JOIN US IN DENVER AND GET INSPIRED TO ELEVATE WELL-BEING ON YOUR CAMPUS!
A Message from ACHA’s President...

“Join us at the ACHA 2019 Annual Meeting, to hear from colleagues across disciplines about the innovative approaches being taken to Elevate Well-Being for our college students. ACHA’s core values promote healthy campus communities and healthy individuals, so I hope you’ll consider sharing your knowledge and expertise with your fellow college health and wellness professionals by attending ACHA 2019.”

Stephanie Hanenberg, MSN, FNP-C
ACHA President

A Message from ACHA’s Program Planning Committee Chair...

“Collaboration is the heart of any ACHA Annual Meeting, so we hope you’ll consider sharing your tips and expertise with your colleagues at ACHA 2019. Your ideas and programs help shape the field of college health and wellness across the country, directly benefiting the nation’s 19 million college students. We look forward to hearing your ideas in Denver!”

Jake Baggott, MLS, 1SG USAR (Ret)
ACHA Annual Meeting Program Planning Committee Chair
WHAT’S NEW AT #ACHA2019?

Volume Discount for ACHA Institutional Members: 15% discount on groups of four or more full conference registrations for employees or students from an ACHA member institution.

This year we will have two networking receptions – the Opening Reception: Welcoming Diversity on Wednesday night and the Exhibitor Meet and Greet on Thursday night.

Check out our weekly ACHA Annual Meeting Blog posts (www.achameetingblog.com) for tons of information on the meeting, restaurant recommendations, sightseeing stops, outdoor activities, and more!

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.

The ACHA 2019 Annual Meeting is conducted in collaboration with the Rocky Mountain College Health Association
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
7:30 am–8:45 am

Orientation for Presidents
and Facilitators
9:00 am–9:45 am

Opening General Session/
Keynote Address
10:00 am–11:45 am

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!

Educational Programming
1:45 pm–2:45 pm
3:15 pm–4:15 pm
4:45 pm–5:45 pm

Exhibit Hall
3:15 pm–7:30 pm

Exhibitor Meet and Greet
5:30 pm–7:30 pm

Friday, May 31
School Spirit Day!
Registration
7:00 am–5:00 pm

Continental Breakfast with Exhibitors
7:00 am

Educational Programming
8:00 am–9:30 am
10:00 am–11:30 am

Dorosin Memorial Lecture
12:00 pm–1:15 pm

Assembly of Representatives
6:15 pm–7:00 pm

Saturday, June 1
Registration
7:00 am–10:00 am

Continental Breakfast
7:00 am

Educational Programming
8:00 am–9:30 am

Closing Presidential Session
10:00 am–11:00 am

All meeting sessions, events, and the Exhibit Hall will be in the Sheraton Denver Downtown Hotel
FEATURED EVENTS

OPENING GENERAL SESSION AND KEYNOTE ADDRESS

Wednesday, May 29 10:00 am-11:30 am

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.

DOROSIN MEMORIAL LECTURE

Friday, May 31
12:00 pm-1:15 pm

This year’s Dorosin Memorial Lecture, “Inside College Mental Health Services: Inconvenient Truths and Daring to be Different,” will be presented by Dr. Dori Hutchinson, 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.

CLOSING PRESIDENTIAL SESSION

Saturday, June 1
10:00 am-11:00 am

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.
For a breakdown of continuing education (CE) credit, go to the CE Grid (to come). Please note that for some disciplines we have not yet received final credit approval. We will update the grid as we receive these notifications, so if you do not see your credit type listed, check back at a later time. Also note that for most types of credit we are able to list a “pending” statement and those can be found below.

**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:** Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

**CNE:** This activity has been submitted to Pennsylvania State Nurses Association for approval to award contact hours. Pennsylvania State Nurses Association is accredited as an approver of continuing nursing education 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 activity is pending approval from the National Association of Social Workers.

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

**ACPE:** The University of Maryland School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Sessions included in this activity may be eligible for ACPE credit; see final CPE activity announcement for specific details.
General Meeting Information

**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 this posting, we have received commercial support from Gilead, GSK, Binx Health, Jazz Pharmaceuticals, Hologic, and Pfizer.

**Sponsor Disclosures:** At the time of posting, we have received general meeting sponsorship from the American College Health Foundation, UnitedHealthcare Student Resources, Aetna Student Health, Anthem, Inc., Wellfleet Student, GeoBlue, Relation Insurance, and Academic HealthPlans.

**Non Endorsement:** ACHA does not endorse any products or services that are displayed or referred to in conjunction with this activity and is not responsible for the actual presentation of content during scientific sessions.

**Successful Completion:** 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.
New this Year: Badges

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. 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.

Badges are not indicated in this Preliminary Session listing. However, they will be indicated in the Final Program and the meeting app. We’ll also post a grid of session titles, along with badges, on the website later this spring.

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
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

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

4:45 pm - 5:30 pm
CHWP Participant Networking
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
Mid-Atlantic College Health Association Executive Committee
Pacific Coast College Health Association Executive Committee
Southern College Health Association Executive Committee
Administration Section Executive Committee
Advanced Practice Clinicians Section Executive Committee
Clinical Medicine Section Executive Committee
Health Promotion Section Executive Committee

Mental Health Section Executive Committee
Pharmacy Section Executive Committee
ACHA-NCHA Advisory Committee
Ethnic Diversity Coalition
Sexual Health Education and Clinical Care Coalition
Student Health Insurance/Benefits Plans Coalition
Travel Health Coalition
Leadership Institute Committee

6:45 pm - 7:45 pm
Central College Health Association Executive Committee
Nursing Section Executive Committee
Wellness Needs of Military Veteran Students Coalition
Connected College Health Network Committee
Tickets are required for all pre-conference workshops, which are open to all meeting attendees (excluding spouses/partners).

**9:00 AM – 12:00 PM**

**SPSS for Non-Statisticians**
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)*

**Hot Topics and Evolving Practices in College Student Mental Health**
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.
4. Identify one college student mental health strategy, program, or service that can be implemented on their campus.

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

**Sports Medicine Special Testing**
After this session, attendees should be able to:
1. Identify common sports medicine injuries.
2. Identify and practice various special tests.
3. Discuss treatment/rehabilitation options.

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

**Narrative Medicine for the College Health Provider**
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)*

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

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

**Achieving AAAHC Accreditation for College Health, Part I**
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, MS, APRN (University of Connecticut)*

**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**
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.
4. Describe how you will use this information in future practice.

*Presenter(s): Alicia Czachowski, EdD, MPH, CHES® (Tulane University); Padma Entsuah, MPH (Columbia University); Eric Davidson, PhD, MCHES®, CSPS (Eastern Illinois University); Sarah Menefee, MPH, (William and Mary); Reuben Parrish, MPH (University of Houston)*
Building Healthy Campuses by Increasing Social Connectedness and Sense of Community

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 (International Institute for Restorative Practices); Jaclyn Stone, MS, BS (University of Maryland, Baltimore County); Susan Wilson, BA, MS (Temple University)

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

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)
Chaperoning Sensitive Examinations: Policies, Guidelines, and Competencies

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)

Psychopharmacology for Common Mental Health Conditions

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)

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

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)

Achieving AAAHC Accreditation for College Health, Part II

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, MS, APRN (University of Connecticut)

Promoting College Student Well-Being with Coaching Initiatives

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 Tofas Phillips, MEd, and Makayla Davis, MA (Boston College)
**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

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

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

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.

**Nursing Section Welcome Session**

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
See Featured Events for more information.

11:45 am – 12:30 pm
Industry-Sponsored Product Theaters
See Featured Events for more information.

12:00 pm - 1:15 pm
Students/Consumers Orientation
All students are encouraged to attend this orientation customized to meet the unique needs of students.

12:45 pm – 1:30 pm
Industry-Sponsored Product Theaters
See Featured Events for more information.

2:15 pm - 3:15 pm
ACHA Past Presidents’ Reception
All ACHA past presidents are welcome and encouraged to join the current ACHA Board of Directors at this reception. Light refreshments will be served.

6:00 pm – 7:00 pm
HIPAA/Health Information Management
Discussion will include HIPAA and health information management, electronic records, coding, etc.

6:30 pm - 7:15 pm
Opening Reception: Celebrating Diversity
Come network and socialize with your colleagues at this reception co-hosted by the LGBTQ+ Health Coalition and the Ethnic Diversity Coalition. See Featured Events for more details.

7:15 pm - 9:00 pm
ACHA Celebrates!
Featuring the 2019 Award Recipients and Fellows! See Featured Events for more information. Name badges are required for all events.

3:30 pm - 4:30 pm
ACHA Leadership Meeting with Board of Directors

5:15 pm - 6:00 pm
Vaccine-Preventable Diseases Advisory Committee

6:00 pm - 6:45 pm
Emerging Public Health Threats and Emergency Response Coalition

6:00 pm - 7:00 pm
New York State College Health Association Executive Committee
North Central College Health Association Executive Committee
Rocky Mountain College Health Association Executive Committee
Southwest College Health Association Executive Committee
Alcohol, Tobacco, and Other Drugs Coalition
Campus Safety and Violence Coalition
Faculty and Staff Health and Wellness Coalition
Healthy Campus Coalition
Education Planning Committee

7:15 pm - 8:15 pm
Health Information Management Coalition

ASSOCIATION MEETINGS
12:00 pm - 1:15 pm
Administration Section
Advanced Practice Clinicians Section
Clinical Medicine Section
Health Promotion Section
Mental Health Section
Nursing Section
Nurse-Directed Health Services Section
Pharmacy Section
**10:00 AM - 11:30 AM**

**Keynote Address: The Art and Science of Wellness**

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)*

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

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): Galeet Farrow, MA, LPC (Villanova University)*

**Antibiotic Stewardship and Public Health**

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)*

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

After this session, attendees should be able to:

1. Identify environmental factors that impact sleep.
2. Describe how college-based environmental scans can assist health professionals in developing effective programming and strategies based on current needs and strengths.
3. Describe how different campuses have utilized the results of the college environmental scan.
4. Discuss how to use the scan to assess sleep on their own campus and establish collaborations with on-campus partners around healthy sleep.

*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)*

**Update from the ACHA Outsourcing Task Force**

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)*

**Best Practices on Improving Campus Student Influenza Vaccination Rate**

After this session, attendees should be able to:

1. Identify the various types of 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)*

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**1:45 PM - 2:45 PM**

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

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)*
A Campus-Wide Handwashing Campaign to Decrease the Spread of Communicable Diseases

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)

Addressing Common Contraception Myths

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)

The ABC’s of Smoking and E-Cigarettes: What We Need to Know and Do About the Number One Addiction on Campus

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. Consider e-cigarettes as a problem of both nicotine addiction and digital media addiction.

Presenter(s): Alan Blum, MD (University of Alabama)

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

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 (Santa Fe College)

Communicating Effectively with Parents: Striking a Balance

After this session, attendees should be able to:

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

Presenter(s): Amelia Arria, PhD (University of Maryland School of Public Health)
3:15 PM – 4:15 PM

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

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)

Self-Care for the Treatment of Infectious Diseases

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)

Syncope in the College Student

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)

The New Cross-Functional CAS Standards for Advancing Health and Well-Being

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 (International Institute for Restorative Practices); Alicia Czachowski, EdD, MPH, CHES (Tulane University)

Utilizing Registered Nurse Clinics to Maximize Patient Care

After this session, attendees should be able to:
1. List challenges faced in college health that may necessitate or encourage utilization of RN clinics.

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

Leadership and Collaboration for Holistic Student Well-Being

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)

Management and Education of Opioid Overdoses

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): Ellen Goldberg, MSN, RN (East Carolina University)
New in Women’s Health

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)

Redefining Student Support Through Centralized Administrative Services

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, BS, MS, Gloria Brisson, MSN, BSN, and Leisha Connors Bauer, BS, MPA (University of Colorado Boulder)

Chaperoning Sensitive Examinations: Policies, Guidelines, and Competencies

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)

Positioning SHIBPs to Elevate Student Health and Well-Being

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); Kimberly Dalluge, BA (University of Illinois)

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

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)

Integrating Spiritual Health and Wellness into Practice

After this session, attendees should be able to:
1. Explain the background and history of spiritual health and wellness.
2. Discuss the competencies of health-care providers related to spiritual health care and wellness.
3. Identify the right time to engage with patients about spirituality.
4. Discuss strategies to assess spiritual health and wellness using evidence-based assessment tools.

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

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

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 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, BS, CHES® (The College of William and Mary), and Joleen Nevers, MAEd, CHES®, CSES (University of Connecticut)
Collaborating Effectively Among the Health Center, Student Affairs Case Managers, and Disability Services to Address At-Risk Students

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, NCACII, Elizabeth Ferlic, MA, and Scott Howland, MRC (University of Notre Dame)

Affecting Change with Practical Health Policy Strategies

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)

Outcomes of a Student-Driven Comprehensive Alcohol Risk-Reduction Strategy

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)

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

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.
3. Identify best workplace wellness practices at various institution types.

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

Marijuana...Not the Same Weed

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)

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

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

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. Understand 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 Jacki Stone, MS (University of Maryland, Baltimore County)

Desensitize Yourself to Antibiotic Allergies

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)

Firearm Access: Risks to Students andInterventions for Health Care Providers

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)

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

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, and Henriette Rizzo, RN (Cornell University); Tracy Sangprakarn, BA, BSN (Cornell Health)
Thursday Events, Meetings, & General Sessions

Special Events and Adjunct Meetings

7:00 am - 3:45 pm
Registration

7:00 am
Opening Breakfast

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

College Health and Wellness Consulting
Discussion will include benefits of external reviews from seasoned veterans in college health.

Faith-Based Fellowship
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
Discussion will include topics of interest to attendees from historically black colleges and universities (HBCU).

11:45 pm – 12:30 pm
Industry-Sponsored Product Theaters
See Featured Events for more information.

12:00 pm - 1:15 pm
Registered Dietitians Networking Hour
Discussion will include mutual areas of interest among fellow dietitians in providing care to students.

7:00 am – 4:00 pm
Posters
Poster sessions will be displayed in the Plaza Foyer.

8:00 am – 5:15 pm
Aspire: ACHA Mentoring
See Featured Events for more information.
**THURSDAY EVENTS & MEETINGS**

12:00 pm - 1:15 pm (cont.)

Health Promotion Section Research Committee

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 pm – 1:30 pm

Industry-Sponsored Product Theaters

See Featured Events for more information.

3:15 pm – 7:30 pm

Exhibits

Visit more than 85 exhibitors in the Exhibit Hall.

5:30 pm – 7:30 pm

Exhibitor Meet and Greet

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

Connect with fellow psychiatrists to discuss mutual areas of interest in providing psychiatric care to students.

**ASSOCIATION MEETINGS**

7:00 am - 8:00 am

JACH Consulting Editors’ Breakfast

7:30 am - 10:00 am

ACHF Meeting and Student Travel Breakfast

12:00 pm - 1:15 pm

Central College Health Association

Mid-America College Health Association

Mid-Atlantic College Health Association

New England College Health Association

New York State College Health Association

North Central College Health Association

Ohio College Health Association

Pacific Coast College Health Association

Rocky Mountain College Health Association

Southern College Health Association

Southwest College Health Association
Concussions on Campus - Not Solely a Sideline Issue

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)

Elevating Collegiate Recovery Programs: Understanding Student Needs and Employee Roles

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): Marlena Holden, MA (University of Wisconsin-Madison)

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

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.

Presenter(s): John Breck, DO, CAQSM, and Stephanie Pascoe, PT, DPT, OCS, FAAOMPT (University of Colorado)
Innovative Strategies to Engage Students Who are Traditionally Less Likely to Seek Mental Healthcare

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); Alfiee Breland-Noble, PhD (Georgetown University); Will Heininger, BA (University of Michigan); John Sterling, MS (U.S. Army)

The Stigma and Secondary Effects of the Opioid Epidemic

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): Marta Brooks, PharmD, MS, and Joanna Stratton, PhD, LMFT, Licensed Psychologist (Regis University)

Evaluation and Treatment Approaches to the Overworked and Overtired Student

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, Lindsey Mortenson, MD, Mary Jo Desprez, MA, and Joy Pehlke, MEd (University of Michigan)

PrEP and nPEP: Preventing HIV in Young Adults

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 Grivois-Shah, MD, MPH, MBA, FAAFP (University of Arizona Family and Community Medicine/Banner University Medical Group)

A Trauma-Informed Approach to Building College Students’ Resilience

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

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

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): 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)
THURSDAY GENERAL SESSIONS

10:00 AM – 11:30 AM

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

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

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

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)

The Journey to Revenue Cycle Management

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.
3. List two-three steps you can take immediately to begin implementation at your own university.

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

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

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): Mayumi Yamamoto, MD, PhD, MBA (Gifu University); Jennifer Hauenreiser, MA (Oregon State University); Hiroaki Yoshioka, MD, PhD, and Yumi Adachi, MA (Kanazawa University); Taku Iwami, PhD (Kyoto University); Katsumi Nakagawa, MD, PhD, JD (Ritsumeikan University); Susumu Shirabe, MD, MPH (Nagasaki University)

Building Resiliency: Data-Informed Interventions

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, and Tom Szigethy, MA (Duke University); Tierra Parsons, MSW, LCSW (Johnson C. Smith University)

Medical Management of Transgender Healthcare

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)

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

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 intuition 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): Lindsay Johnson, MSEd, LPC, ACS, and Allie Pearce, MA (Rowan University)
Ethical Principles and Practices Applied to College Health

CANCELLED BY PRESENTER

Medical Grand Rounds: Case Presentation and Discussion

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.
3. Describe common pitfalls in the approach to difficult cases.

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

Illnesses Acquired by U.S. Student Travelers

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, and Allison Taylor Walker, PhD, MPH (Centers for Disease Control and Prevention)

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

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 for 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 (Cornell University)

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

After this session, attendees should be able to:

1. Describe how student affairs models may influence how students can engage in health promotion practice within different campus contexts.
2. Identify how public health models of stakeholder engagement can inform student engagement opportunities.
3. Describe assessment and evaluation considerations for differing types of student engagement opportunities across a socioecological model.
4. Discuss applied examples of student engagement across a socioecological model.

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

Venturing Beyond the Binary Sexual Health Interview

After this session, attendees should be able to:

1. Define binary and non-binary thinking.
2. Identify four reasons why it is important to ask non-binary questions in the sexual health interview.
3. List ways to revise the sexual health interview based on the CDC “5Ps”.

Presenter(s): Steffie Goodman, PhD, CNM (University of Colorado, Boulder)
1:45 pm – 3:15 pm (cont.)

A Universal, Digital Approach to Well-Being
After this session, attendees should be able to:
1. Describe the current national mental and physical wellness trends on college campuses.
2. Discuss the need for a universal approach to promote wellness and success.
3. Describe the role of digital technologies in the evolution of care to meet college students’ needs to promote help seeking behaviors and connection to campus resources.
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)

Building an Interdisciplinary Concussion Team at Your Health Center
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 Sirotniak, PT, DPT, OCS, and Theresa Hernández, PhD (University of Colorado, Boulder)

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

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

Developing Wellness Coaching Programs for Academic Success
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): Natalie Rella, MPH, CPH, CWHC and Jennifer Kennymore, MPH (University of Florida)

Managing Chronic Mental Illness in College: Preliminary Results of a Survey by the ACHA Mental Health Task Force
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)
Orienting New Professionals to the Changing Landscape of ATOD Prevention

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

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

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)

Mindful Self-Care for College Health Professionals

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)

The Importance of Information Governance in Healthcare

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)

Advancing the Use of Telemental Health with Diversified Student Populations

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)

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

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)

Eyelid Lesions and More

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)
Innovations in Open Access to Contraception Through Telehealth Services

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)

Counseling and Outreach Programming Initiatives -- Creating Single Servings

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.
3. Discuss how to create liaison relationships across campus.
4. Discuss ways to implement similar collaborative programming at their respective institutions.

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

Hot Topics in JACHO and AAAHC Accreditation

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, BA, ADN (Oregon State University)

Interactive Introduction to the SAMHSA Strategic Prevention Framework

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, and Alli Fast, BA (Minnesota State Community and Technical College)

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

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.
3. Explain the process and content of a mental health awareness and coping curriculum offered by multidisciplinary, cross-division university team.

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

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

After this session, attendees should be able to:
1. Identify how best to utilize their management style to ensure they are effective in managing a comprehensive college health program.
2. Describe how to effectively serve as the principle advocate for a healthy campus community at their institution.
3. Explain how to ensure opportunities for student involvement and education.

Presenter(s): Amy Magnuson, PhD, RD (Florida State University); Tanya Tatum, MHA (Florida A&M University); Mary Johnson, DNP, FNP-BC, CWP (Meredith College)
3:45 pm – 5:15 pm (Cont.)

An Integrated Approach to Vaccine Education for the College Campus

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, and Christine Feltman, PharmD (Regis University)

The Microbiome: Implications for Human Health

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)

Getting Published in the Journal of American College Health

After this session, attendees should be able to:

1. Discuss the process for submitted 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, BA, MS (Taylor & Francis Group)
FRIDAY EVENTS, MEETINGS, & GENERAL SESSIONS

SPECIAL EVENTS AND ADJUNCT MEETINGS

7:00 am - 6:00 pm
Registration

7:00 am
Continental Breakfast with Exhibitors

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

Lookout Mountain Group

Sports Medicine Interest Group
Discussion will include educational gaps for future meetings and structures for athletic care on campus.

7:00 am – 4:00 pm
Exhibits and Posters
Visit more than 85 exhibitors in the Exhibit Hall. Poster Sessions will be displayed in the Plaza Foyer.

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

Pharmacy Section Gathering
Bring your lunch and talk with your colleagues about current issues in college health pharmacy.

6:15 pm - 7:00 pm
Assembly of Representatives
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

12:00 pm – 1:15 pm
Students/Consumers Section

9:00 pm - 10:00 pm
AA/Al Anon Open Meeting
FRIDAY GENERAL SESSIONS

8:00 AM – 9:30 AM

Implementing a Response to an Infectious Disease Outbreak

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)

The Use of Motivational Interviewing to Address Vaccine Hesitancy

After this session, attendees should be able to:
1. Describe the outcomes of the QI study including provider knowledge and vaccination rates.
2. Identify MI compliant strategies that can be used in vaccine discussions.
3. Compare MI techniques to those currently used in practice.
4. Describe how to hold a discussion about vaccines using at least one MI technique.

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

Together We Move: Strategies to Improve Student Physical Activity

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)

A Disability Justice Framework for Elevating Well-Being

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 Cimini, PhD, AB (University at Albany); Michael McNeil, EdD, MS (Columbia University)

Waiting for the Great Leap Forward: Ideas for Change in College Mental Health Systems

After this session, attendees should be able to:
1. Discuss the pros and cons of past, present, and future models of mental health care on college campuses.
2. Describe innovations happening at the presenter’s campus.
3. Describe the urgent care model of mental health for college counseling centers, and suggestions for how they were achieved that may be used on other campuses.

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

Electrocardiographic Interpretation in Athletes

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)

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

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.
4. Describe at least three creative ways in which college student travel is being approached.

Presenter(s): Catherine Ebelke, PA-C, CTH (Montana State University)
Red Flags of Fraudulent Prescriptions and Diversion Trends
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)

Action Collaborative Approach to Efficiently Expanding the Definition of Campus Well-Being
After this session, attendees should be able to:
1. Describe how to identify and prioritize components of campus well-being.
2. Describe the unique needs of community colleges and minority serving institutions.
3. Discuss how to Introduce action collaboratives to campus wellness stakeholders/committee.
Presenter(s): Kimberly O’Shields, MS (Partnership for a Healthier America) Kristen Sullivan, MS, MPH (American Cancer Society); Lisa Dalrymple, PhD (Oakwood University)

Creative Approaches for Funding and Delivery of College Campus Health and Wellness Services
After this session, attendees should be able to:
1. Describe the OSU-Cascades service model for healthcare using community clinics and resources.
2. Compare the benefits and consequences of using referral health services for a college.

Legal, Risk Management and Emerging Issues in Higher Education
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 Wi)

Antibiotic Stewardship: The Effect of an Evidence-Based Peer Review Process on Antibiotic Prescribing Behaviors of College Health Providers
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): Valerie Kiefer, DNP, APRN, ANP-BC (University of Connecticut)

Lessons Learned from Hurricane Florence: Were We Really Prepared?
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
3. Identify risk management strategies for use in their institution
Presenter(s): W. Scott Lewis, BS, MS, JD (TNG, LLC)

Legal, Risk Management and Emerging Issues in Higher Education
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)

Creative Approaches for Funding and Delivery of College Campus Health and Wellness Services
After this session, attendees should be able to:
1. Define potential steps in a grant process in an integrated health care approach.
2. Identify potential partnerships in their community.

Schedule subject to change.
### Is Your Practice a True Safe Zone?
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 Becca Rampe, PsyD, LP, HSP-P (University of North Carolina Wilmington)

### Allergen Immunotherapy: Various Types, Indications, Effectiveness and Safety
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)

### Counseling Center Impact on Retention and Graduation Rates
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.
3. Identify ways to use the data to benefit your office.

**Presenter(s):** Marcus Hotaling, PhD (Union College)

### An Overview of Tick Borne Viral Diseases
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)

### Current Management Strategies for Upper Respiratory Infections
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)

### Leadership Resiliency for College Health and Wellness Professionals
After this session, attendees should be able to:
1. Explain the value and importance of leadership resiliency as this relates to our success as college health professionals.
2. Discuss current literature and key frameworks and models in supporting leadership resiliency.
3. Identify personalized strategies to support leadership resiliency moving forward.

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

### STD Showtime: New Trends, Hot Topics and Challenging Cases
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):** Karen Wendel, MD, Olayomi Obafemi, MD, MPH, and Allison Finkenbinder, MSN, WHNP-BC (Denver Public Health)
**FRIDAY GENERAL SESSIONS**

**10:00 AM – 11:30 AM (CONT.)**

**Introducing the ACHA-NCHA III**

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.
3. Discuss the implications of the revisions for data analysis and reporting.
4. Identify ways to increase participation in the ACHA-NCHA.

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

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

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)*

**Managing Risk: How to Develop a Billing and Reimbursement Compliance Plan**

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.

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

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

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)*

**12:00 PM – 1:15 PM**

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

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. Describe 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)*

**1:45 PM – 2:45 PM**

**Beyond the Sick Visit: Transforming Healthcare for Collegiate Men**

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)*

Schedule subject to change.
The Development, Implementation, and Evaluation of a Health-Themed Residential Learning Community for First-Year Students

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® (Tulane University); M. Scott Tims, PhD, and Alicia Czachowski, EdD, MPH, CHES® (Tulane University)

Best Practices for Sexual Health Services in College Health

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, RN (State University of New York, Geneseo); Lindsay Phillips, MSc, MD (Rochester Institute of Technology)

Universal Suicide Screening in College Primary Care

After this session, attendees should be able to:

1. Describe national data indicating suicide as the second leading cause of death in college-aged students in the United States.
2. Discuss how a structured suicide screening can be implemented in primary care.
3. Describe documentation recommendations for recording suicide assessment and linkage to care.
4. Discuss the importance of a simulated behavioral health training for medical staff to increased knowledge, skills and comfort level of completing suicide assessments.

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

A Better Approach to a Patient-Focused Customer Service

After this session, attendees should be able to:

1. Differentiate between customer service and customer experience.
2. Explain why TAMU SHS chose to form the customer service committee.
3. List new customer service initiatives and implementations.
4. Describe customer satisfaction outcomes.

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

Inside SHAC at the University of Texas at Austin

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 (University of Texas at Austin)

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

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 co-located medical and behavioral health services.
3. Describe interdepartmental initiatives that will promote student and staff well-being.
4. Differentiate strength-based, primary prevention model from clinical intervention model.

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

1:45 PM – 2:45 PM (CONT.)

Updates in UTI Management: Opportunities for Antibiotic Stewardship
After this session, attendees should be able to:
1. Describe opportunities for antimicrobial stewardship in urinary tract infections through accurate diagnosis and treatment selection.
2. Identify collateral damage from overuse of antibiotics.
3. Discuss preventative strategies.
4. Describe how to construct an appropriate treatment plan, provided clinical situations.
Prenter(s): Matthew Miller, PharmD, BCPS (AQ-ID) (University of Colorado Hospital)

Exertional Heat Stroke
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)

Credentialing and Privileging Boot Camp
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.
3. Identify the link to peer review and quality assurance.
4. Describe the various risks to the institution, if the credentialing and privileging process is not properly conducted.
Presenter(s): Deborah Beck, EdD, MPA (University of South Carolina); Michelle Burcin, PhD, MPH, MCHES® (Walden University)

3:15 PM – 4:15 PM

“If They Had Known”: A Documentary Spoken BY Kids TO Kids About the Risks of Current Party Culture
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)

Heavy Conversations: Weight and Health
After this session, attendees should be able to:
1. Discuss weight bias and stigma and the effects in both patients and health care providers.
2. Describe biological and psychological factors influencing weight and health.
3. Compare weight inclusive vs. weight normative approaches to health care.
4. Discuss challenges and strategies for addressing weight with patients to improve health outcomes.
Presenter(s): Jennifer Barnoud, MS, RDN, LD, CEDRD (University of Texas at Austin)

Development of an Inclusive Transgender Care Team
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)

Schedule subject to change.
Enterprise Risk Management in the College Health Setting

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.
3. Describe clinical controls that mitigate professional liability risk and operationalize lean efficiencies.
4. Discuss implementation strategies, challenges and outcomes.

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

Identifying Students at Risk for Co-Occurring Disorders

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 (University of Colorado Boulder)

Utilizing Effective Collaboration to Improve Campus Health Promotion Reach and Capacity

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 Phippes Grove, MS (Florida State University)

Pharmacy Hot Topics 2019

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)

Sports Medicine Primer

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)

Achieving Higher Immunization Compliancy Results

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)

Campus Recreation’s Role in Promoting Student Well-Being

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)
3:15 pm – 4:15 pm (cont.)

Sexual Dysfunction in Young Adult Males

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)

Basic Needs – Addressing Non-Academic Barriers to Ensure Student Success

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)

ACHA Connected College Health Network (CCHN) Data Warehouse

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.

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

4:45 pm – 5:45 pm

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

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 opportunities for implementing creative, collaborative flu vaccination strategies in their campus community.

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

Adverse Childhood Experiences: An Unaddressed Public Health Crisis

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

Understanding the Application of Acupuncture in College Health

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.
3. Discuss the significance of qi flow.
4. Describe strategies that allopathic clinicians and acupuncturists can use to collaborate.

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

Building Connections Between Student-Athletes and Mental Health

After this session, attendees should be able to:

1. Identify the gap between athletics and mental health services.
2. List at least two different ways that mental health and athletics can partner.
3. Differentiate between traditional partnerships and this comprehensive model of student-athlete wellness.

Presenter(s): Rebecca Rampe, PsyD, LP HSP-P, and Amy Cavanaugh, PhD (University of North Carolina Wilmington)
Sexual Assault Prevention Programming for International Students

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)

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

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

Understanding Your Competitive Advantage

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

Implementing SBIRT for Every Student Patient

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)

Identifying and Managing Common Hand and Wrist Injuries

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.

Orthorexia, Other Eating Disorders, and Pathological Exercise

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

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, MSc (Centers for Disease Control and Prevention)

Immunization of Healthcare Professionals

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)
SATURDAY EVENTS, MEETINGS, & GENERAL SESSIONS

SPECIAL EVENTS AND ADJUNCT MEETINGS

7:00 am – 10:00 am
Registration

7:00 am
Continental Breakfast

10:00 am - 11:00 am
Closing Presidential Session
See Featured Events for more information.

ASSOCIATION MEETINGS

7:00 am - 8:00 am
2019 Program Planning Committee Debriefing
All members of the 2019, 2020, and 2021 Annual Meeting Program Planning Committees are encouraged to attend.
Synergistic Programming to Support and Elevate the Health and Well-Being of the Residential Community

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)

Alcohol Screening and Brief Intervention (SBI) in Primary Care

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)

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

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)

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

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

Microaggressions and Inclusive Language

After this session, attendees should be able to:

1. Describe how to increase awareness and understanding of microaggressions.
2. Discuss microaggressions experiences and outcomes.

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

Creating a More Mindful Campus: The Patient Centered Medical Home as a Springboard to Mindfulness and Meditation Practice

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.
3. Discuss ways to implement a broad array of mental health services and programs for students, faculty, and staff.

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

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

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): LeAnn Gutierrez, PhD, MBA (Florida Atlantic University)
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)**

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### 10:00 AM – 11:00 AM

**Presidential Closing Session: Active Minds: Changing the Conversation about Mental Health**

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)**