Court C
Southern College Health Association Executive Committee
Room: Plaza Court 1
Administration Section Executive Committee
Room: Governor’s Square 17
Advanced Practice Clinicians Section Executive Committee
Room: Tower Court D
Clinical Medicine Section Executive Committee
Room: Governor’s Square 1
Health Promotion Section Executive Committee
Room: Governor’s Square 16
Mental Health Section Executive Committee
Room: Plaza Court 2
Pharmacy Section Executive Committee
Room: Spruce
ACHA-NCHA Advisory Committee
Room: Governor’s Square 10

6:45 pm - 7:45 pm
Central College Health Association Executive Committee
Room: Plaza Court 4
Pacific Coast College Health Association Executive Committee
Room: Governor’s Square 11
Nursing Section Executive Committee
Room: Plaza Court 3
Wellness Needs of Military Veteran Students Coalition
Room: Plaza Court 2
Connected College Health Network Committee
Room: Governor’s Square 10

Sexual Health Promotion and Clinical Care Coalition
Room: Governor’s Square 12
Student Health Insurance/Benefits Plans Coalition
Room: Governor’s Square 14
Leadership Institute Committee
Room: Plaza Court 4

SCHEDULE SUBJECT TO CHANGE. CHECK THE ACHA MOBILE APP FOR UPDATES.
Tickets are required for all pre-conference workshops, which are open to all meeting attendees (excluding spouses/partners).

9:00 AM - 12:00 PM

1. **SPSS for Non-Statisticians**
   
   **Room: Governor’s Square 12**
   
   CME:3  CNE:3  CHES:3  MCHES:3  PsyCE:3  NBCC:3  NASW:3  CPEU:3  AHIMA:3
   
   After this session, attendees should be able to:
   
   1. Discuss the key statistical concepts needed to analyze health data trends.
   2. Describe how to conduct statistical analyses using SPSS software.
   
   **Presenter(s):** Monideepa Becerra, DrPH, MPH, CHES® (California State University, San Bernardino)
   
   **Presider:** Ellen Reynolds, MS (University of Rhode Island)
   
   **Facilitator:** Darren Aaron, MSHA (Wake Forest University)

2. **Hot Topics and Evolving Practices in College Student Mental Health**
   
   **Room: Governor’s Square 15**
   
   CME:3  CNE:3  PsyCE:3  NBCC:3  NASW:3  CPEU:3
   
   After this session, attendees should be able to:
   
   1. Describe three trends in college student mental health.
   2. Describe three programs or services that address today’s college student mental health needs in an innovative way.
   3. Describe how to problem-solve challenges participants face in responding to college student mental health needs.

3. **Sports Medicine Special Testing**
   
   **Room: Governor’s Square 17**
   
   CME:3  AAFP-P:3  CNE:3  CPEU:3
   
   After this session, attendees should be able to:
   
   1. Identify common sports medicine injuries.
   2. Identify and practice various special tests.
   
   **Presenter(s):** Wendy Sheppard, MS, LAT, ATC (Bon Secours); Rishi Bala, MD, CAQSM
   
   **Presider:** Cheri LeBlanc, MD (Washington University in St. Louis)

4. **Narrative Medicine for the College Health Provider**
   
   **Room: Plaza Court 1**
   
   CME:3  AAFP-P:3  CNE:3  CHES:3  NASW:3  CPEU:3
   
   After this session, attendees should be able to:
   
   1. Define narrative medicine.
   2. Identify what narrative medicine looks like in practice.
   3. Discuss impact of storytelling elements on clinical care.
   4. Identify potential applications for narrative medicine in college health.
   
   **Presenter(s):** John Vaughn, MD (Duke University)
   
   **Presider:** Sandra Weisstein, MSN, FNP-BC (University of Central Florida)

5. **Tailoring a Comprehensive Public Health Framework to Assess the Needs of Students**
   
   **Room: Governor’s Square 11**
   
   CME:3  CNE:3  CHES:3  MCHES:3  NASW:3  CPEU:3  AHIMA:3
   
   After this session, attendees should be able to:
   
   1. Describe how the Mobilizing for Action through Planning and Partnerships (MAPP) framework was tailored to the University of Chicago’s campus to conduct their Campus Health Needs Assessment (CHNA).
   2. Explain the methods used to conduct the CHNA at the University of Chicago and participation in each phase of the process.
   3. Identify ways this framework can be tailored to other university campuses.
   4. List the student needs identified and the action plan developed to address those needs.
   
   **Presenter(s):** Julie Edwards, MHA (The University of Chicago)
   
   **Presider:** Shawnte Elbert, MCHES® (Central Washington University - Ellensburg)
   
   **Facilitator:** Lisa Ailstock, PA-C (Kalamazoo College)
### 9:00 AM - 12:00 PM (Cont.)

**6 Achieving AAAHC Accreditation for College Health, Part I**

**Room: Governor’s Square 10**

CME:3  CNE:3  CHES:3  MCHES:3  NASW:3  CPEU:3  AHIMA:3  ACPE:3 (UAN-0025-9999-19-061-L04-P)

After this session, attendees should be able to:

1. List the benefits of achieving accreditation.
2. Describe the actions necessary to prepare for an initial accreditation and for re-accreditation.
3. Describe the accreditation survey process.
4. List the core standards applicable to all organizations seeking accreditation and adjunct standards that may apply to college health.

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

**Presider:** Jane Williams (Haverford College)

**7 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**

**Room: Governor’s Square 16**

CME:3  CNE:3  CHES:3  MCHES:3  NASW:3  CPEU:3

After this session, attendees should be able to:

1. Define health promotion in higher education.
2. Describe the Standards of Practice for Health Promotion in Higher Education.
3. List resources available to assist with health promotion practice.

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

**Presider:** Katherine Lindsey, MS, CHDA (University of Florida - Gainesville)

**Facilitator:** Rosy Dub, RN (University of North Dakota)

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### 1:30 PM - 4:30 PM

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

**Room: Plaza Court 1**

CME:3  CNE:3  PsyCE:3  NBCC:3  NASW:3  CPEU:3

**After this session, attendees should be able to:**

1. Identify overcontrolled (OC) individuals through assessment.
2. Identify the different components of RODBT treatment.
3. Discuss how to practice skills from the RODBT skills class.
4. Describe how RODBT treatment can be adapted for use in a college counseling center and how preliminary research supports this adaptation.

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

**Presider:** Tina Hadaway-Mellis, RN, MBA (California Polytechnic State University)

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Curious about these? Check out page 36 for more info!
1:30 PM – 4:30 PM (cont.)

10 Nurse Leadership Seminar
Room: Governor’s Square 12
CNE:3  CPEU:3

After this session, attendees should be able to:
1. List challenges common to nursing management in college health.
2. Identify nursing management strategies to address issues.
3. Describe human resource responsibilities and requirements that are common to nurses in college health.
4. Discuss successful approaches to employee recruiting, coaching and counseling.

Presenter(s): Deborah Penoyer, MS, BSN, RN (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)

Presider: Kathy Mosteller, BSN (The University of Texas at Austin)
Facilitator: Eileen Hineline, RN-BC (Barry University)

11 Creating a Wellness Culture by Integration of Health Services, Student Affairs and the University Mission
Room: Governor’s Square 15
CME:3  CNE:3  CHES:3  MCHES®:3  NASW:3  CPEU:3  AHIMA:3

After this session, attendees should be able to:
1. Discuss the evolution of the concept of wellness in college health.
2. Identify the opportunities in developing collaborative health models.
3. Describe strategies for advancing integrated wellness initiatives on campuses.
4. Explain ways to transform college health and wellness services to promote greater integration.

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

Presider: Andrea Kimura, CHES® (University of Missouri - Columbia)
Facilitator: Tanya Rush, MBA (Morgan State University)

12 Building Healthy Campuses by Increasing Social Connectedness and Sense of Community
Room: Plaza Court 2
CME:3  CNE:3  CHES:3  MCHES®:3  NASW:3  CPEU:3

After this session, attendees should be able to:
1. Describe how proactive restorative practices (RP) align with community health and prevention frameworks.
2. Describe the relationship between social determinants of health (social connectedness, sense of community, community resilience) and priority health issues in higher education.
3. Describe how proactive RP can be a facilitating factor that affects the health status and well-being of a campus community by addressing social determinants of health.
4. Identify three ways to apply restorative practices as a prosocial primer in the individuals and campus communities with which they work.

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

Presider: Andreea Baker, MSN, RN (Concordia University)
**Tuesday Pre-Conference Workshops**

**1:30 PM – 4:30 PM (CONT.)**

14. **Psychopharmacology for Common Mental Health Conditions**

**Room: Governor’s Square 14**

CME:3  AAFP-P:3  CNE:3/2.25  PsyCE:3  NBCC:3  NASW:3  CPEU:3  ACPE:3  (UAN-0025-9999-19-064-L01-P)

After this session, attendees should be able to:

1. Describe how to assess anxiety, depression, and other mood presentations for causes and contributing factors in order to tailor their intervention.
2. Describe how to assess the acuity and severity of the presenting anxiety or mood disorder and the urgency of intervention needed.
3. Discuss medical and non-medical interventions that can be provided by primary care for interim or ongoing care.
4. Discuss the risks and benefits of common medications utilized for psychiatric illness, and best uses for them.

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

Presider: Anne Hartig, BS (University of Las Vegas-Nevada)

Facilitator: Sheryl Gamble, BS, MBA (University of Central Florida)

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

**Room: Governor’s Square 16**

CME:3  AAFP-P:3  CNE:3/1.5  CHES:3  MCHES®:3  NASW:3  CPEU:3

After this session, attendees should be able to:

1. Describe the evolution of the tobacco product landscape in recent years.
2. Discuss the patterns of electronic tobacco product use in the U.S.
3. Explain the health risks of electronic tobacco product use at the individual and population level among young people.
4. List evidence-based strategies that can be implemented to prevent and reduce all forms of tobacco product use, including electronic tobacco products, among young people.

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

Presider: Kathy Saichuk, MCHES® (Louisiana State University)

Facilitator: Joanne Brown, DNP, APRN (University of Kentucky)

16. **Achieving AAAHC Accreditation for College Health, Part II**

**Room: Governor’s Square 10**

CME:3  CNE:3  CHES:3  MCHES:3  NASW:3  ACPE:3  (UAN-0025-9999-19-063-L04-P)

After this session, attendees should be able to:

1. Identify the steps required to start the process of getting ready for accreditation.
2. Identify the eight core and applicable adjunct chapters required for accreditation compliance.
3. Discuss how other schools were able to achieve accreditation.

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

Presider: Regina Pickett, BSN, MSN (University of Houston-Clear Lake)

17. **Promoting College Student Well-Being with Coaching Initiatives**

**Room: Governor’s Square 17**

CNE:3  CHES:3  MCHES:3  PsyCE:3  NBCC:3  NASW:3  CPEU:3

After this session, attendees should be able to:

1. Differentiate between promoting mental health and providing treatment for mental illness in order to make space for coaching services as a distinct approach for supporting student success in addition to counseling services.
2. Describe the emerging trend of wellness coaching as an additive and innovative approach to student mental health promotion.
3. Describe how components of the coaching approach to mental health promotion facilitate student flourishing and thriving through transitions.
4. Discuss ideas for services, resources, and partners that can aid in the support of students on their respective campuses.

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 Toftas Phillips, Med and Makayla Davis, MA (Boston College)

Presider: Samantha Evans, MS, CHES®, CWHC (University of Florida - Gainesville)

Facilitator: April Lehrling, MS, RN-C (Southeastern Oklahoma State University)
**SPECIAL EVENTS AND ADJUNCT MEETINGS**

**7:00 am - 6:00 pm**

Registration

**7:30 am - 8:45 am**

Newcomers’ Orientation: Navigating the ACHA Annual Meeting

*Room: Grand Ballroom*

Is this your first ACHA Annual Meeting? If so, make sure you join us for this informal networking event. You’ll be surrounded by colleagues who are asking the same questions as you are. And there will be plenty of seasoned meeting veterans on-hand – who remember what their first meeting was like – to help you make the most out of your meeting experience.

**9:00 am - 9:45 am**

Orientation for Presiders and Facilitators

*Room: Majestic Ballroom*

All presiders and facilitators are strongly encouraged to attend this orientation meeting. Details regarding your responsibilities – including resources for technical assistance – will be discussed.

**9:00 am - 10:00 am**

Health Promotion Section Member Welcome Session

*Room: Governor’s Square 14*

All Health Promotion Section members are invited to this bring-your-own-breakfast gathering. Whether you are brand new to ACHA or have been coming for years, this is an opportunity for you to relax and network with other members of the section. Participants will get an opportunity to meet and connect with other HP Section members from across the country.

**9:00 am - 10:00 am**

Nursing Section Welcome Session

*Room: Governor’s Square 15*

Nurses are invited to this bring-your-own-breakfast gathering following the ACHA Newcomers’ Orientation. The “Newcomers Toolkit,” which will help you understand what it means to be a college health nurse professional, will be unveiled! Participants will meet other nurses from around the country who may be attending for the first time or who are returning to another ACHA meeting. This Welcome to the Nursing Section, will provide an opportunity to talk with the Nursing Section Executive Committee in a casual setting, and learn about ways you could become involved in ACHA.

**10:00 am - 11:45 am**

Opening General Session/Keynote Address

*Room: Plaza Ballroom*

Join your colleagues to hear Keynote Speaker Kevin Hines. See Featured Events for more information.
### Wednesday Events & Meetings (Cont.)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>11:45 am - 12:30 pm</strong></td>
<td>Industry-Sponsored Product Theater: American College Health Foundation</td>
<td>Director’s Row H</td>
</tr>
<tr>
<td></td>
<td>See pages 18-19 for more information.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Industry-Sponsored Product Theater: Gilead Sciences</td>
<td>Columbine</td>
</tr>
<tr>
<td></td>
<td>See pages 18-19 for more information.</td>
<td></td>
</tr>
<tr>
<td><strong>12:00 pm - 1:15 pm</strong></td>
<td>Students/Consumers Orientation</td>
<td>Director’s Row E</td>
</tr>
<tr>
<td></td>
<td>All students are encouraged to attend this orientation customized to meet the unique needs of students.</td>
<td></td>
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<tr>
<td></td>
<td>Industry-Sponsored Product Theater: Binx Health</td>
<td>Columbine</td>
</tr>
<tr>
<td></td>
<td>See pages 18-19 for more information.</td>
<td></td>
</tr>
<tr>
<td><strong>12:45 am - 1:30 pm</strong></td>
<td>ACHA Past Presidents’ Reception</td>
<td>Past presidents will be notified of the location</td>
</tr>
<tr>
<td></td>
<td>All ACHA past presidents are welcome and encouraged to join the current ACHA Board of Directors at this reception. Light refreshments will be served.</td>
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</tr>
<tr>
<td><strong>7:00 am - 7:45 pm</strong></td>
<td>Awards Ceremony</td>
<td>Grand Ballroom</td>
</tr>
<tr>
<td></td>
<td>Featuring the 2019 Award Recipients and Fellows.</td>
<td></td>
</tr>
<tr>
<td><strong>8:00 am - 9:30 pm</strong></td>
<td>“The Million Dollar Murder!”</td>
<td>Grand Ballroom</td>
</tr>
<tr>
<td></td>
<td>See Featured Events for more information about this interactive comedy mystery.</td>
<td></td>
</tr>
<tr>
<td><strong>7:15 pm - 8:15 pm</strong></td>
<td>HIPAA/Health Information Management</td>
<td>Governor’s Square 14</td>
</tr>
<tr>
<td></td>
<td>Discussion will include HIPAA and health information management, electronic records, coding, etc.</td>
<td></td>
</tr>
<tr>
<td><strong>12:00 pm - 1:15 pm</strong></td>
<td>Administration Section</td>
<td>Governor’s Square 15</td>
</tr>
<tr>
<td><strong>12:45 am - 1:30 pm</strong></td>
<td>Advanced Practice Clinicians Section</td>
<td>Governor’s Square 11</td>
</tr>
<tr>
<td><strong>2:15 pm - 3:15 pm</strong></td>
<td>Clinical Medicine Section</td>
<td>Governor’s Square 10</td>
</tr>
<tr>
<td><strong>7:00 pm - 7:45 pm</strong></td>
<td>Health Promotion Section</td>
<td>Governor’s Square 14</td>
</tr>
<tr>
<td><strong>7:15 pm - 8:15 pm</strong></td>
<td>Mental Health Section</td>
<td>Governor’s Square 16</td>
</tr>
<tr>
<td><strong>8:00 pm - 9:30 pm</strong></td>
<td>Nursing Section</td>
<td>Governor’s Square 12</td>
</tr>
<tr>
<td><strong>8:45 pm - 9:30 pm</strong></td>
<td>Nurse-Directed Health Services Section</td>
<td>Governor’s Square 17</td>
</tr>
<tr>
<td><strong>9:00 pm - 9:30 pm</strong></td>
<td>Pharmacy Section</td>
<td>Governor’s Row I</td>
</tr>
<tr>
<td><strong>3:30 pm - 4:30 pm</strong></td>
<td>ACHA Leadership Meeting with Board of Directors</td>
<td>Tower Court D</td>
</tr>
<tr>
<td><strong>5:15 pm - 6:00 pm</strong></td>
<td>Vaccine-Preventable Diseases Advisory Committee</td>
<td>Plaza Court 1</td>
</tr>
<tr>
<td><strong>6:00 pm - 6:45 pm</strong></td>
<td>Emerging Public Health Threats and Emergency Response Coalition</td>
<td>Plaza Court 1</td>
</tr>
<tr>
<td><strong>6:00 pm - 7:00 pm</strong></td>
<td>New York State College Health Association Executive Committee</td>
<td>Plaza Court 2</td>
</tr>
<tr>
<td><strong>6:45 pm - 7:00 pm</strong></td>
<td>North Central College Health Association Executive Committee</td>
<td>Plaza Court 3</td>
</tr>
<tr>
<td><strong>7:00 pm - 7:45 pm</strong></td>
<td>Southwest College Health Association Executive Committee</td>
<td>Plaza Court 4</td>
</tr>
<tr>
<td><strong>7:15 pm - 8:15 pm</strong></td>
<td>Rocky Mountain College Health Association Executive Committee</td>
<td>Plaza Court 5</td>
</tr>
<tr>
<td><strong>7:45 pm - 8:30 pm</strong></td>
<td>Alcohol, Tobacco, and Other Drugs Coalition</td>
<td>Governor’s Square 10</td>
</tr>
<tr>
<td><strong>8:00 pm - 8:45 pm</strong></td>
<td>Campus Safety and Violence Coalition</td>
<td>Governor’s Square 11</td>
</tr>
<tr>
<td><strong>8:15 pm - 9:00 pm</strong></td>
<td>Faculty and Staff Health and Wellness Coalition</td>
<td>Governor’s Square 17</td>
</tr>
<tr>
<td><strong>8:45 pm - 9:30 pm</strong></td>
<td>Healthy Campus Coalition</td>
<td>Governor’s Square 15</td>
</tr>
<tr>
<td><strong>9:00 pm - 9:45 pm</strong></td>
<td>Education Planning Committee</td>
<td>Governor’s Square 16</td>
</tr>
<tr>
<td><strong>7:15 pm – 8:15 pm</strong></td>
<td>Health Information Management Coalition</td>
<td>Governor’s Square 14</td>
</tr>
</tbody>
</table>

**Schedule Subject to Change. Check the ACHA Mobile App for Updates.**

43
10:00 AM - 11:30 AM

18  Keynote Address: The Art and Science of Wellness
Room: Plaza Ballroom
CME:1  AAFP-P:1  CNE:1  CHES:1  PsyCE:1  NBCC:1  NASW:1  CPEU:1

After this session, attendees should be able to:

1. Describe the personal story of one man’s struggles with mental health issues and the effectiveness of storytelling as a tool in suicide prevention and mental health advocacy.
2. Describe how one decision in a young college student’s life resulted in unexpected long-term consequences.
3. Identify key components of messaging to meet the audience’s learning needs, such as the connection between overall well-being and improved mental health.
4. Identify the steps to craft an engaging and effective narrative with a compelling call to action.

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

This session is partially sponsored by the American College Health Foundation UnitedHealthcare Student Resources Fund, Health Promotion in Higher Education Fund, and Josh Kaplan Fund for Clinical Medicine.

1:45 PM - 2:45 PM

19  Building Pathways to Effective Leadership: The Creation of an Administrative Fellowship
Room: Governor’s Square 12
CME:1  AAFP-P:1  CNE:1  CHES:1  MCHES:1  NASW:1  CPEU:1  AHIMA:1

After this session, attendees should be able to:

1. Identify good candidates for advanced leadership training.
2. Identify the internal training gaps in their own institution.
3. Describe how to create a framework for an internal leadership development program.
4. Discuss how to implement these strategies at their own institution.

Presenter(s): Joel Schwartzkopf, PA-C, MPAS, MBA, and Kathy Waller, MD, MPH (Colorado State University)
Presider: Kathy Mosteller, BSN (The University of Texas at Austin)
Facilitator: Amy Stowers, ABOC, NCLE, LDO (University of Georgia)

20  Keeping Up With Cannabis: Understand the Use, Impact and Policy Related to Oils, Dabbing and Edibles
Room: Grand Ballroom
CME:1  CNE:1/.10  CHES:1  PsyCE:1  NBCC:1  NASW:1  CPEU:1

After this session, attendees should be able to:

1. Define the various types of marijuana use.
2. Describe how different oils are used including “dabbing.”
3. Describe the impact of this use on the student body.

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)
Presider: Will Evans, MEd (Purdue University)
Facilitator: Ta-Kisha Jones, MBA, CHES, CHWC (Indiana University- Purdue University Indianapolis)
1:45 PM – 2:45 PM (cont.)

22 Antibiotic Stewardship and Public Health
Room: Governor’s Square 16
CME:1 AAFP-P:1 CNE:1/.10 CPEU:1 ACPE:1 (UAN-0025-9999-19-065-L04-P)

After this session, attendees should be able to:
1. Identify antibiotic resistance threats to public health.
2. Identify approaches to antibiotic stewardship in hospitals and nursing homes.
3. Identify approaches to antibiotic stewardship in the outpatient setting.

Presenter(s): Christopher Czaja, MD, MPH (Colorado Department of Public Health and Environment)
Presider: Valerie Kiefer, DNP, APRN, ANP-BC (University of Connecticut)
Facilitator: Sheryl Gamble, MBA (University of Central Florida)

23 Update from the ACHA Outsourcing Task Force
Room: Vail
CME:1 AAFP-P:1 CNE:1/.10 NASW:1 CPEU:1 AHIMA:1

After this session, attendees should be able to:
1. Define the terms outsourcing, co-sourcing, and management services.
2. Identify potential pitfalls in the discussion of outsourcing.

Presenter(s): Jessica Higgs, MD (Bradley University/OSF)
Presider: Tanya Rush, MBA (Morgan State University)

24 Best Practices on Improving Campus Student Influenza Vaccination Rate
Room: Governor’s Square 10
CME:1 CNE:1/.10 CHES:1 CPEU:1

After this session, attendees should be able to:
1. Identify current influenza vaccine issues and barriers to vaccination.
2. Identify current best practice vaccination success stories on campuses from current research.
3. Discuss current methods to improve vaccination rate on campus.
4. Identify what is working currently on campuses.

Presenter(s): Catherine Sharbaugh, DNP (Manhattan College); Lisa Ipp, MD (Weill Cornell Medical College)
Presider: Brooke Ravenel, LPN (SUNY Maritime College)
Facilitator: Eric Davidson, PhD (Eastern Illinois University)

25 A Campus-Wide Handwashing Campaign to Decrease the Spread of Communicable Diseases
Room: Director’s Row H
CME:1 CNE:1 CHES:1 CPEU:1

After this session, attendees should be able to:
1. Discuss the importance of interdepartmental collaboration in a campus-wide handwashing campaign.
2. Explain the rationale of proper handwashing to stop the spread of communicable disease.
3. List ways to create and implement a successful campus-wide handwashing campaign.
4. List campus community groups to assist in the implementation of the campaign.

Presenter(s): Ann Rayford, ANP-BC, CHES®, and Karen Huyghe, MA (Wayne State University/Nursing Practice Corporation)
Presider: Jackie Hop, MSN, MBA, CPN (University of Central Florida)
Facilitator: Karen Hiney, BSN (Johnson & Wales University)

26 Addressing Common Contraception Myths
Room: Governor’s Square 15
CME:1 CNE:1/.0 AAFP-P:1 CHES:1 CPEU:1

After this session, attendees should be able to:
1. List the most effective forms of contraception.
2. Explain common myths around the pill, including weight gain, adverse effect on future fertility, and adverse effect on libido and mood.
3. Discuss emergency contraception with your patients.
4. Discuss candidates for an IUD.

Presenter(s): Ann Laros, MD (University of Minnesota)
Presider: LaNika Wright, PhD, WHNP-BC (East Carolina University)
Facilitator: Vicki Schober, MD (University of Colorado Colorado Springs)
27 The ABC’s of Smoking and E-Cigarettes: What we Need to Know and Do About the Number One Addiction on Campus

Room: Majestic Ballroom

CME: 1 AAFP-P: 1 CNE: 1/30 CHES: 1 NASW: 1 CPEU: 1 ACPE: 1 (UAN-0025-9999-19-066-L01-P)

After this session, attendees should be able to:

1. Identify obstacles to tackling tobacco problems on campus, from challenges to preventing cigarette and e-cigarette use to the targeting of students by the tobacco industry.
2. Discuss common myths students believe about cigarettes, e-cigarettes, and smokeless tobacco.
3. Discuss e-cigarettes as a problem of both nicotine addiction and digital media addiction.

Presenter(s): Alan Blum, MD (University of Alabama)
Presider: Kate Nolan, MPH, CIC (The University of Texas at Austin)
Facilitator: Mary Wyandt-Hiebert, PhD, MCHES®, CWHC, CA (University of Arkansas)

This session is partially sponsored by the American College Health Foundation Josh Kaplan Fund for Clinical Medicine.

28 Importance of Revenue Cycle Management, Coding and Clinical Documentation Improvement (CDI)

Room: Governor’s Square 17

CME: 1 AAFP-P: 1 CNE: 1 CHES: 1 MCHES: 1 NASW: 1 CPEU: 1 AHIMA: 1

After this session, attendees should be able to:

1. Define revenue cycle management.
2. Differentiate between CDI and medical coding.
3. Explain the importance of having a revenue cycle management strategy.

Presenter(s): Julie Shay, MBA-HIN, BS/HIM (Sante Fe College)
Presider: Debra Beck, RN, MBA (University of Oregon)
Facilitator: Lacrissa Johansen, BS (University of North Carolina Charlotte)

29 Communicating Effectively with Parents: Striking a Balance

Room: Governor’s Square 14

CME: 1 CNE: 1 CHES: 1 MCHES: 1 PsyCE: 1 NBCC: 1 NASW: 1 CPEU: 1 AHIMA: 1

After this session, attendees should be able to:

1. Describe the important roles parents play in college student health and development.
2. Describe the connections between different kinds of parenting behaviors and college student health.
3. Discuss how to communicate effectively with parents about how to promote college student resilience.

Presenter(s): Amelia Arria, PhD (University of Maryland School of Public Health)
Presider: Kathy Carstens, BSN (Wake Forest University)
Facilitator: Darren Aaron, MSHA (Wake Forest University)

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

Room: Grand Ballroom

CME: 1 CNE: 1 PsyCE: 1 NBCC: 1 NASW: 1 CPEU: 1

After this session, attendees should be able to:

1. Describe perceptions and suppositions about the nature of student caseloads in terms of diagnostic severity, complexity, disruptiveness, treatment needs, and other aspects of client-patient demand.
2. Differentiate empirical study results that compare increased student complexity, disruptiveness, and treatment demand vs. acuity.
3. Discuss evidence-based conclusions to inform practices on home campuses.

Presenter(s): Alan Schwitzer, PhD (Old Dominion University)
Presider: Edythe Cook, MPA (American University)
Facilitator: Joyce McNeill, MN, MPH (University of Pennsylvania)
3:15 PM – 4:15 PM (cont.)

31 Self-Care for the Treatment of Infectious Diseases
Room: Governor’s Square 17
CME:1 AAFP-P:1 CNE:1/1.0 CPEU:1 ACPE:1 (UAN-0025-9999-19-067-L01-P)

After this session, attendees should be able to:
1. Describe infectious diseases that can be treated with non-prescription medications.
2. Compare non-prescription treatment options and the clinical data supporting their use.
3. Discuss patient counseling recommendations for over-the-counter treatment of infectious diseases.

Presenter(s): Lauren Biehle, PharmD (University of Wyoming)
Presider: Heidi Orth, PharmD (The University of North Carolina at Wilmington)
Facilitator: Deirdre Younger, BSPharm, MS (University of Maryland, retired)

32 Syncope in the College Student
Room: Governor’s Square 14
CME:1 AAFP-P:1 CNE:1/.10 CPEU:1

After this session, attendees should be able to:
1. Discuss presentation and differential diagnosis of syncope in the college student.
2. Define the pertinent history, physical exam and diagnostic testing necessary for syncope.
3. Discuss the present clinical guidelines and treatment of syncope, including appropriate referrals.

Presenter(s): Mary Agnes Ostick, DNP, CRNP (Villanova University)
Presider: Deborah Mathis, MSN, CRNP (University of Pennsylvania)
Facilitator: Diane Lynch, BA, MSN, APN-C (Seton Hall University)

33 The New Cross-Functional CAS Standards for Advancing Health and Well-Being
Room: Governor’s Square 16
CME:1 CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1 CHWP:1

After this session, attendees should be able to:
1. Describe the rationale behind the new CAS cross-functional framework.
2. Identify the key components of the new Preventing High Risk Behaviors and Building Healthy Campuses cross-functional CAS standards.
3. Discuss ways the cross-functional framework can be used to facilitate the process of health promotion.

Presenter(s): Gina Abrams, DrPH, EdM, LSW, MCHES® (International Institute for Restorative Practices); Alicia Czachowski, EdD, MPH, CHES® (Tulane University)
Presider: Sarah Menefee, MPH, CHES® (The College of William & Mary)
Facilitator: Joleen Nevers, MAEd, CHES®, CSE, CSES (University of Connecticut)

34 Utilizing Registered Nurse Clinics to Maximize Patient Care Services
Room: Governor’s Square 11
CME:1 CNE:1 CPEU:1 AHIMA:1

After this session, attendees should be able to:
1. List challenges faced in college health that may necessitate or encourage utilization of RN clinics.
2. Identify patient care services that may be included in RN clinics.
3. Describe factors to consider when implementing RN clinics.

Presenter(s): Ellen Goldberg, MSN, RN (East Carolina University)
Presider: Kathy Mosteller, BSN (The University of Texas at Austin)
Facilitator: Gaetana Holt, ASN (Rutgers, The State University of NJ)

35 Leadership and Collaboration for Holistic Student Well-Being
Room: Governor’s Square 15
CME:1 CNE:1 CHES:1 MCHES:1 PsyCE:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. List potential health and academic consequences related to the lack of student well-being.
2. Describe the different strategies happening in the CSU system designed to address student well-being systemically, and collaboratively.
3. Discuss framework and the development of specific strategies employed by campuses to address student well-being and improve academic success.
4. Describe how to implement strategies best suited to campus culture to prioritize student success through well-being.

Presenter(s): Denise Bevly, DrPH (California State University); Danielle Munoz, MS (Sacramento State University); and Karen Nicholson, MD, and Allison Peters, PsyD (California State University, San Marcos)
Presider: Karen Hiney, BSN (Johnson & Wales University)
Facilitator: Elizabeth Miller (Bethel University)
3:15 PM – 4:15 PM (cont.)

36 Management and Education of Opioid Overdoses
Room: Director’s Row I
CME:1  AAFP-P:1  CNE:1/.10  CHES:1  NASW:1  CPEU:1

After this session, attendees should be able to:
1. Describe how to recognize an overdose and respond appropriately.
2. Discuss how to be prepared to help someone who has overdosed.
3. Discuss how to reduce stigma regarding this issue.

Presenter(s): Kate Kinloch, RN, MA, and Amanda Unruh, BA (The University of British Columbia)
Presider: Jackie Hop, MSN, MBA, CPN (University of Central Florida)
Facilitator: Marian Vanek, MBA (University of Pittsburgh)

37 New in Women’s Health
Room: Governor’s Square 12
CME:1  AAFP-P:1  CHES:1  CPEU:1  ACPE:1 (UAN-0025-9999-19-068-L01-P)

After this session, attendees should be able to:
1. Discuss new HPV vaccine recommendations.
2. Discuss an FDA approved app for pregnancy prevention.
3. Explain how to provide appropriate emergency contraception counseling to patients.
4. Explain how to counsel patients on genital herpes.

Presenter(s): Ann Laros, MD (University of Minnesota)
Presider: Brooke Ravenel, LPN (SUNY Maritime College)
Facilitator: Diane Dawson, RN-C (Carnegie Mellon University)

38 Redefining Student Support through Centralized Administrative Services

Room: Director’s Row H
CME:1  CNE:1  CHES:1  NASW:1  CPEU:1  AHIMA:1  CHWP:1

After this session, attendees should be able to:
1. Describe the experience that a large public university went through to reorganize and realign their administrative support services.
2. Describe actions items and next steps to becoming a billing entity.

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

39 Chaperoning Sensitive Examinations: Policies, Guidelines, and Competencies
Room: Governor’s Square 10
CME:1  AAFP-P:1  CNE:1  CHES:1  CPEU:1  AHIMA:1

After this session, attendees should be able to:
1. Describe the assessment strategy to determine the current scope of student vulnerability to inappropriate healthcare exams or provider interactions.
2. List the essential elements for a comprehensive chaperone policy.
3. Describe the education materials intended to help staff carry out safe, appropriate sensitive examinations.
4. Describe reporting responsibilities for employees, evaluation of patient concerns, and appropriate escalation of concerns within an organization.

Presenter(s): Susan Ernst, MD, Lindsey Mortenson, MD, Robert Ernst, MD, and Missy Ware, MA (University of Michigan)
Presider: Joanne Brown, DNP, APRN (University of Kentucky)
Facilitator: Brandi Simpson, MA (University of North Carolina Charlotte)

40 Positioning SHIBPs to Elevate Student Health and Well-Being
Room: Vail
CME:1  CNE:1  CHES:1  CPEU:1  AHIMA:1  CHWP:1

After this session, attendees should be able to:
1. Describe strategies that can help improve equity and access.
2. Discuss inequities that exist in access to affordable and effective health insurance.
3. Describe specific considerations regarding international students.

Presenter(s): Shannon Millington, PT (University of Oregon); Maureen Cahill, BS (The Ohio State University)
Presider: Tanya Rush, MBA (Morgan State University)
Facilitator: Debra Stephens, BFA (School of the Art Institute of Chicago)
3:15 PM – 4:15 PM (CONT.)

41  The Science Behind Two Popular Diets: Ketogenic Diet and Intermittent Fasting
Room: Majestic Ballroom
CME:1  AAFP-P:1  CNE:1  CHES:1  CPEU:1

After this session, attendees should be able to:
1. Identify the history and physiology behind the ketogenic and intermittent fasting (IF) diets.
2. Discuss the health implications of each diet based upon relevant scientific research.
3. Discuss reasons why healthy weight loss requires a long-term commitment to healthy lifestyle changes in eating, physical activity and behavior.

Presenter(s): Gage Fink, BS, MACC (Southern Illinois University Carbondale)
Presider: Megan Huddleston, RN, BSN (University of Missouri)
Facilitator: Lindsay Phillips, MD, MSc (Rochester Institute of Technology)

42  Integrating Spiritual Health and Wellness into Practice
CANCELLED BY PRESENTER

43  Standards of Practice for Health Promotion in Higher Education: Updates and Application
Room: Governor’s Square 12
CME:1  CNE:1  CHES:1  MCHES:1  NASW:1  CPEU:1  CHWP:1

After this session, attendees should be able to:
1. Discuss the history of the ACHA Standards of Practice for Health Promotion in Higher Education (SPHPHE).
2. Describe how practitioners can use the ACHA SPHPHE.
3. Identify current updates in the ACHA SPHPHE.

Presenter(s): Padma Entsuah, MPH, CHES® (Columbia University) and 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)
Presider: Stephanie Galia, MPH (San Diego State University)
Facilitator: Leah Wentworth, PhD, MPH (State University of New York System Administration)

44  Collaborating Effectively Among the Health Center, Student Affairs Case Managers, and Disability Services to Address At-Risk Students
Room: Governor’s Square 15
CME:1  CNE:1  CHES:1  PsyCE:1  NBCC:1  NASW:1  CPEU:1  AHIMA:1

After this session, attendees should be able to:
1. Identify effective means for collaboration regarding medical and mental health.
2. Discuss how to improve scope of service to students.

Presenter(s): Annette Eaton, MSED, LMHC, LSW, NCC, NCAACP, Elizabeth Felic, MA, and Scott Howland, MRC (University of Notre Dame)
Presider: Lindsey Mortenson, MD (University of Michigan)
Facilitator: Evelyn Miller, BSN (Morehouse College)

45  Affecting Change with Practical Health Policy Strategies
Room: Governor’s Square 11
CME:1  AAFP-P:1  CNE:1  CHES:1  MCHES:1  NASW:1  CPEU:1  AHIMA:1  CHWP:1

After this session, attendees should be able to:
1. Discuss political strategies that will help them address a need in their community.
2. Describe ways to partner with allies to help them achieve their health policy goals.
3. Identify opponents and strategies to help mitigate their influence.

Presenter(s): Ravi Grivois-Shah, MD, MPH, MBA, FAAFP (University of Arizona Family and Community Medicine/Banner University Medical Group)
Presider: Robert Dollinger, MD (Augusta University)
Facilitator: Mary Schmidt-Owens, PhD (University of Central Florida)
4:45 PM – 5:45 PM (cont.)

46 Outcomes of a Student-Driven Comprehensive Alcohol Risk-Reduction Strategy
Room: Governor’s Square 16
CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. Identify evaluation techniques for a large scale health promotion program.
2. Discuss the importance of including students in the planning, implementation, and evaluation of health programming.
3. Describe new and innovative methods to market risk reduction strategies to students, as well as identify methods that were unsuccessful.

Presenter(s): Dawn Null, PhD, RDN, LDN (Southern Illinois University Carbondale)
Presider: Kate Nolan, MPH, CIC (The University of Texas at Austin)
Facilitator: Denise Bevly, DrPH, MA (California State University)

47 Current Trends and Gaps in Faculty and Staff Wellness Programs and Initiatives in Higher Education
Room: Governor’s Square 16
CME:1 CNE:1 CHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. Describe trends in employee wellness programs offered at universities.
2. Identify gaps of employee wellness programming at universities.

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, ATC, MCHES®, F-AAHE (Walden University)
Presider: Debra Stephens, BFA (School of the Art Institute of Chicago)

48 Marijuana...Not the Same Weed
Room: Majestic Ballroom

After this session, attendees should be able to:
1. Discuss the latest medical information on marijuana, including types, products, and potency.
2. Discuss the impact legalization has had after one year in Nevada and compare to other states with legalization.
3. Discuss data reflecting marijuana usage patterns in college students.
4. Discuss potential consequences of chronic marijuana usage.

Presenter(s): Cheryl Hug-English, MD, MPH (University of Nevada, Reno)
Presider: Sandy Riggs, MSN, CRNP (University of Maryland, Baltimore County)
Facilitator: Brooke Ravenel, LPN (SUNY Maritime College)

49 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

50 Utilizing Student Engagement and Well-Being Data to Inform Student Affairs Practice
Room: Governor’s Square 14
CNE:1 CHES:1 NASW:1 CPEU:1 AHIMA:1 CHWP:1

After this session, attendees should be able to:
1. Describe how student engagement and well-being data collectively inform student affairs practice.
2. Identify key assessment practices and technological tools required to collect and utilize student engagement and well-being data.
3. Discuss the relationship and coordination required between student affairs, information technology, and institutional research to efficiently collect and utilize student engagement and well-being data.

Presenter(s): Brittini Brown, PhD and Jacklyn Stone, MS (University of Maryland, Baltimore County)
Presider: Andrea Kimura, MEd (University of Missouri)
Facilitator: Ellen Reynolds, MS (University of Rhode Island)
51  Desensitize Yourself to Antibiotic Allergies

Room: Governor's Square 10

CME: 1  AAFP-P: 1  CNE: 1  CPEU: 1

After this session, attendees should be able to:

1. Describe how to assess the validity of an allergy label on a patient’s medical record.
2. Discuss risk of cross-reactivity within and among antibiotic classes.
3. Describe how to create an appropriate antibiotic regimen for a patient with one or more antibiotic allergies.

Presenter(s): Meghan Jeffres, PharmD (University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences)
Presider: Amy Sauls, PharmD, CPP (University of North Carolina at Chapel Hill)
Facilitator: Sheryl Gamble, MBA (University of Central Florida)

4:45 PM – 5:45 PM (cont.)

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

Room: Director’s Row I

CME: 1  AAFP-P: 1  CNE: 1  CHES: 1  PsyCE: 1  NASW: 1  CPEU: 1

After this session, attendees should be able to:

1. Describe the impact of firearm access on the health of college students.
2. Identify ways in which health care providers can address firearm safety in the clinical setting.

Presenter(s): Eric Sigel, MD (University of Colorado School of Medicine)
Presider: Karen Nicholson, MD, MPH (California State University San Marcos)

This session is sponsored by the American College Health Foundation Health Promotion in Higher Education Fund.

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

Room: Grand Ballroom

CME: 1  CNE: 1/.10  CHES: 1.5  CPEU: 1

After this session, attendees should be able to:

1. Discuss the benefits of developing sexual health nurse specialists in your clinic.
2. Describe the CDC recommended STI guidelines for asymptomatic screening and how nurses can contribute to this standard of care.
3. Describe counseling techniques that promote sensitive sexual health counseling for students of diverse sexual orientations and gender identities.

Presenter(s): Beth Kutler, FNP-C, Rachel Clark, MS, FNP-C, Stephanie Wright, RN, BSN, Henriette Rizzo, RN, and Tracy Sangprakarn, BSN (Cornell University)
Presider: Jennifer Connor-Smith, MSN, RN, CNML, PHT(ASCP) (University of Chicago)
Facilitator: Graciela Desemone, MD (University at Albany)
One of the lucky ones

She survived meningococcal disease.
Not everyone does.

While uncommon, once meningococcal disease strikes, it can cause death in 10%-15% of patients, sometimes in as few as 24 hours. Some patients consider themselves lucky to have survived. However, up to 20% of survivors suffer permanent consequences, including lost limbs, hearing loss, kidney failure, neurologic damage, and skin scarring.1-5

Adolescent patients need 2 different types of vaccines to help protect against the 5 vaccine-preventable serogroups—A, C, W, Y, and B.1

To learn more, visit the-luckyones.com.


The person depicted is a model used for illustrative purposes only.
THURSDAY EVENTS, MEETINGS, & GENERAL SESSIONS

SPECIAL EVENTS AND ADJUNCT MEETINGS

**7:00 am - 4:00 pm**
Registration

**7:00 am**
Opening Breakfast
*Room: Plaza Foyer and Governor’s Square Foyer*

**7:00 am – 4:00 pm**
Posters
More than 50 posters will be displayed in the Plaza Foyer.

**7:00 am - 8:00 am**
Open Meeting of Community College Campus Health Centers
*Room: Plaza Court 2*
Discussion will include mutual areas of interest to directors or supervisors of community college health centers.

College Health and Wellness Consulting
*Room: Plaza Court 3*
Discussion will include benefits of external reviews from seasoned veterans in college health.

Faith-Based Fellowship
*Room: Plaza Court 4*
Discussion will include topics of interest to attendees from faith-based schools and/or individuals of faith, including resources and special interest issues.

Open Meeting for Directors of Integrated Wellness Centers
*Room: Columbine*

HBCU Open Meeting
*Room: Plaza Court 5*
Discussion will include topics of interest to attendees from historically black colleges and universities (HBCU).

Travel Health Coalition Special Meeting
*Room: Director’s Row J*
Please join us for an informal gathering to meet and talk with Kristina Angelo, DO, MPH, of CDC’s Travelers Health Branch! See page 12 for more information.

**8:00 am – 5:15 pm**
Aspire: ACHA Mentoring
*Room: Windows*
THURSDAY EVENTS & MEETINGS

11:45 am – 12:30 pm  
Industry-Sponsored Product Theater: Glaxo SmithKline  
Room: Columbine  
See pages 18-19 for more information.

12:00 pm – 1:15 pm  
Registered Dietitians Networking Hour  
Room: Director’s Row J  
Discussion will include mutual areas of interest among fellow dietitians in providing care to students.

Health Promotion Section Research Committee  
Room: Director’s Row E  
The Health Promotion Section Research Committee provides research-related training and resources; technical assistance; recognition and support; and a forum for collaboration among college health promotion researchers and those interested in research and evaluation. Current members and individuals who would like to learn more about the committee are invited to bring their lunch for this meet and greet and discussion of upcoming committee projects.

12:45 am – 1:30 pm  
Industry-Sponsored Product Theater: Jazz Pharmaceuticals  
Room: Columbine  
See pages 18-19 for more information.

3:15 pm - 7:30 pm  
Exhibits  
Room: Plaza Ballroom/Exhibit Hall  
Visit more than 85 exhibitors in the Exhibit Hall.

5:30 pm - 7:30 pm  
Exhibitor Meet and Greet  
Room: Plaza Ballroom/Exhibit Hall  
Don’t miss out on this time to network informally with colleagues and exhibitors while enjoying light refreshments.

5:30 pm - 6:30 pm  
Psychiatry Fellowship  
Room: Director’s Row J  
Connect with fellow psychiatrists to discuss mutual areas of interest in providing psychiatric care to students.

5:30 pm - 7:00 pm  
Healthy Campus  
Room: Governor’s Square 10  
This session will provide an update from the Healthy Campus Leadership team about the next generation of Healthy Campus. We will provide an overview of Healthy Campus, with an introduction to the new framework, closing with a brainstorming session to collect feedback.

ASSOCIATION MEETINGS

7:00 am - 8:00 am  
JACH Consulting Editors’ Breakfast  
Room: Plaza Court 1

Travel Health Coalition  
Room: Director’s Row J

7:30 am - 10:00 am  
ACHF Meeting and Student Travel Breakfast  
Room: Director’s Row E

12:00 pm - 1:15 pm  
Central College Health Association  
Room: Vail  
Mid-America College Health Association  
Room: Governor’s Square 15

Mid-Atlantic College Health Association  
Room: Governor’s Square 17

New England College Health Association  
Room: Governor’s Square 14

New York State College Health Association  
Room: Governor’s Square 10

North Central College Health Association  
Room: Governor’s Square 16

Ohio College Health Association  
Room: Director’s Row I

Pacific Coast College Health Association  
Room: Governor’s Square 12

Rocky Mountain College Health Association  
Room: Tower Court D

Southern College Health Association  
Room: Majestic Ballroom

Southwest College Health Association  
Room: Governor’s Square 11

WELLNESS ACTIVITIES

6:00 am – 7:00 am  
Morning Mindful Yoga  
Room: Terrace

5:30 pm – 6:30 pm  
HIIT Workout  
Room: Terrace  
See Wellness Events on page 14 for more information.
54 The Importance of Brand Identity and Management in College Health

Room: Governor’s Square 15
CME:1.5  CNE:1.5  CHES:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5  CHWP:1

After this session, attendees should be able to:

1. Identify their role in brand management.
2. Describe the importance of brand management.
3. Describe a method for rapid response in crisis planning and messaging.

Presenter(s): Marlena Holden, MA (University of Wisconsin-Madison)
Presider: Deanna Sargent (Iowa State University)
Facilitator: Lacrissa Johansen, BS (University of North Carolina Charlotte)

55 Elevating Collegiate Recovery Programs: Understanding Student Needs and Employee Roles

Room: Director’s Row H
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Describe the unique needs of students in recovery within a local institution.
2. Describe the roles of student Collegiate Recovery Program employees within a local institution.
3. Discuss how the relayed information may be applied to their own institution.

Presenter(s): Nika Gueci, MA (Arizona State University, Center for Mindfulness Compassion and Resilience)
Presider: Jane Williams (Haverford College)
Facilitator: Melissa Allen, MHA, RN (Bucknell University)

56 Mental Health First Aid – Implementation of an Evidence-Based Substance Use Literacy Training Program

Room: Governor’s Square 16
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5

After this session, attendees should be able to:

1. Describe Mental Health First Aid (MHFA) in the U.S., including its evidence base and program goals, course structure and design, and approach to communicating key messages and skills development.
2. Explain how MHFA was implemented as an innovative initiative to support student mental health.
3. Identify ways to encourage cross-campus partnerships to expand the MHFA program initiative in a university setting.

Presenter(s): Betsy Schwartz, MSW (The National Council for Behavioral Health) and Julie Edwards, MHA (The University of Chicago)
Presider: Kathy Mosteller, BSN (The University of Texas at Austin)

57 Title IX’s “Responsible Employees” and the Role of College Health Care Providers

Room: Governor’s Square 17
CME:1.5  CNE:1.5  CHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5

After this session, attendees should be able to:

1. Differentiate “responsible employees” from those who are not responsible employees.
2. Explain the challenges of implementing policies related to Title IX’s responsible employees.
3. List practices that can be enacted by confidential or “privileged” employees to alleviate the gap between the stated reporting options in Title IX and practical limitations of those options.
4. Explain the need for confidential employees to actively work to reduce the gap between the stated reporting options in Title IX and practical limitations of those options.

Presenter(s): Joseph DeGaro, MBA (Adelphi University)
Presider: Tanya Rush, MBA (Morgan State University)
Facilitator: Jacqueline Johnston, PhD, ANP-C (Adelphi University)

Curious about these?

Check out page 36 for more info!
58  Concussions on Campus - Not Solely a Sideline Issue

Room: Grand Ballroom 2
CME:1.5  AAFP-P:1.5  CNE:1.5/.15  CPEU:1.5

After this session, attendees should be able to:
1. Discuss the frequency of concussions in the college age population, including those that are not related to sports.
2. Explain that concussion remains a clinical diagnosis.
3. Explain that concussions are individual, and treatment needs to be individual as well.
4. Explain how to safely return a student to play without a coach or ATC.

Presenter(s): John Breck, DO, CAQSM, and Stephanie Pascoe, PT, DPT, OCS, FAAOMPT (University of Colorado)
Presider: Sheila Westendorf, MD (The Ohio State University)
Facilitator: Rita Albert, RN (Lynn University)

59  Nursing Hot Topics

Room: Grand Ballroom 1
CNE:1.5  CPEU:1.5

After this session, attendees should be able to:
1. Discuss current trends in triage, including mental health triage, as practiced in different clinical settings.
2. Discuss the current trends, benchmarking and CDC standards for immunizations and policy and procedure writing.

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

Room: Governor’s Square 14
CME:1.5  CNE:1.5/.15  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:
1. Discuss current demographic disparities in experiencing psychological distress, and seeking support for university and other health resources.
2. Describe how to promote best practices in culturally relevant treatment for depression and anxiety.
3. Describe successful mental health programs for athletes.
4. Discuss how to integrate best practices of sport psychology and behavioral health for holistic interventions.

Presenter(s): J. Roxanne Prichard, PhD (University of St. Thomas); Alfree Brelad-Noble, PhD (Georgetown University); Will Heininger, BA (University of Michigan); John Sterling, MS (U.S. Department of Defense)
Presider: Gladys Gibbs, MD, MS (The Ohio State University)
Facilitator: Jessica Albin, LMSW, LMAC (Fort Hays State University)

61  The Stigma and Secondary Effects of the Opioid Epidemic

Room: Director’s Row I
CME:1.5  AAFP-P:1.5  CNE:1.5/.45  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  ACPE:1.5 (UAN-0025-9999-19-071-L01-P)

After this session, attendees should be able to:
1. Describe the results of an interprofessional healthcare panel on healthcare students’ understanding of the opioid epidemic and associated stigma.
2. Describe the secondary effects and unintended consequences of the opioid epidemic.

Presenter(s): Jacquelyn Hop, MSN, MBA, CPN (University of Central Florida); Pamela Stokes, MCHA, MSN, RN (Oklahoma State University)
Presider: Brooke Ravenel, LPN (SUNY Maritime College)
Facilitator: Megan Huddleston, RN, BSN (University of Missouri)

62  Evaluation and Treatment Approaches to the Overworked and Overtired Student

Room: Governor’s Square 11
CME:1.5  AAFP-P:1.5  CNE:1.5/.15  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:
1. Describe when sleep issues may be causative of a student’s fatigue.
2. Describe the psychiatric conditions most commonly associated with fatigue.
3. Discuss stress management and resilience skills and practices.

Presenter(s): Shelley Hershner, MD, FAASM; Lindsey Mortenson, MD, Mary Jo Desprez, MA, and Joy Pehlke, MEd (University of Michigan)
Presider: Robert Dollinger, MD (Augusta University)
Facilitator: Cecil Price, MD (Wake Forest University)
8:00 AM – 9:30 AM (CONT.)

63 PrEP and nPEP: Preventing HIV in Young Adults
Room: Governor’s Square 10
CME:1.5  AAFP-P:1.5  CNE:1.5/.75  CHES:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  ACPE:1.5 (UAN-0025-9999-19-072-L02-P)

After this session, attendees should be able to:
1. Identify patients who would most benefit from PrEP and/or nPEP.
2. Discuss how to counsel patients at risk for HIV acquisition on the role of PrEP and nPEP.
3. Describe how best to initiate nPEP and how to initiate and maintain patients who are on PrEP.

Presenter(s): Ravi Grivoss-Shah, MD, MPH, MBA, FAAAAH (University of Arizona Family and Community Medicine/Banner University Medical Group)
Presider: Joanne Brown, DNP, APRN (University of Kentucky)
Facilitator: Evelyn Miller, BSN (Morehouse College)

This session is partially sponsored by the American College Health Foundation Ayers/Battle/Thomas Diversity Fund.

64 A Trauma-Informed Approach to Building College Students’ Resilience
Room: Governor’s Square 12
CME:1.5  CNE:1.5  CHES:1.5  CHSE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:
1. Discuss the design of a new trauma-informed online psychoeducational universal prevention resilience program.
2. Describe why a trauma-informed approach is an important core element of the training.
3. Identify evidence-informed components of the training.
4. Explain what early data tells us about how students interact with the training.

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)
Presider: Elizabeth Parker (University of Colorado)
Facilitator: Amy Stowers, ABOC, NCLE, LDO (University of Georgia)

10:00 AM – 11:30 AM

66 Wellness Center Shark Tank: An Idea-Generating Activity to Enhance Collegiate Well-Being Outreach Programs
Room: Governor’s Square 15
CNE:1.5  CHES:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:
1. Describe the planning process required for effective health promotion programs.
2. Discuss how to create a program that will be successful at your institution from objective through evaluation.
3. Discuss the methodology behind an idea-generating “Shark Tank” or other methods of garnering buy-in from different departments.
4. Discuss the types of programs that are likely to be successful.

Presenter(s): Angela Lauer Chong, JD (Florida State University)
Presider: Ted Coleman, PhD, CHES®, MS (California State University-San Bernardino)

65 Creating a Healthy Campus is the Work of Everyone – New Approaches from Industry Experts
Room: Majestic Ballroom
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5

After this session, attendees should be able to:
1. Describe new strategies to widen your sphere of influence at every level of the organization while creating new synergies outside of your department.
2. Identify opportunities to change the paradigm from measuring return on investment to the value of investment.
3. Identify new ways to build well-being into the fabric of campus.
4. Discuss the NIRSA-NASPA-ACHA-AUCCCD Miami and Washington, DC well-being thought leader summit outcomes.

Presenter(s): Lindsay Johnson, MEd, LPC, ACS, and Allie Pearce, MA (Rowan University)
Presider: Margaret Reynolds, MPA (Tulane University)
10:00 AM – 11:30 AM (Cont.)

67 Opening the Medical Chart to Patient Review – Inviting Students to See It for Themselves
Room: Governor’s Square 16
CME:1.5  AAFP-P:1.5  CNE:1.5  CHES:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5
After this session, attendees should be able to:
1. Identify at least three types of medical information college health providers can communicate with their patients via a secure electronic web portal.
2. Identify at least three types of information student/patients can send to their college health providers via a secure electronic web portal.
3. Identify three ways electronic communication with patients can improve clinic efficiency.
Presenter(s): Emily Gibson, MD (Western Washington University)
Presider: Debra Beck, RN, MBA (University of Oregon)

68 The Journey to Revenue Cycle Management
Room: Governor’s Square 11
CME:1.5  CNE:1.5  CPEU:1.5  AHIMA:1.5  CHWP:1
After this session, attendees should be able to:
1. Identify common tools within Electronic Practice Management (EPMs) that can increase billing efficiency.
2. Explain basic revenue cycle workflows.

69 Advancing Student Well-Being and Building Healthy Campuses on Japanese and U.S. Colleges and Universities – A Joint Session of JUHA and ACHA
Room: Governor’s Square 17
CME:1.5  CNE:1.5  CHES:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5
After this session, attendees should be able to:
1. Compare the nature of college health services in Japan and the U.S. (primarily focused on Japan) and how the partnership between JUHA and ACHA contributes to the field of college health.
2. Describe examples of “Healthy Campus” and promotion of student well-being in Japan.
3. Compare issues of “Healthy Campus” in Japan and the U.S. and how promotion of student well-being has universal value across cultures.
Presenter(s): Georgia Ringle, MPH, CHWP, and Byron McCrae, PhD (Davidson College); Jason Cassidy, PhD (Furman University); Molly Weeks, PhD (Duke University); Tierra Parsons, MSW, LCSW (Johnson C. Smith University); Tom Szigethy, MA (Duke University)
Presider: Andrea Kimura, MEd (University of Missouri)
Facilitator: Jessica Albin, LMSW, LMAC (Fort Hays State University)

70 Building Resiliency: Data-Informed Interventions
Room: Governor’s Square 14
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5
After this session, attendees should be able to:
1. Describe the key Student Resilience and Well-Being Project (SRWBP) longitudinal research findings and practical applications of those findings at the four institutions.
2. Discuss the SRWBP collaborative process within each school and across the four institutions and similar collaborations for their own institution.
3. Discuss successes and failures as well as new approaches to student-resilience outreach.
Presenter(s): Georgia Ringle, MPH, and Byron McCrae, PhD (Davidson College); Jason Cassidy, PhD (Furman University); Molly Weeks, PhD (Duke University); Tierra Parsons, MSW, LCSW (Johnson C. Smith University); Tom Szigethy, MA (Duke University)
Presider: Andrea Kimura, MEd (University of Missouri)
Facilitator: Jessica Albin, LMSW, LMAC (Fort Hays State University)
**ACHA 2019 Annual Meeting Final Program**

10:00 AM – 11:30 AM (Cont.)

**71 Medical Management of Trans Healthcare**

*Room: Majestic Ballroom*

CME:1.5  AAFP-P:1.5  CNE:1.5/1.5  
CPEU:1.5  ACPE:1.5 (UAN-0025-9999-19-073-L01-P)

After this session, attendees should be able to:

1. Describe hormone management for students transitioning from male to female.
2. Describe hormone management for students transitioning from female to male.
3. Discuss use of other medications involved in transition.
4. Identify resources available for reference.

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

**Presider:** Brenda Higgins, EdD, MSN, APRN-BC (Truman State University)

**Facilitator:** Heidi Orth, PharmD (University of North Carolina at Wilmington)

**72 Ethical Principles and Practices Applied to College Health**

*CANCELLED BY PRESENTER*

**73 Medical Grand Rounds: Case Presentation and Discussion**

*Room: Governor’s Square 10*

CME:1.5  AAFP-P:1.5  CNE:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Identify how to approach difficult unknown case presentations.
2. List differential diagnoses for unknown case presentations.

**74 Illnesses Acquired by U.S. Student Travelers**

*Room: Grand Ballroom 1*

CME:1.5  AAFP-P:1.5  CNE:1.5  CHES:1.5  
CPEU:1.5  ACPE:1.5 (UAN-0025-9999-19-074-L01-P)

After this session, attendees should be able to:

1. Describe the current deficits in the literature regarding illnesses acquired by students traveling internationally.
2. List illnesses (including infectious diseases and syndromes) acquired by student travelers.
3. Identify specific infectious disease risks to specific populations of students.
4. Discuss ways to better prepare students to avoid infectious diseases while abroad.

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

**Presider:** LaNika Wright, PhD, WHNP-BC (East Carolina University)

**Facilitator:** Deborah Mathis, MSN, CPRN (University of Pennsylvania)

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

*Room: Governor’s Square 12*

CME:1.5  AAFP-P:1.5  CNE:1.5/.45  
CPEU:1.5

After this session, attendees should be able to:

1. Describe the pathophysiology of both primary and secondary dysmenorrhea and menorrhagia.
2. List ways to appropriately assess and treat dysmenorrhea and menorrhagia.
3. Describe the impact of menstrual problems on students’ lives.
4. Discuss the potential impact of free menstrual product availability.

**Presenter(s):** Alexandra Hall, MD (University of Wisconsin-Stout); Beth Kutler, FNP, ANP-BC (University of Connecticut)

**Presider:** Valerie Kiefer, DNP, APRN, ANP-BC (University of Connecticut)

**Facilitator:** Deborah Mathis, MSN, CPRN (University of Pennsylvania)
4. Discuss the importance of utilizing technology to collect student health related behaviors to proactively develop outreach programming and campus initiatives, while maintaining student confidentiality.

Presenter(s): Janelle Patrias, MSW (Colorado State University)
Presider: Joel Schwartzkopf, PA-C, MPAS, MBA (Colorado State University)

79 Building an Interdisciplinary Concussion Team at Your Health Center

Room: Governor’s Square 17
CME:1.5 AAFP-P:1.5 CNE:1.5 PsyCE:1.5 NBCC:1.5 CPEU:1.5 AHIMA:1.5

After this session, attendees should be able to:
1. Identify resources needed to build concussion teams.
2. Describe how to create infrastructure development, education, and outreach.
3. Describe how to integrate academic research with your concussion team.
4. Discuss how to develop educational programming.

Presenter(s): Tracy Casault, DO, CAQSM, Annie Sirotiak, PT, DPT, OCS, and Theresa Hernández, PhD (University of Colorado, Boulder)
Presider: P. Hunter Spotts, MD (Duke University)

This session is sponsored by the American College Health Foundation Health Promotion in Higher Education Fund.
1:45 PM – 3:15 PM (cont.)

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

Room: Majestic Ballroom
CME:1.5  AAFP-P:1.5  CNE:1.5/.75  CHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  ACPE:1.5 (UAN-0025-9999-19-075-L01-P)

After this session, attendees should be able to:
1. Differentiate between immune and non-immune mediated food allergies.
2. Discuss food allergy diagnosis and treatment options.
3. Describe appropriate food allergy management for the on-campus student.
4. Identify reasonable and appropriate accommodations for the food allergic student.

Presenter(s): S. Shahzad Mustafa, MD, FAAAAI (Rochester Regional Health System)
Presider: Joanne Brown, DNP, APRN (University of Kentucky)
Facilitator: Lindsay Phillips, MD, MSc (Rochester Institute of Technology)

This session is partially sponsored by the American College Health Foundation Josh Kaplan Fund for Clinical Medicine and Professional Nursing Fund.

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

Room: Grand Ballroom 2
CME:1.5  AAFP-P:1.5  CNE:1.5/.75  CHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  ACPE:1.5 (UAN-0025-9999-19-076-L01-P)

After this session, attendees should be able to:
1. Differentiate the sleep patterns of students who do not prioritize sleep from those students struggling with insomnia.
2. Discuss the pros and cons of starting pharmacologic therapy for insomnia.
3. Describe the treatment effects of commonly used hypnotics.
4. Describe the management of delayed sleep wake phase disorder.

Presenter(s): Shelley Hershner, MD, FAASM (University of Michigan)
Presider: Jessica Albin, LMSW, LMAC (Fort Hays State University)
Facilitator: Deirdre Younger, BSPharm, MS (University of Maryland, retired)

82 Developing Wellness Coaching Programs for Academic Success

Room: Governor’s Square 11
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:
1. Describe features of national, college-based wellness coaching programs.
2. Describe the components of an effective, award winning wellness coaching program within higher education.
3. Describe how to design a framework for a wellness coaching program at their home institution.

Presenter(s): Jennifer Kennymore, MPH, CHES®, CWHC, Samantha Evans, MS, CHES®, CWHC, and Sara Ryals, MS, CHES®, CWHC (University of Florida)
Presider: Ken Pittman, MHA, FACHE (University of North Carolina at Chapel Hill)
Facilitator: Ta-Kisha Jones, MBA, CHES, CHWC (Indiana University-Purdue University Indianapolis)

83 Managing Chronic Mental Illness in College: Preliminary Results of a Survey by the ACHA Mental Health Task Force

Room: Governor’s Square 12
CME:1.5  CNE:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:
1. Describe data showing an increase in requests for mental health services from college health and counseling centers.
2. Discuss preliminary results of a national survey of schools’ approaches to students with serious mental illness.
3. Discuss potential next steps.

Presenter(s): Marta Hopkinson, MD (University of Maryland, College Park)
Presider: Lindsey Mortenson, MD (University of Michigan)
Facilitator: Marian Vanek, MBA (University of Pittsburgh)
1:45 PM – 3:15 PM (cont.)

84 Orienting New Professionals to the Changing Landscape of ATOD Prevention
Room: Director’s Row I
CNE:1.5 CCHS:1.5 NASW:1.5 CPEU:1.5

After this session, attendees should be able to:
1. Discuss ways to reorient new professionals to the critical processes of ATOD prevention.
2. Identify tools and strategies widely accepted in the field of college ATOD prevention that they can use to enhance the orientation of new professionals.
3. Discuss current trends in ATOD data.
4. Discuss the changing demographics of college students and substance use.

Presenter(s): Tom Hall, PhD (University of Central Florida); Mickey Irizarry, MPH (American University)
Presider: Eric Davidson, PhD (Eastern Illinois University)
Facilitator: Hope Hickerson, MA, MCHES, NCC (Louisiana State University)

85 What Makes a Good College Health Center and Healthy Campus Environment: The Student’s Perspective
Room: Grand Ballroom 1
CME:1.5 CNE:1.5 CCHS:1.5 NASW:1.5 CPEU:1.5 AHIMA:1.5 CHWP:1

After this session, attendees should be able to:
1. Describe student opinions on the pros and cons of college health centers as they currently exist.
2. Identify student expectations regarding campus health related programs and events.
3. Identify student expectations regarding college health centers.
4. Identify modifications to be made in the learners own health center and campus.

Presenter(s): Krystalyn Martin, BA (Emory University); Nola Elliffe (Emerson College); Omar Vayani (University of Texas at Austin); Brenna Fitzmaurice (Montclair State University)
Presider: Lisa Ailstock, PA-C (Kalamazoo College)
Facilitator: Kathy Carstens, RN (Wake Forest University)

86 Mindful Self-Care for College Health Professionals
Room: Governor’s Square 14
CME:1.5 CNE:1.5 CCHS:1.5 NBCC:1.5 NASW:1.5 CPEU:1.5

After this session, attendees should be able to:
1. Define mindfulness as it relates to stress management and self-care.
2. Describe benefits of self-care.
3. Identify short- and long-term strategies for dealing with day-to-day stress.

Presenter(s): Ted Coleman, PhD, CHES®, MS (California State University, San Bernardino)
Presider: Margaret Reynolds, MPA (Tulane University)
Facilitator: Lorri Castro-Zenoni, DrPh (Salt Lake Community College)

87 The Importance of Information Governance in Healthcare
Room: Director’s Row H
CME:1.5 CNE:1.5 CCHS:1.5 NASW:1.5 CPEU:1.5 AHIMA:1.5

After this session, attendees should be able to:
1. Define Information Governance (IG).
2. Differentiate between informatics and data analytics.
3. Explain the importance of having an IG strategy.

Presenter(s): Julie Shay, MBA-HIN, BS/HIM (Sante Fe College)
Presider: Darren Aaron, MSHA (Wake Forest University)
Facilitator: Ellen Reynolds, MS (University of Rhode Island)

88 Advancing the Use of Telemental Health with Diversified Student Populations
Room: Governor’s Square 16
CME:1.5 CNE:1.5 CCHS:1.5 PsyCE:1.5 NBCC:1.5 NASW:1.5 CPEU:1.5 AHIMA:1.5

After this session, attendees should be able to:
1. Compare the pros and cons of the current efficacy literature.
2. Describe the importance of telemental health guidelines.
3. Identify potential use-case solutions for varied student population.
4. Describe steps to implement services.

Presenter(s): Matt Mishkind, PhD (Johnson Depression Center/Steven A. Cohen Military Family Clinic; University of Colorado School of Medicine)
Presider: Bryant Ford, PhD (Dartmouth College)
Facilitator: Denise Bevly, DrPH, MA (California State University)

This session is sponsored by the American College Health Foundation Ayers/Battle/Thomas Diversity Fund.
3:45 PM – 5:15 PM

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

**Room: Grand Ballroom 1**

CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Define resilience and its importance to health and wellness.
2. Describe how to pilot, design, and implement a resilience workshop for college students, administrators, and professional colleagues.
3. Discuss how to empirically evaluate their workshops.

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

**Presider: Jacqueline Johnston, PhD, ANP-C (Adelphi University)**

**Facilitator: Jill de Graauw, BSN, MSN (Austin Peay State University)**

**90 Eyelid Lesions and More**

**Room: Governor’s Square 12**

CME:1.5  AAFP-P:1.5  CNE:1.5/.75  CPEU:1.5

After this session, attendees should be able to:

1. Describe common eyelid problems.
2. List the current treatments for common eyelid problems.
3. Describe when antibiotics are needed.

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

**Presider: Todd Zoltan, MS, JD (University of California, Los Angeles)**

**Facilitator: Sarah Wilder, APRN, MSN, MEd (University of Cincinnati)**

**91 Innovations in Open Access to Contraception Through Telehealth Services**

**Room: Governor’s Square 10**

CME:1.5  AAFP-P:1.5  CNE:1.5  CHES:1.5  CPEU:1.5  AHIMA:1.5

After this session, attendees should be able to:

1. Identify strategies to improve contraception access on college campuses.
2. Identify the benefits of telehealth for contraception for students and providers and health systems.
3. Describe implementation strategies for open access telehealth services at their health center.

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

**Presider: Amy Sauls, PharmD, CPP (University of North Carolina at Chapel Hill)**

**Facilitator: Heidi Orth, PharmD (University of North Carolina at Wilmington)**

**92 Counseling and Outreach Programming Initiatives - Creating Single Servings**

**Room: Governor’s Square 17**

CNE:1.5  CHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Discuss counseling center outreach efforts and ways to expand outreach activities and improve outreach delivery skills.
2. Identify strategies to create outreach programs that incorporate the marketing and promotion of mental health and wellness.

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

**Presider: Deanna Sargent, BBA (Iowa State University)**

**93 Hot Topics in JCAHO and AAAHC Accreditation**

**Room: Governor’s Square 14**

CME:1.5  CNE:1.5  CHES:1.5  CPEU:1.5  AHIMA:1.5  CHWP:1

After this session, attendees should be able to:

1. List resources needed to update policies and procedures for the administrative, risk management, safety, infection prevention, and other ancillary standards for AAAHC and the Joint Commission.
2. Discuss performance improvement (PI) and quality improvement (QI) as it relates to accreditation.

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

**Presider: Jennifer Connor-Smith, MSN, RN, CNML, PHT(ASCP) (University of Chicago)**

**Facilitator: Brandi Simpson, MA (University of North Carolina Charlotte)**
3:45 PM – 5:15 PM (Cont.)

94 Interactive Introduction to the SAMHSA Strategic Prevention Framework
Room: Director’s Row I
CME:1.5 CNE:1.5 CHES:1.5 MCHES:1.5 NASW:1.5 CPEU:1.5 AHIMA:1.5 CHWP:1

After this session, attendees should be able to:
1. Define what the Strategic Prevention Framework (SPF) is.
2. List steps of the planning phase of the SPF process.
3. List three resources for more information about the SPF process.

Presenter(s): Kitra Nelson, CPP (Minnesota State Community and Technical College); Alli Fast, BA (Minnesota State Community and Technical College)
Presider: Judi Voelz, MD (New Mexico State University)
Facilitator: Brooke Ravenel, LPN (SUNY Maritime College)

95 A Multidisciplinary Approach to Implementing a Mental Health Curriculum to Increase Student Awareness and Coping
Room: Governor’s Square 11
CME:1.5 CNE:1.5 CHES:1.5 MCHES:1.5 PsyCE:1.5 NBCC:1.5 NASW:1.5 CPEU:1.5

After this session, attendees should be able to:
1. Identify the unmet mental health needs of college students.
2. Describe the development of a multidisciplinary, cross-division university team to address college student mental health.

97 An Integrated Approach to Vaccine Education for the College Campus
Room: Governor’s Square 15
CME:1.5 AAFP-P:1.5 CNE:1.5/.45 CHES:1.5 CPEU:1.5 ACPE:1.5 (UAN-0025-9999-19-077-L06-P)

After this session, attendees should be able to:
1. Describe how altering the immunization schedule may adversely affect a vaccine’s efficacy in a population.
2. Identify strategies to improve immunization rates of vaccine hesitant students.
3. Describe how regional and local vaccine hesitancy might inform policies for improving the public health of a college campus.
4. Discuss the importance of handling vaccines properly.

Presenter(s): LaToya Braun, PhD, Stephanie James, PhD, MBA, Robert Haight, PhD, Christine Feltman, PharmD (Regis University)
Presider: Lisa Ailstock, PA-C (Kalamazoo College)
Facilitator: Sheryl Gamble, MBA (University of Central Florida)
3:45 PM – 5:15 PM (Cont.)

98 The Microbiome: Implications for Human Health
Room: Grand Ballroom 2
CME:1.5  AAFP-P:1.5  CNE:1.5/.15
CHES:1.5  CPEU:1.5  ACPE:1.5 (UAN-0025-9999-19-078-L01-P)

After this session, attendees should be able to:
1. Describe what is meant by the term microbiome and how it is studied.
2. List the functions that the microbiome performs in a healthy human.
3. Discuss the current state of research on the microbiome as it relates to digestive, metabolic, immune, and mental health.

Presenter(s): Alexandra Hall, MD (University of Wisconsin-Stout)
Presider: David McBride, MD (University of Maryland-College Park)
Facilitator: Vicki Schober, MD (University of Colorado Colorado Springs)

99 Getting Published in the Journal of American College Health
Room: Governor’s Square 16
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5
PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:
1. Discuss the process for submitting a manuscript through Manuscript Central.
2. Define common shortcomings of scientific journal submissions and how to avoid them.

Presenter(s): Teri Aronowitz, PhD, APRN, FNP-BC, FAAN (University of Massachusetts Boston), Rachel Wilson, MS (Taylor & Francis Group)
Presider: Dawn Null, PhD, RDN, LDN (Southern Illinois University Carbondale)
FRIDAY EVENTS, MEETINGS, & GENERAL SESSIONS

SPECIAL EVENTS AND ADJUNCT MEETINGS

7:00 am - 6:00 pm
Registration

7:00 am
Continental Breakfast with Exhibitors
Room: Plaza Ballroom/Exhibit Hall

7:00 am - 8:00 am
Rising Leader Coffee Hour
Room: Columbine
Speak with current ACHA leaders about their roles within ACHA, and learn how you can get more involved with the association.

Sports Medicine Coalition
Room: Director’s Row J
Discussion will include educational gaps for future meetings and structures for athletic care on campus.

Lookout Mountain Group
Room: Vail

7:00 am - 4:00 pm
Exhibits and Posters
Visit more than 85 exhibitors in the Exhibit Hall. Posters will be on display in the Plaza Foyer.

12:00 pm - 1:15 pm
Dorosin Memorial Lecture
Room: Grand Ballroom
See Featured Events for more information. (Note that you may bring a lunch with you.)

Pharmacy Section Gathering
Room: Director’s Row J
Bring your lunch and talk with your colleagues about current issues in college health pharmacy.

6:15 pm - 7:00 pm
Assembly of Representatives
Room: Columbine
If you are a qualified voting member of ACHA, plan to attend the 2019 Assembly of Representatives and help shape the governance of ACHA by voting on recommended bylaws amendments. You’ll also hear reports from the ACHA CEO and treasurer, plus the ACHF Chair. In addition, the incoming ACHA President will give an address.

ASSOCIATION MEETINGS

7:00 am - 8:00 am
LGBTQ+ Health Coalition
Room: Director’s Row E

12:00 pm - 1:15 pm
Student’s Consumers Section
Room: Director’s Row E

9:00 pm - 10:00 pm
AA/Al Anon Open Meeting
Room: Director’s Row E

WELLNESS ACTIVITIES

6:00 am - 7:00 am
Morning Meditation
Room: Terrace

6:00 am - 7:00 am
Meditation: It’s Not What You Think
Room: Governor’s Square 10

6:00 pm - 7:00 pm
HIIT Workout
Room: Terrace
See Wellness Events on page 14 for more information.
Implementing a Response to an Infectious Disease Outbreak

Room: Grand Ballroom 1

CME:1.5  AAFP-P:1.5  CNE:1.5/.45  CHES:1.5  NASW:1.5  CPEU:1.5  CHWP:1

After this session, attendees should be able to:

1. Describe the formation and management of an infectious disease outbreak response team.
2. Describe the successful development of a communication plan to provide important infectious disease outbreak related information.
3. Identify necessary elements for successful implementation of mass vaccine clinics in coordination with local, state, and national public health officials.
4. Describe potential barriers to outbreak management and identify tools to overcome these barriers.

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)

Presider: Ann Simmons, BSN-RN-C (James Madison University)

Facilitator: Linda Jones, BSN (Texas Woman’s University)

Together We Move: Strategies to Improve Student Physical Activity

Room: Governor’s Square 10

CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Describe the critical need to improve student health behaviors.
2. Explain research findings exploring students’ experiences participating in a socially structured university physical activity program.
3. Identify at least one strategy from the presented program that could facilitate socially structured physical activity programming on the attendee’s home campus.

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

Presider: Eileen Hineline, MS, RN-BC (Barry University)

A Disability Justice Framework for Elevating Well-Being

Room: Director’s Row I

CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5  CHWP:1

After this session, attendees should be able to:

1. Describe intentional inclusion.
2. Explain disability justice.
3. Identify three domains that support academic success for disabled students.
4. Identify how our own experiences and values affect our understanding and application of disability inclusion and disability justice principles and practices.

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

Presider: Joleen Nevers, MAEd, CHES®, CSE, CSES (University of Connecticut)

Facilitator: Padman Entsuah, MPH, CHES® (Columbia University)
8:00 am – 9:30 am (cont.)

105 Electrocardiographic Interpretation in Athletes
Room: Governor’s Square 12
CME:1.5 AAFP-P:1.5 CNE:1.5 CPEU:1.5
After this session, attendees should be able to:
  1. Describe appropriate interpretation of an athlete’s electrocardiogram.
  2. Identify pathologic findings on an athlete’s electrocardiogram.
  3. Differentiate normal variants from pathologic ones on an athlete’s electrocardiogram.
Presenter(s): Donald Kreuz, MD, FACC (Columbia University)
Presider: Lori Dewald, EdD, ATC, MCHES®, F-AAHE (Walden University)

106 College Travel Health and Well-Being: Essentials, Surprises, and Creative Approaches
Room: Majestic Ballroom
CME:1.5 AAFP-P:1.5 CNE:1.5/.15 CHES:1.5 NBCC:1.5 NASW:1.5 CPEU:1.5
After this session, attendees should be able to:
  1. Describe at least three essentials of providing comprehensive and effective travel health care to college students.
  2. Discuss the significance of mental health issues as they relate to college student international travel.
  3. Explain the significance of accidents and risk-taking for traveling college students.
Presenter(s): Catherine Ebelke, PA-C, CTH (Montana State University)
Presider: Doreen Perez, DNP, RN BC (University of North Florida)
Facilitator: Lisa Ailstock, PA-C (Kalamazoo College)

107 Red Flags of Fraudulent Prescriptions and Diversion Trends
Room: Governor’s Square 17
CME:1.5 AAFP-P:1.5 CNE:1.5/1.5 CHES:1.5 CPEU:1.5 ACPE:1.5 (UAN-0025-9999-19-079-L03-P)
After this session, attendees should be able to:
  1. Identify controlled substance prescriptions red flags.
  2. Discuss the corresponding responsibility concerning a prescription.
  3. Discuss trends in controlled substance diversion.
Presenter(s): Dan McCormick (Drug Enforcement Administration)
Presider: Heidi Orth, PharmD (University of North Carolina at Wilmington)
Facilitator: Sheryl Gamble, MBA (University of Central Florida)

108 Action Collaborative Approach to Efficiently Expanding the Definition of Campus Well-Being
Room: Governor’s Square 14
CME:1.5 CNE:1.5 CHES:1.5 NBCC:1.5 NASW:1.5 CPEU:1.5
After this session, attendees should be able to:
  1. Describe how to identify and prioritize components of campus well-being.
Presenter(s): Julie Nicknair-Keon, MA (New England College); Hannah Kuehl, MA (Oregon State University-Cascades); Laura Anderson, MSN, BSN and Tara Strong, MEd (New England College)
Presider: Robert Dollinger, MD (Augusta University)
Facilitator: Evelyn Miller, BSN (Morehouse College)
110 Lessons Learned from Hurricane Florence: Were We Really Prepared?

Room: Governor’s Square 16

CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Describe what plans and beliefs were in place at UNCW as preparations were being made.
2. Differentiate between what we anticipated (the plan) and what actually happened.
3. Describe the short- and long-term effects on the students, faculty, and staff – some expected and some unexpected.
4. Identify the areas of their own emergency preparedness plans that may need to be updated.

Presenter(s): Katrin Wesner-Harts, EdD, MS, and Mark Perez Lopez, PhD (University of North Carolina at Wilmington)
Presider: Kathy Carstens, RN (Wake Forest University)
Facilitator: Darren Aaron, MSHA (Wake Forest University)

111 Legal, Risk Management and Emerging Issues in Higher Education

Room: Governor’s Square 11

CME:1.5  CNE:1.5  CHES:1.5  PsyCE:1.5  NBCC:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Describe recent (proposed) changes in legislation that impact higher education
2. Discuss ethical dilemmas related to risk management and exposure issues.

Presenter(s): Valerie Kiefer, DNP, APRN, ANP-BC (University of Connecticut)
Presider: Deborah Mathis, MSN, CRNP (University of Pennsylvania)
Facilitator: Marian Vanek, MBA (University of Pittsburgh)

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

Room: Director’s Row I

CME:1.5  AAFP-P:1.5  CNE:1.5/.45  CPEU:1.5

After this session, attendees should be able to:

1. Describe how to incorporate an antibiotic stewardship program into a college health center.
2. Describe how to incorporate an evidence-based peer review process for utilization by college health providers.
3. Identify ways to incorporate evidence-based guidelines when prescribing antibiotics.
4. Discuss common diagnoses and antibiotics that are utilized in primary care and college health.

Presenter(s): W. Scott Lewis, MS, JD (TNG, LLC)
Presider: Bryant Ford, PhD (Dartmouth College)

113 Constructing Pathways for Student Veteran Wellness

Room: Vail

CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Describe effective and collaborative best practices for student veteran transition to campus.
2. Describe challenges to student veteran wellness.
3. Describe unique wellness strategies for veteran/military students within the Social Ecological Framework.
4. Discuss how to create a veteran/military wellness task force to begin building a campus/community support network.

Presenter(s): Phillip Morris, PhD, Lisa Barker, PhD, Jesie Steffes, MA, LPC, and Anthony Lewis, BA (University of Colorado Colorado Springs)
Presider: Jennifer Kennymore, MPH (University of Florida)

114 Is Your Practice a True Safe Zone?

Room: Director’s Row H

CME:1.5  CNE:1.5  CHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Define a Safe Zone.
2. Describe the impact of Safe Zones.
3. Identify strategies to create a Safe Zone.

Presenter(s): Amy Cavanaugh, PhD, LP, HSP-P, and Rebecca Rampe, PsyD, LP, HSP-P (University of North Carolina Wilmington)
Presider: Erica Bumpurs, BS (Sam Houston State University)
115 Allergen Immunotherapy: Various Types, Indications, Effectiveness and Safety
Room: Governor’s Square 15
CME:1.5 AAFP-P:1.5 CNE:1.5/.15 CPEU:1.5 ACPE:1.5 (UAN-0025-9999-19-081-L01-P)

After this session, attendees should be able to:
1. Discuss how to accurately diagnose allergic conditions.
2. Describe current management of allergic conditions.
3. Discuss novel and future therapies for allergic conditions.
4. Discuss topics of interest to participants.
Presenter(s): S. Shahzad Mustafa, MD, FAAAAI (Rochester Regional Health System)
Presider: Charlotte Katzin, RN, BSN (University of Texas at Austin)
Facilitator: Jackie Hop, MSN, MBA, CPN (University of Central Florida)

This session is partially sponsored by the American College Health Foundation Professional Nursing Fund.

116 Counseling Center Retention and Graduation Rates
Room: Governor’s Square 12
CNE:1.5 CHES:1.5 PsyCE:1.5 NBCC:1.5 NASW:1.5 CPEU:1.5 CHWP:1

After this session, attendees should be able to:
1. Discuss research related to retention and graduation rates.
2. Explain how to measure retention rates and graduation rates for your office.

117 An Overview of Tick Borne Viral Diseases
Room: Governor’s Square 16
CME:1.5 AAFP-P:1.5 CNE:1.5/.15 CPEU:1.5

After this session, attendees should be able to:
1. List ticks most commonly implicated in tick-borne viral illness.
2. Describe the Heartland virus presenting signs and symptoms.
3. Describe the biphasic fever that may be associated with Colorado Tick Fever.
Presenter(s): Michael Deichen, MD, MPH (University of Central Florida); Chris Gregory, MD (Centers for Disease Control and Prevention)
Presider: Cheri LeBlanc, MD (Washington University in St. Louis)

118 Current Management Strategies for Upper Respiratory Infections
Room: Governor’s Square 14
CME:1.5 AAFP-P:1.5 CNE:1.5/.45 CPEU:1.5 ACPE:1.5 (UAN-0025-9999-19-082-L01-P)

After this session, attendees should be able to:
1. Discuss sinusitis guidelines.
2. Describe use of steroids for pharyngitis.
3. Discuss current research regarding zinc for colds.

Presenter(s): Jessica Simmons, MD, and Meredith Hayden, MD (University of Virginia)
Presider: Graciela Desemone, MD (University at Albany)
Facilitator: Deirdre Younger, BSPharm, MS (University of Maryland, retired)
120 Managing Risk: How to Develop a Billing and Reimbursement Compliance Plan

**Room:** Governor’s Square 17

**CME:**1.5  **AAFP-P:**1.5  **CNE:**1.5  **CHES:**1.5  **MCHES:**1.5  **NASW:**1.5  **CPEU:**1.5  **AHIMA:**1.5

- **Presenter(s):** Mary Hoban, PhD, MCHES® (American College Health Association) and Alyssa Lederer, MPH, PhD, MCHES® (Tulane University)
- **Presider:** Mary Schmidt-Owens, PhD (University of Central Florida)

After this session, attendees should be able to:

1. Explain what a compliance plan is and why it is essential to develop a voluntary compliance plan.
2. Describe seven elements of a compliance plan and how to incorporate a billing and reimbursement plan into the program.
3. Discuss how to develop policies and procedures in the billing and reimbursement compliance plan.
4. Discuss an initial assessment to uncover potential vulnerabilities.

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121 Introducing the ACHA-NCHA III

**Room:** Governor’s Square 11

**CME:**1.5  **CNE:**1.5  **CHES:**1.5  **MCHES:**1.5  **PsyCE:**1.5  **NBCC:**1.5  **NASW:**1.5  **CPEU:**1.5  **AHIMA:**1.5

- **Presenter(s):** Karen Wendel, MD, Oluyomi Obafemi, MD, MPH, and Allison Finkenbinder, MSN, WHNP-BC (Denver Public Health)
- **Presider:** P. Hunter Spotts, MD (Duke University)
- **Facilitator:** Maria Fletcher, MD (Butler University)

After this session, attendees should be able to:

1. Explain the process used to develop the ACHA-NCHA III.
2. Identify new measures and revisions made to the ACHA-NCHA III.

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122 Collaborative Leadership to Collaborative Care: Evolution of Mental Health Services in a Student Health Center

**Room:** Governor’s Square 10

**CME:**1.5  **AAFP-P:**1.5  **CNE:**1.5  **CHES:**1.5  **MCHES:**1.5  **PsyCE:**1.5  **NBCC:**1.5  **NASW:**1.5  **CPEU:**1.5  **AHIMA:**1.5

After this session, attendees should be able to:

1. Discuss how to think about mental health services access in a new way.
2. Describe how to implement simple tools for real time communication.
3. Discuss the need for closing the communication loop and tools for doing so.

**Presenter(s):** Lindsay Phillips, MD, MSc, and David Reetz, PhD, MA (Rochester Institute of Technology)

**Presider:** Lindsey Mortenson, MD (University of Michigan)

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123 Introducing the ACHA-NCHA III

**Room:** Governor’s Square 11

**CME:**1.5  **CNE:**1.5  **CHES:**1.5  **MCHES:**1.5  **PsyCE:**1.5  **NBCC:**1.5  **NASW:**1.5  **CPEU:**1.5  **AHIMA:**1.5

After this session, attendees should be able to:

1. Discuss national and regional trends of STDs in college age people.
2. Discuss emerging STD issues related to antibiotic resistance, new diagnostics, PEP and PrEP and vaccine development.
3. Describe typical and atypical clinical presentations of STDs and related dermatologic conditions.
4. Discuss clinical management of challenging STD cases in college health settings.

**Presenter(s):** Kristine Eckis (University of Florida)

**Presider:** Elizabeth Parker, CPC (University of Colorado Health Plan)

**Facilitator:** Melissa Walker (Wake Forest University)
12:00 PM – 1:15 PM

124 Dorosin Memorial Lecture: Inside College Mental Health Services: Inconvenient Truths and Daring to be Different

Room: Grand Ballroom
CME:1 AAFP-P:1 CNE:1 CHES:1 PsyCE:1 NBCC:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. Identify mental health needs, gaps and consequences.
2. Compare an illness framework of collegiate mental health service to a collegiate wellness framework of service.
3. Discuss innovative collegiate mental health programming that supports a return on investment for the mission of higher education and students’ lives.

Presenter(s): Dori Hutchinson, AB, MS, ScD (Center for Psychiatric Rehabilitation/Boston University)
Presider: Marta Hopkinson, MD (University of Maryland, College Park)
Facilitator: Ayesha Chaudhary, MD (Duke University)

This session is partially sponsored by the American College Health Foundation Stephan D. Weiss, PhD Mental Health Fund for Higher Education.

1:45 PM – 2:45 PM

125 Creating a Healthy Campus Initiative: Lessons from an Award-Winning Healthy Campus

Room: Majestic Ballroom
CME:1 CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1 CHWP:1

After this session, attendees should be able to:
1. Describe the process of developing a comprehensive healthy campus initiative.
2. Identify strategies that contribute to institutionalizing health and well-being into a campus infrastructure.
3. Contribute to a discussion with speakers and other participants to share similar experiences, best practices, and lessons learned.

Presenter(s): Julie Chobdee, MPH, Ann Cheney, PhD, MPH, and Marisol Torres, MPH (University of California, Riverside)
Presider: Debra Stephens, BFA (School of the Art Institute of Chicago)
Facilitator: Cheri LeBlanc, MD (Washington University in St. Louis)

126 Beyond the Sick Visit: Transforming Healthcare for Collegiate Men

Room: Governor’s Square 10
CME:1 AAFP-P:1 CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. Discuss screening tools used to identify key health predictors for men.
2. Describe high risk physical and mental health issues for collegiate men.
3. Discuss nutritional issues of collegiate men.

Presenter(s): Catherine O’Neil, MD, and Tanya Williams, MS, CSSD, RD, LDN (Bucknell University)
Presider: Lorien Beishline, MBA (Bucknell University)
Facilitator: Melissa Allen, MHA, RN (Bucknell University)

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

Room: Director’s Row H
CME:1 CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. Discuss the major components and partners for developing a health-related residential learning community for undergraduate students.
2. Describe a variety of health-promoting programs that can be incorporated into a health-themed residential learning community.
3. Describe evaluation methods that can be used to evaluate a health intervention.
4. Discuss the residential learning community’s evaluation findings and how they will be used for program improvement.

Presenter(s): Alyssa Lederer, PhD, MPH, MCHES®, M. Scott Tims, PhD, and Alicia Czachowski, EdD, MPH, CHES® (Tulane University)
Presider: Padma Entsuah, MPH, CHES (Columbia University)
Facilitator: Katie Gordon, MAEd (University of Colorado Colorado Springs)

128 Best Practices for Sexual Health Services in College Health

Room: Grand Ballroom
CME:1 AAFP-P:1 CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. Describe current trends in policy in provision of sexual health services.
2. Describe positivity rates for common STIs in college health and changes over time.
3. Discuss guidelines for best practices for providing 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, BSN, RN (State University of New York, Geneseo); Lindsay Phillips, MSc, MD (Rochester Institute of Technology)
Presider: Joleen Nevers, MAEd, CHES®, CSE, CSES (University of Connecticut)
Facilitator: Courtney Deremiah, MS, CHES® (University of South Florida)

FRIDAY GENERAL SESSIONS
3. List new customer service initiatives and implementations.

Presenter(s): Garry Gore, MD (Texas A&M University)
Presider: Kathy Mosteller, BSN (The University of Texas at Austin)
Facilitator: Brandi Simpson, MA (University of North Carolina Charlotte)

**131 Inside SHAC at the University of Texas at Austin**

**Room: Director’s Row I**

CME:1  CNE:1  CHES:1  NASW:1  CPEU:1  AHIMA:1  CHWP:1

After this session, attendees should be able to:

1. Describe the general structure of the Student Health Advisory Committee (SHAC) at the University of Texas at Austin.
2. Discuss how the SHAC works internally and externally to further its role as the liaison between the student body and health services.

Presenter(s): Omar Vayani, Ananya Roy (The University of Texas at Austin)
Presider: Susan Hochman, MPH (The University of Texas at Austin)

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

**Room: Governor’s Square 16**

CME:1  CNE:1  CHES:1  MCHES:1  PsyCE:1  NASW:1  CPEU:1  AHIMA:1  CHWP:1

After this session, attendees should be able to:

1. Describe the new role as strategy advisors and internal consultants in addition to our role as direct care providers.
2. Identify the steps necessary to enhance the collaborative care model via colocated medical and behavioral health services.

Presenter(s): Matthew Miller, PharmD, BCPS (AQ-ID) (University of Colorado Hospital)
Presider: Valerie Kiefer, DNP, APRN, ANP-BC (University of Connecticut)
Facilitator: Ashlee Stone, PharmD (University of Connecticut)
**1:45 PM – 2:45 PM (Cont.)**

### 134 Exertional Heat Stroke

**Room: Vail**

CME:1 AAFP-P:1 CNE:1 CPEU:1

After this session, attendees should be able to:

1. Describe the diagnostic criteria for exertional heat stroke (EHS).
2. Describe the treatment tools that are most effective for EHS treatment.
3. Discuss areas of improvement within their university and organization regarding health and safety policies.
4. Describe the role that the individual providers may play in fostering continued progress in student-athlete safety.

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

**Presider: David McBride, MD (University of Maryland)**

**Facilitator: Jessica Higgs, MD (Bradley University)**

This session is partially sponsored by the American College Health Foundation Josh Kaplan Fund for Clinical Medicine.

### 135 Credentialing and Privileging Boot Camp

**Room: Governor’s Square 17**

CME:1 AAFP-P:1 CNE:1 CHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:

1. Describe the differences between credentialing, privileging, and licensing.
2. Identify the various elements of a comprehensive credentialing/privileging process.

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

**Presider: Carissa Ruf, MPH, CHES (Montclair State University)**

**Facilitator: Lauren Pucci, PhD (University of Georgia)**

### 3:15 PM – 4:15 PM

### 137 “If They Had Known”: A Documentary Spoken BY Kids TO Kids about the Risks of Current Party Culture

**Room: Grand Ballroom**

CME:1 CNE:1/.50 CHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:

1. Identify the risks of recreationally mixing prescription drugs with alcohol.
2. Define the appropriate actions to be taken when someone has mixed prescription drugs with alcohol and is in trouble.
3. List commonly prescribed prescription drugs and accessibility to students.

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

**Presider: Lorri Castro-Zenoni, DrPh (Salt Lake Community College)**

**Facilitator: Marguerite O’Brien, MSW (University of South Carolina)**
### 3:15 PM – 4:15 PM (Cont.)

#### 138 Development of an Inclusive Transgender Care Team

**Room: Governor's Square 17**

CME:1  AAFP-P:1  CNE:1/.10  CHES:1  PsyCE:1  NBCC:1  NASW:1  CPEU:1  AHIMA:1

After this session, attendees should be able to:

1. Discuss literature, developmental pathways, unique needs, common barriers to psychological care, and disparities in mental health issues.
2. Discuss transgender-oriented program development and barriers to systemic change.
3. Describe how to evaluate campus services and determine attainable changes to improve access and inclusiveness of students who identify as transgender and gender non-conforming.
4. Identify areas of improvement yet to be accomplished.

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

*Presider: Sandy Riggs, MSN, CRNP (University of Maryland, Baltimore County)*

*Facilitator: Cheri LeBlanc, MD (Washington University in St. Louis)*

#### 139 Enterprise Risk Management in the College Health Setting

**Room: Director's Row H**

CME:1  AAFP-P:1  CNE:1  CHES:1  CPEU:1  AHIMA:1  CHWP:1

After this session, attendees should be able to:

1. Describe components of a comprehensive enterprise risk management program in college health.
2. Identify how to achieve operational risk reduction utilizing lean methodology.

#### 141 Utilizing Effective Collaboration to Improve Campus Health Promotion Reach and Capacity

**Room: Majestic Ballroom**

CNE:1  CHES:1  NASW:1  CPEU:1

After this session, attendees should be able to:

1. Identify potential collaborators and resources in student affairs.
2. Identify potential collaborators and resources in academic departments.
3. Identify potential collaborators and resources in the community (non-profit and government).
4. Discuss collaborations that have been effective for the audience in the past.

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

*Presider: Andrea L. Kimura, MEd (University of Missouri)*

*Facilitator: Jessica Albin, LMSW, LMAC (Fort Hays State University)*

#### 140 Fixing a Practice Gap in a High Volume, High Acuity Counseling and Psychiatric Services Clinic

**Room: Vail**

CME:1  CNE:1  PsyCE:1  NBCC:1  NASW:1  CPEU:1

After this session, attendees should be able to:

1. Identify risky substance use patterns.
2. Discuss ways to become more comfortable in having discussions with a student about this domain of behaviors.
3. Describe how to support your assessment and prioritize treatment goals using data your counseling and psychiatric services clinic already collects about students’ alcohol and other drugs patterns and their psychiatric symptomatology.

*Presenter(s): Stephen Bentley, LCSW, CAC III, Abigail Spencer, MSW, LCSW, Christopher Ynigo Velayo, MA, LAC, LPC (University of Colorado Boulder)*

*Presider: Judi Voelz, MD (New Mexico State University)*

*Facilitator: Ash Thompson, MD (University of Georgia)*

#### 142 Pharmacy Hot Topics 2019

**Room: Governor’s Square 14**

CME:1  CNE:1  CPEU:1  ACPE:1 (UAN-0025-9999-19-084-L04-P)

After this session, attendees should be able to:

1. Describe the development of an Investigational Drug Service offered through the student health center pharmacy.
2. Describe the ongoing role of the pharmacist in the pharmacist/provider relationship.
3. Describe the role of the pharmacy resident in primary care, sports medicine and women’s health clinics at UNC.

*Presenter(s): Anne Hartig, BSPharmacy (University of Nevada-Las Vegas); Jennifer Davis, PharmD (Oregon State University); and Raisa El-Kurdi, PharmD, and Lauren Speake, PharmD (University of North Carolina at Chapel Hill)*

*Presider: Ashlee Stone, PharmD (University of Connecticut)*
3:15 PM – 4:15 PM (Cont.)

**143 Sports Medicine Primer**  
**Room: Governor’s Square 15**  
CME:1 AAFP-P:1 CNE:1 CPEU:1
After this session, attendees should be able to:
1. Discuss how to accurately diagnose sports medicine conditions.
2. Describe current management of sports medicine conditions.
3. Discuss topics of interest to participants.

*Presenter(s): Jessica Higgs, MD (Bradley University/OSF)  
Presider: P. Hunter Spotts, MD (Duke University)  
Facilitator: Maria Fletcher, MD (Butler University)*

**144 Achieving Higher Immunization Compliancy Results**  
**Room: Governor’s Square 16**  
CME:1 CNE:1 NASW:1 CPEU:1 AHIMA:1
After this session, attendees should be able to:
1. Define three principles of LEAN/Six Sigma that could be applied to the prematriculation immunization process.
2. Describe three benefits of improving the prematriculation immunization compliance process using continuous improvement principles.

*Presenter(s): Constance Morrow, BS (University of Notre Dame)  
Presider: Brooke Ravenel, LPN (SUNY Maritime College)  
Add Facilitator: Melanie Gibson, RHIA, MBA (University of Georgia)*

**145 Campus Recreation’s Role in Promoting Student Well-Being**  
**Room: Director’s Row I**  
CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1 CHWP:1
After this session, attendees should be able to:
1. Describe professional competencies, priorities, and functions of campus recreation departments, and how they can correspond to health promotion.
2. Identify strategies to integrate health promotion principles and develop partnerships to promote student well-being within campus recreation departments.
3. Identify benefits of collaborating with campus recreation.
4. Discuss resources and examples of how campuses can integrate wellness and recreation departments.

*Presenter(s): Lena Newlin, MPH, and Patrick Moran, MS (University of Wyoming)  
Presider: Tammy Loew, MA (Purdue University)*

**146 Sexual Dysfunction in Young Adult Males**  
**Room: Governor’s Square 12**  
CME:1 AAFP-P:1 CNE:1/.10 PsyCE:1 NBCC:1 NASW:1 CPEU:1
After this session, attendees should be able to:
1. Describe the male anatomy as pertains to the erectile and ejaculatory response.
2. Discuss the etiologies and treatments for male erectile dysfunction.
3. Discuss the etiology and treatment for premature ejaculation.
4. Discuss the etiology and treatment for ejaculatory delay.

*Presenter(s): David Reitman, MD, MBA (American University)  
Presider: Ted Coleman, PhD, CHES®, MS (California State University-San Bernardino)*

**147 Basic Needs – Addressing Non-Academic Barriers to Ensure Student Success**  
**Room: Governor’s Square 10**  
CME:1 CNE:1 CHES:1 NASW:1 CPEU:1
After this session, attendees should be able to:
1. Define non-academic barriers to student success.
2. Identify community resources available.
3. Describe how to obtain buy-in with senior administration.
4. Discuss how to create partnership with students.

*Presenter(s): Jeanne Harris-Caldwell, EdD, MSN (Saddleback College)  
Presider: Julie Edwards, MHA (The University of Chicago)*
3:15 PM – 4:15 PM (Cont.)

148 ACHA Connected College Health Network (CCHN) Data Warehouse

Room: Governor’s Square 11
CME:1 AAFP-P:1 CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1 AHIMA:1

After this session, attendees should be able to:

1. Describe the added value of the CCHN Data Warehouse Initiative.
2. Describe CCHN Data Warehouse services and information users can access.
3. Discuss highlights from the institutional profile.
4. Discuss the project timeline.

Presenter(s): Sarah Van Orman, MD, MMM (University of Southern California/Keck School of Medicine)
Presider: Darren Aaron, MSHA (Wake Forest University)

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

Room: Governor’s Square 12
CME:1 CNE:1 CHES:1 MCHES:1 CPEU:1

After this session, attendees should be able to:

1. Identify the barriers to improving flu vaccination rates in the university community at large.

2. Explain the collaborative strategies implemented at the UCLA Arthur Ashe Student Health and Wellness Center that have led to success.

3. Discuss the added value of the CCHN Data Warehouse Initiative.

4. Describe CCHN Data Warehouse services and information users can access.

5. Discuss highlights from the institutional profile.

6. Discuss the project timeline.

Presenter(s): Geno Mehalik, MPA (University of California Los Angeles)
Presider: Courtney Deremiah, MS, CHES (University of South Florida)

150 Adverse Childhood Experiences: An Unaddressed Public Health Crisis

Room: Governor’s Square 14
CME:1 AAFP-P:1 CNE:1 CHES:1 MCHES:1 PsyCE:1 NASW:1 CPEU:1

After this session, attendees should be able to:

1. Describe adverse childhood experiences (ACES).
2. Discuss the assessment of ACEs.
3. Identify ways ACEs can inform treatment.

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

4. Discuss strategies that allopathic clinicians and acupuncturists can use to collaborate.

5. Identify the gap between athletics and mental health services.
6. List at least two different ways that mental health and athletics can partner.
7. Differentiate between traditional partnerships and this comprehensive model of student-athlete wellness.

Presenter(s): Kevin Thomas, PsyD, and Jaime Potter, MS (California State University, Fullerton)
Presider: Lori Dewald, EdD, ATC, MCHES®, F-AAHE (Walden University)

4:45 PM – 5:45 PM

151 Understanding the Application of Acupuncture in College Health

Room: Director’s Row E
CME:1 AAFP-P:1 CNE:1 CHES:1 PsyCE:1 NBCC:1 NASW:1 CPEU:1 AHIMA:1

After this session, attendees should be able to:

1. Describe the conceptual framework for acupuncture.
2. Explain the meaning and application of 14 acupuncture terms.
4:45 PM – 5:45 PM (cont.)

153 Sexual Assault Prevention Programming for International Students
Room: Governor's Square 11
CNE:1 CHES:1 MCHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. Describe the importance of providing culturally competent sexual assault prevention programming to international students.
2. Describe how to implement a culturally competent sexual assault prevention program to international students.

Presenter(s): Elizabeth Peeler, MSPH, CHES®, Laurie Cox, EdD, and Deborah McMillan, EdD (Ball State University)
Presider: Margaret Reynolds, MPA (Tulane University)

154 Update on Diabetes Mellitus in the College Student: A Collaborative Approach to Management
Room: Governor's Square 17

After this session, attendees should be able to:
1. List the most recent ADA criteria for diagnosis of Diabetes Mellitus (DM).
2. List the essentials of DM management.
3. Discuss the challenges faced by students with diabetes on campus.
4. Identify best practices in achieving the healthy transition of a student with DM from home to the college setting.

Presenter(s): Jean Chin, MD, MBA, FACP, FACHA (Augusta University/University of Georgia Medical Partnership)
Presider: Melissa Walker (Wake Forest University)
Facilitator: Darren Aaron, MSHA (Wake Forest University)

155 Understanding Your Competitive Advantage
Room: Director's Row H
CME:1 CNE:1 CHES:1 NASW:1 CPEU:1 AHIMA:1

After this session, attendees should be able to:
1. Discuss the core concepts of competitive strategy.
2. Discuss the core concepts of competitive advantage.
3. Describe how to analyze value creation of successful businesses/industries.
4. Discuss how lessons from outside industries are relevant to college health.

Presenter(s): James Dessemone, MD, FACP, FACE, CPE (Albany Medical College); Graciela Dessemone, MD (University at Albany)
Presider: Amy Sauls, PharmD, CPP (University of North Carolina at Chapel Hill)
Facilitator: Sheryl Gamble, MBA (University of Central Florida)

156 Implementing SBIRT for Every Student Patient
Room: Vail
CME:1 AAFP-P:1 CNE:1 CHES:1 NASW:1 CPEU:1

After this session, attendees should be able to:
1. Identify strategies to implement SBIRT for all students in a university health clinic.
2. Discuss results from UMBC’s data and compare to national data and participant’s own experience.
3. Discuss future implications.

Presenter(s): Melissa Paterakis, RN, MSN, FNP-C (University of Maryland, Baltimore County)
Presider: Jessica Albin, LMSW, LMAC (Fort Hays State University)

157 Identifying and Managing Common Hand and Wrist Injuries
Room: Governor’s Square 16
CME:1 AAFP-P:1 CNE:1/.10 CPEU:1

After this session, attendees should be able to:
1. Describe the gross and functional anatomy of the hand and wrist joints and its ligaments as it pertains to athletic and occupational use.
2. Describe how to characterize overuse injuries as tendinous, bony (compression/impaction), or neuropathic entrapment.
3. Discuss how to diagnose and treat injuries in an efficient and cost-effective manner in subgroups of the population at risk for repetitive micro-trauma.
4. Identify high-risk fractures that require referral to the orthopaedic surgeon.

Presenter(s): David Edwards, MD (Texas Tech University)
Presider: Garry Gore, MD (Texas A&M University)
**Friday General Sessions**

**4:45 PM – 5:45 PM (cont.)**

### 158 Orthorexia, Other Eating Disorders, and Pathological Exercise

**Room: Majestic Ballroom**

- CME:1  AAFP-P:1  CNE:1  CHES:1  PsyCE:1  NBCC:1  NASW:1  CPEU:1

After this session, attendees should be able to:

1. Discuss current classification and common presentations of eating disorders (AN, BN, BED, ARFID, OSFED).
2. Define orthorexia, proposed criteria for diagnosis, and differences between orthorexia and other eating disorders.
3. Define pathological exercise and understand associated health risks.
4. Discuss challenges and strategies for identifying and addressing suspected eating disorders and/or pathological exercise.

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

**Presider: Lindsey Mortenson, MD (University of Michigan)**

**Facilitator: Cheri LeBlanc, MD (Washington University in St. Louis)**

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

**Room: Governor’s Square 15**

- CME:1  AAFP-P:1  CNE:1/1.0  CHES:1  CPEU:1

After this session, attendees should be able to:

1. Describe the current epidemiology of respiratory adenoviruses.
2. Describe recent adenovirus respiratory illness outbreaks on college campuses.
3. Describe the current approach to control and management of adenovirus outbreaks.
4. Describe the gaps in knowledge of adenovirus epidemiology that can be filled by improved detection on college campuses.

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

**Presider: David McBride, MD (University of Maryland)**

**Facilitator: Lindsay Phillips, MD, MSc (Rochester Institute of Technology)**

### 160 Immunization of Healthcare Professionals

**Room: Director’s Row I**

- CME:1  AAFP-P:1  CNE:1/1.0  CHES:1  CPEU:1  ACPE:1 (UAN-0025-9999-19-086-L06-P)

After this session, attendees should be able to:

1. Describe vaccines that are recommended for healthcare professionals.
2. Discuss considerations around serologic testing and suitable documentation for proof of immunity.
3. Identify factors that influence healthcare professional’s acceptance of vaccines.
4. Discuss the safety of vaccines and the risk of unimmunized in a healthcare setting describing healthcare associated outbreaks.

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

**Presider: Charlotte Katzin, RN, BSN (University of Texas at Austin)**

*This session is partially sponsored by the American College Health Foundation Professional Nursing Fund.*
Saturday Events, Meetings, & General Sessions

Special Events and Adjunct Meetings

7:00 am - 10:00 am
Registration

7:00 am
Continental Breakfast
Room: Governor’s Square Foyer and Plaza Foyer

10:00 am - 11:00 am
Closing Presidential Session
Room: Grand Ballroom
See Featured Events on page 7 for more information.

Association Meetings

7:00 am - 8:00 am
2019 Program Planning Committee Debriefing
Room: Tower Court D
All members of the 2019, 2020, and 2021 Annual Meeting Program Planning Committees are encouraged to attend.
8:00 AM - 9:30 AM

161 Synergistic Programming to Support and Elevate the Health and Well-Being of the Residential Community

Room: Director’s Row H
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Identify the common major issues (including mental health) that students in residential communities experience.
2. Describe the impact of the common major issues on students’ well-being if left unaddressed.
3. Describe the development of health and support programs to enhance student support and experience.
4. Compare the previous counselling model and the new health and well-being model in relation to supporting students living in the residences.

Presenter(s): Rowan Tan, MSocSc, Grad. DipSoCSc, Bec, and Glenda Langford, CPm, AAPM (Swinburne University of Technology)
Presider: Eileen Hineline, RN-BC, MS (Barry University)

162 Alcohol Screening & Brief Intervention (SBI) in Primary Care

Room: Governor’s Square 10
CME:1.5  AAP-F:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  NASW:1.5  CPEU:1.5

After this session, attendees should be able to:

1. Discuss alcohol use/misuse and the need for alcohol screening and brief intervention in college primary care settings.
2. Describe the process of alcohol screening using evidence-based tools.
3. Discuss the steps required to implement brief interventions addressing alcohol use/misuse.
4. Develop a rough plan for adapting alcohol SBI to participant’s current practice.

Presenter(s): Jean DeDonder, PhD, APRN (Kansas State University)
Presider: Jackie Hop, MSN, MBA, CPN (University of Central Florida)

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

Room: Governor’s Square 14
CME:1.5  CNE:1.5  CHES:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5

After this session, attendees should be able to:

1. Differentiate between current social media use trends and those of the past.
2. Identify strategies to use on current platforms for high reach, low resource campaigns.
3. Discuss strategies for college health.

Presenter(s): Sara Stahlman, MA (University of North Carolina at Chapel Hill)
Presider: Jessica Brooks, RN, BSN (University of Georgia)

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

Room: Director’s Row I
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  NASW:1.5  CPEU:1.5  AHIMA:1.5  CHWP:1

After this session, attendees should be able to:

1. Identify three compelling reasons to routinely disaggregate and analyze student health data.
2. List how to accomplish disaggregation and analysis with or without significant support from institutional research or additional personnel.
3. Describe how to partner with key stakeholders on campus to address health disparities.

Presenter(s): Claudia Trevor-Wright, MA, JD, MCHES®, and Jessica Abramson (Wellesley College); Karen Moses, EdD, CHES® (Arizona State University)
Presider: Ashleigh Hala, MSW (Babson College)

Curious about these?
Check out page 36 for more info!
**SCHEDULE SUBJECT TO CHANGE. CHECK THE ACHA MOBILE APP FOR UPDATES.**

### 8:00 AM – 9:30 AM (CONT.)

**165** Microaggressions and Inclusive Language  
**Room:** Governor’s Square 15  
CME:1.5  CNE:1.5  CHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  

*After this session, attendees should be able to:*
1. Describe how to increase awareness and understanding of microaggressions.
2. Discuss microaggressions experiences and outcomes.
3. Discuss ways to respond when someone has been microaggressive.
4. Discuss inclusive language skills.

*Presenter(s):* LeAnn Gutierrez, PhD, MBA (Florida Atlantic University)  
*Presider:* Joleen Nevers, MAEd, CHES®, CSE, CSES (University of Connecticut)

**166** Creating a More Mindful Campus:  
The Patient Centered Medical Home as a Springboard to Mindfulness and Meditation Practice  
**Room:** Governor’s Square 11  
CME:1.5  CNE:1.5  CHES:1.5  MCHES:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  

*After this session, attendees should be able to:*
1. Discuss administering the PHQ-9 as a tool to connect students with a broad array of mental health services.
2. Describe two-three mental health and stress management services to develop as resources for students’ needs identified through screening.

**167** Nutritional Strategies to Improve Symptoms of Depression, Anxiety, and ADHD  
**Room:** Grand Ballroom  
CME:1.5  AAFP-P:1.5  CNE:1.5  CHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  
ACPE:1.5 (UAN-0025-9999-19-087-L01-P)  

*After this session, attendees should be able to:*
1. Describe research on food patterns helping with depression.
2. Describe food patterns helping with anxiety.
3. Discuss nutritional considerations for ADHD and bipolar disorder.
4. Discuss practical strategies, barriers, and successes of nutritional strategies for mental health.

*Presenter(s):* Rahul Patel, DO (The Ohio State University)  
*Presider:* Brenda Higgins, EdD, MSN, APRN-BC (Truman State University)  
*Facilitator:* Ashlee Stone, PharmD (University of Connecticut)

**168** Assistance and Support Animals on Campus: Understanding the Differences and Opportunities While Navigating the Challenges  
**Room:** Governor’s Square 17  
CME:1.5  AAFP-P:1.5  CNE:1.5  CHES:1.5  PsyCE:1.5  NBCC:1.5  NASW:1.5  CPEU:1.5  

*After this session, attendees should be able to:*
1. Discuss the similarities and differences among assistance animals, service animals, and emotional support animals.
2. Discuss how the Americans with Disabilities Act and Fair Housing Act apply to service and assistance animals.
3. Discuss best practices to ensure and promote access by service, assistance, and emotional support animals on college campuses.
4. Identify opportunities through which trained support animals, such as therapy dogs, can support our mental health promotion work.

*Presenter(s):* M. Dolores Cimini, PhD (University at Albany, SUNY)  
*Presider:* Ann Laney Bond, PMHNP (University of Mississippi)
169 | Protecting Young Adults from Vaccine-Preventable Diseases
---
**Room:** Governor’s Square 12
**CME:** 1.5  **AAFP-P:** 1.5  **CNE:** 1.5/1.5  **CHES:** 1.5  **PsyCE:** 1.5  **MCHES:** 1.5  **NBCC:** 1.5  **NASW:** 1.5  **CPEU:** 1.5

After this session, attendees should be able to:

1. Identify the 2018 Advisory Committee on Immunization Practices (ACIP) Recommended Immunization Schedule for adults 19 years of age and older.
2. Identify the Healthy People 2020 goals for young adult immunization.
3. Identify at least one vaccine recommended for persons at increased risk for vaccine preventable disease.
4. Identify current resources on best practices for immunization recommendations.

**Presenter(s):** JoEllen Wolicki, BSN (Center for Disease Control and Prevention)
**Presider:** Kathy Mosteller, BSN (The University of Texas at Austin)

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170 | Health Center Staff as Key Partners in Preventing and Responding to Campus Sexual and Relationship Violence
---
**Room:** Governor’s Square 16
**CME:** 1.5  **CNE:** 1.5  **CHES:** 1.5  **NASW:** 1.5  **CPEU:** 1.5

After this session, attendees should be able to:

1. Identify symptoms of trauma.
2. Discuss how to utilize the ACHA Addressing Sexual and Relationship Violence: A Trauma-Informed Approach toolkit.

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171 | Serving Student Veterans: Core Competencies for Healthcare Providers and Campus Personnel
---
**Room:** Director’s Row E
**CME:** 1.5  **CNE:** 1.5  **CHES:** 1.5  **MCHES:** 1.5  **PsyCE:** 1.5  **NBCC:** 1.5  **NASW:** 1.5  **CPEU:** 1.5

After this session, attendees should be able to:

1. Discuss how to substantiate military connected students as an area of multi-cultural diversity to improve client engagement.
2. Describe campus challenges faced by student veterans and service members.
3. Discuss how to develop recommendations designed to enhance student outreach opportunities specific to student veterans and service members to improve clinical and academic outcomes.
4. Discuss common clinical presentations of student veterans and service members in college and university counseling centers.

**Presenter(s):** Jenna Ermold, PhD (Center for Deployment Psychology)
**Presider:** Jennifer Forrestall, RN, BSN (University of Georgia)

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172 | Presidential Closing Session: Active Minds: Changing the Conversation about Mental Health
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**Room:** Grand Ballroom
**CME:** 1.5  **AAFP-P:** 1.5  **CNE:** 1.5  **CHES:** 1.5  **MCHES:** 1.5  **PsyCE:** 1.5  **NBCC:** 1.5  **NASW:** 1.5  **CPEU:** 1.5

After this session, attendees should be able to:

1. Identify how to take a public health approach to mental health on their campus.
2. Describe how to better engage students in the mental health conversation on their campuses.

**Presenter(s):** Alison Malmon, BA (Active Minds)
**Presider:** Stephanie Hanenberg, MS, FNP-C (University of Colorado Colorado Springs)

This session is partially sponsored by the American College Health Foundation Aetna Student Health Fund and Murray DeArmond Student Activity Fund.
# ACHA 2019 Annual Meeting Final Program

## Session Index

### TUESDAY, MAY 28, 2019

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<td>2. Hot Topics and Evolving Practices in College Student Mental Health</td>
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<td>3. Sports Medicine Special Testing</td>
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<td>4. Narrative Medicine for the College Health Provider</td>
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<td>5. Tailoring a Comprehensive Public Health Framework to Assess the Needs of Students</td>
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<td>6. Achieving AAAHC Accreditation for College Health, Part I</td>
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<td>7. 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</td>
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<td>8. ACHA Leadership Institute: Introduction to College Health and Wellness</td>
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<td>1:30 PM - 4:30 PM</td>
<td>9. Perfectionism and Overcontrol Within the College Population: Too Much of a Good Thing?</td>
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<td>10. Nurse Leadership Seminar</td>
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<td>11. Creating a Wellness Culture by Integration of Health Services, Student Affairs and the University Mission</td>
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<td>12. Building Healthy Campuses by Increasing Social Connectedness and Sense of Community</td>
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<td>14. Psychopharmacology for Common Mental Health Conditions</td>
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<td>15. The Rise of Electronic Tobacco Products in the US: Implications for Public Health Policy and Practice</td>
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<td>16. Achieving AAAHC Accreditation for College Health, Part II</td>
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<td>17. Promoting College Student Well-Being with Coaching Initiatives</td>
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<td>18. Keynote Address: The Art and Science of Wellness</td>
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<td>1:45 PM - 2:45 PM</td>
<td>19. Building Pathways to Effective Leadership: The Creation of an Administrative Fellowship</td>
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<td>21. Using a College Sleep Environmental Scan to Build Collaboration and Change Across Campus</td>
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<td>22. Antibiotic Stewardship and Public Health</td>
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<td>23. Update from the ACHA Outsourcing Task Force</td>
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<td>24. Best Practices on Improving Campus Student Influenza Vaccination Rate</td>
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<td>25. A Campus-Wide Handwashing Campaign to Decrease the Spread of Communicable Diseases</td>
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<td>The ABC's of Smoking and E-cigarettes: What we Need to Know and do About the Number One Addiction on Campus</td>
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<td>College Mental Health Clients: Changes Over Time in Presenting Symptom Severity, Complexity, Disruptiveness, and Treatment Demand</td>
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<td>The New Cross-Functional CAS Standards for Advancing Health and Well-Being</td>
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<td>Redefining Student Support through Centralized Administrative Services</td>
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<td>Chaperoning Sensitive Examinations: Policies, Guidelines, and Competencies</td>
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<td>Positioning SHIBPs to Elevate Student Health and Well-Being</td>
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<td>Integrating Spiritual Health &amp; Wellness into Practice</td>
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<td>Standards of Practice for Health Promotion in Higher Education: Updates and Application</td>
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<td>Current Trends and Gaps in Faculty and Staff Wellness Programs and Initiatives in Higher Education</td>
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<td>A Public Health Equity-Informed Approach to Promoting Social Connectedness, Identifying Students at Risk of Suicide, Increasing Help-Seeking, and Improving Student Retention</td>
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<td>Sexual Health Nurse Specialists: An Innovative Campus Program for STI Testing, Contraception and Education</td>
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**Thursday, May 30, 2019**

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<td>Elevating Collegiate Recovery Programs: Understanding Student Needs and Employee Roles</td>
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**3:15 PM - 4:15 PM**

| 137 | “If They Had Known”: A Documentary Spoken BY Kids TO Kids about the Risks of Current Party Culture | 1 | 0 | 1/50 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| 138 | Development of an Inclusive Transgender Care Team | 1 | 1 | 1/10 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 |
| 139 | Enterprise Risk Management in the College Health Setting | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 |
| 140 | Identifying Students at Risk for Co-Occurring Disorders | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 |
| 141 | Utilizing Effective Collaboration to Improve Campus Health Promotion Reach and Capacity | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| 142 | Pharmacy Hot Topics 2019 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| 143 | Sports Medicine Primer | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| 144 | Achieving Higher Immunization Compliancy Results | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 |
| 145 | Campus Recreation’s Role in Promoting Student Well-Being | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 |
| 146 | Sexual Dysfunction in Young Adult Males | 1 | 1 | 1/10 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 |
| 147 | Basic Needs – Addressing Non-Academic Barriers to Ensure Student Success | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| 148 | ACHA Connected College Health Network (CCHN) Data Warehouse | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 |

**4:45 PM - 5:45 PM**

<p>| 149 | Giving it Your Best Shot: Collaborative Strategies to Improve Flu Vaccination Rates on Your Campus | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 |
| 150 | Adverse Childhood Experiences: An Unaddressed Public Health Crisis | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 |
| 151 | Understanding the Application of Acupuncture in College Health | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 |
| 152 | Building Connections between Student-Athletes and Mental Health | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 |
| 153 | Sexual Assault Prevention Programming for International Students | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 |
| 154 | Update on Diabetes Mellitus in the College Student: A Collaborative Approach to Management | 1 | 1 | 1/10 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| 155 | Understanding Your Competitive Advantage | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 |
| 156 | Implementing SBIRT for Every Student Patient | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| 157 | Identifying and Managing Common Hand and Wrist Injuries | 1 | 1 | 1/10 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| 158 | Orthorexia, Other Eating Disorders, and Pathological Exercise | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 |
| 159 | Adenovirus-associated Respiratory Illness in Campus Settings: Update from CDC | 1 | 1 | 1/10 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| 160 | Immunization of Healthcare Professionals | 1 | 1 | 1/1.0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |</p>
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The American College Health Association strives to ensure balance, independence, objectivity, and scientific rigor in all of its educational programs. All planners, faculty members, moderators, discussants, panelists and presenters participating in this program have been required to disclose any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program. This includes relationships with pharmaceutical companies, biomedical device manufacturers or other corporations whose products or services are related to the subject matter of the presentation topic. The intent of this policy is to identify openly any conflict of interest so that the attendees may form their own judgments about the presentation with full disclosure of the facts. In addition, faculty is expected to openly disclose any off-label, experimental and/or investigational uses of drugs or devices in their presentation.

The following presenters have indicated that they have relationships with commercial entities to disclose:

LaToya Braun, PhD, has disclosed that her spouse is a former employee of Array BioPharma and they own stock in the company.

Joanne Brown, DNP, APRN, WHNP-C, FNP-C, has disclosed that she is on a speakers’ bureau for Gilead Sciences, Inc.

Meghan Jeffres, PharmD, has disclosed that she is on an advisory board for Shiongi, Inc.

Ann Laros, MD, has disclosed that she is a Nexplanon trainer with Merck.

Binali Mehta, MD, has disclosed that she owns stock in a number of pharmaceutical companies.

Matthew Miller, PharmD, BCPS (AQ-ID), has disclosed that he is on a speakers’ bureau for Allergan.

S. Shahzad Mustafa, MD, FAAAAI, has disclosed that he is on a speakers’ bureau for Genetech.

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All other presenters listed in this program have indicated that they have no relationship with commercial entities to disclose.

Gina Abrams, DrPH, EdM, LSW, MCHES
International Institute for Restorative Practices
Bethlehem, PA
12, 33

Jessica Abramson
Wellesley College
Wellesley, MA
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Yumi Adachi, MA
Kanazawa University
Kanazawa, Japan
69

Paula Adams, MA
Washington State University
Pullman, WA
76

Joshua Altman, PhD, LCSW
Adelphi University
Garden City, New York
89

Petra Amrani, PhD
Columbia University
New York, NY
132

Laura Anderson, MSN, BSN
New England College
Henniker, NH
109

Kristina Angelo, DO, MPH&TM
Centers for Disease Control and Prevention
Atlanta, GA
74

Mapuana Antonio, MA, DrPH
University of Hawai’i at Mānoa
Honolulu, HI
76

David Arnold, BSW
NASPA
Washington, DC
65
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<td>Lisa Barker, PhD</td>
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<td>Jennifer Barnoud, MS, RDN, LD, CEDRD</td>
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<td>LaToya Braun, PhD</td>
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<td>Alfiee Breland-Noble, PhD</td>
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<td>Gloria Brisson, MSN, BSN</td>
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<td>Lisa Broek, MA, CHES®</td>
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<td>Michelle Burcin, PhD, MPH, MCHES®</td>
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<td>Maureen Cahill, BS</td>
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<td>Tracy Casault, DO, CAQSM</td>
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<td>Nagasaki University Nagasaki, Japan</td>
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