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

9:30 am – 4:30 pm

**Advisor Academy: Training for Advisors of Peer Health Education Groups**

*Presenter(s):* Joleen Nevers, MAEd, CHES, CSE, CSES (University of Connecticut); Mandy Parente, MEd, CHES (University of Alabama at Birmingham); La’Tesha Hinton, MSPH, CHES, and Alicia Czachowski, EdD, MPH, CHES (Tulane University)

The role of a collegiate peer health education advisor is complex, ever changing, and sometimes poorly defined. There is no handbook, guide, training, or manual when it comes to working with peer health education groups. This pre-conference session will provide participants with foundational training, skills and knowledge to be an effective advisor.

9:30 am – 12:00 pm

**Creating an Environment Where “Teamwork Makes the Dream Work”**

*Presenter(s):* Jessica Brooks, BSN, and Sharon Bowden (University of Georgia)

Learn how to empower your leadership team and employees in every aspect of their job responsibilities with implementable programs that are budget friendly. The University of Georgia’s Health Center’s Leadership Team presents organizational models, programs, communication solutions and activities to help improve culture and provide continued growth for leaders and staff in 2020.

**Hands-On Training for IUD Insertion**

*Presenter(s):* Ann Laros, MD (University of Minnesota); Susan Ernst, MD (University of Michigan); RyoChong Choi-Pearson, MD (Ohio State University); Mary Landry, MD, FACOG (University of Wisconsin)

Join a gathering of gynecologists for a review of long acting reversible contraception (LARC) including and hands-on IUD insertion training with pelvic models.

**Addressing Implicit Bias in College Health Care**

*Presenter(s):* Beth Kotarski, DNP, MSN, WHNP-BC, CRNP-PA (Carnegie Mellon University)

The Institute for Healthcare Improvement’s 2016 white paper, “Achieving Health Equity”, encourages all healthcare providers to understand and respond to implicit (unconscious) bias. In the college health setting, providers interact with students who represent multiple identities. By awareness, training, and planning, college health services can make health equity a strategic priority in their campus communities. Every healthcare professional should know how to counter the unconscious biases that impede the quality and safety of patient care.
Structural Violence and Gun Violence in the United States

Presenter(s): Robert Winfield, MD (University of Kansas)

Interpersonal gun violence is the leading cause of death among young African-American males in the United States. This presentation and subsequent discussion will focus on the role of structural violence in the perpetuation of this uniquely American epidemic and highlight how our history has brought us to a point where young black men die from gun violence at greater than ten times the rate of their white counterparts.

Mastering Quality Improvement: AAAHC

Presenter(s): Joy HimmelPsyD, PNHCNS-BC, LPC, NCC (Bodhi Counseling); Valerie Kiefer, DNP, MS, BSN (University of Connecticut)

College health professionals are committed to providing the highest quality services possible to the students they serve. Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will cover practical information on how to be successful in establishing a quality improvement program. The program will be experiential with numerous examples, worksheets and opportunities for discussion. It will present practical information on how to be successful in your Quality Improvement program in the college health environment.

Shoulder Essentials: Anatomy, History, Exam, Ultrasound, Injection, and Rehabilitation Workshop

Presenter(s): David Edwards, MD, CAQSM, and Jennifer Mitchell, MD (Texas Tech University); Stephen Edwards, MD (Baylor College of Medicine/Texas Children's Hospital)

Shoulder injuries are common in the collegiate population. Clinicians often lack confidence in diagnosing and managing these injuries, leading to unnecessary and costly imaging studies, long waiting times to see specialists, and uncertainty regarding when to return to work / sport. This workshop will equip the practitioner to refine history taking, practice physical exam skills, use musculoskeletal ultrasound in diagnosis, identify landmarks used in shoulder injections, and correlate rehabilitation of the shoulder girdle with anatomy. Wear your favorite university’s T-shirt, and come prepared to practice!

Primary Care College Mental Health: Foundations of Competent, Comprehensive, and Collaborative Psychiatric Care

Presenter(s): Lindsey Mortenson, MD, and Rachelle Wilcox, MD (University of Michigan); Ayesha Chaudhary, MD (Duke University); Alan Lorenz, MD (Rochester Institute of Technology); Ryan Patel, DO (Ohio State University)

Given the unprecedented increase in demand for college mental health services, primary care clinicians are increasingly serving on the front lines of this important work. This pre-conference will provide the foundational knowledge you need to provide psychiatric care that is safe, comprehensive and collaborative, including: screening, assessment, diagnosis, psychopharmacology for mild-moderate conditions, referring for a higher level of care, barriers to treatment, and collaboration with campus and community partners.
Introduction to Medical Improv
Presenter(s): Katie Watson, JD (Feinberg School of Medicine, Northwestern University)
Participants in this interactive preconference workshop will learn from the creator of “medical improv” how insights from theater professionals working without a script can improve clinicians’ ability to quickly connect and co-create shared understandings with patients and teammates. This novel training method emphasizes authenticity, discovery and having fun, not being funny, and no previous theater experience is needed!

MINDSTRONG: An Evidence-Based Manualized Cognitive-Behavioral Skills Building Program to Decrease Depression and Anxiety in College Students
Presenter(s): Bernadette Melnyk, APRN-CNP, FAANP, FNAP, FAAN, and Jacqueline Hoying, PhD, RN (The Ohio State University)
Implementation of preventive/early intervention mental health programs is necessary to equip students with cognitive-behavioral/coping skills before they experience a crisis. This presentation will prepare workshop participants to deliver the evidence-based MINDSTRONG program, also known as Creating Opportunities for Personal Empowerment (COPE) in the literature, a 7-session manualized cognitive-behavioral skills building program that has been shown to decrease anxiety, depression and suicidal ideation as well as increase healthy lifestyle behaviors and academic performance in college students.

Emergency Disaster Preparedness: A Partnership across Campus
Presenter(s): Christina Nulty, MD, Becky Ludolph, BSN, and Bobby Stevens, BSN (Illinois State University)
This presentation will give an overview of developing disaster plans and developing, conducting and evaluating training sessions, emergency drills and exercises for Student Health Services at Illinois State University. Experiences over this 5-year journey will be highlighted and will include a mass shooter exercise, a mass dispensing exercise, power outage drills and a tornado preparedness drill and exercise. The educational processes utilized to overcome the deficiencies that were discovered during each step will be demonstrated. The steps to updating and modifying the emergency preparedness plans based on lessons learned from each of these drills and exercises will also be highlighted.
Keynote Address: iGen: Understanding the Smartphone Generation and Their Mental Health

Presenter(s): Jean Twenge, PhD (San Diego State University)

Traditional-age college students are now iGen (born after 1995), the first generation to spend their adolescence with smartphones. We'll explore the trends shaping this group using national surveys of 11 million teens and college students going back to the 1970s. These show that iGen is growing up more slowly as adolescents, spends more time online and less with friends in person, and is more likely to experience unhappiness, anxiety, and depression. We'll discuss the implications of these generational shifts for higher education.

The ACHA-NCHA at 20, Part 1: A Look at Where We've Been

Presenter(s): Mary Hoban, PhD, MCHES, and Christine Kukich, MS (American College Health Association)

As we celebrate 20 years of the ACHA-NCHA, this program will present data trends from the NCHA II (Fall 2008 – Spring 2019) and update progress on Healthy Campus 2020 objectives.

How to Improve EM Coding Through Chart Audits and Clinician Education

Presenter(s): Shannon Kuykendall, CPC (University of Georgia)

Ensuring your providers code new and established patient visits correctly is time consuming, exhausting and, if you are not careful, counter-productive. This session will review how creating a process to audit outliers, randomly selected encounters, and encourage providers to submit charts when they have coding concerns can dramatically improve billing productivity and documentation support. Presenters will demonstrate best practices in data collection, handling audit information, and effectively providing feedback to providers in a manner that improves future coding.

E-cigarettes, Vaping, and Hookah: Dangerous Emerging Health Risks Among Young Adults

Presenter(s): Nara Shin, MD (Princeton University)

E-cigarettes, vaping, and hookah have emerged as a significant health risk in the young adult population. Contrary to popular belief that these alternative forms are safer than traditional cigarettes, there are potential immediate health dangers such as nicotine overdose, carbon monoxide poisoning, and acute respiratory failure. Studies have also linked use to future cigarette and psychoactive substance abuse. The growing popularity and the highly social nature of these behaviors should amplify concern and demand action to combat this top public health crisis.
Prioritizing Assessment, Evaluation, and Research in Health Promotion Practice

Presenter(s): Raphael McCullough, PhD, MPH (Columbia University)

Health promotion professionals use assessment, evaluation, and research strategies in broader program planning efforts to identify priorities, enhance efforts, advocate for resources, and contribute knowledge to the field. Competing priorities, restricted resources, and limited research skills may impede our ability to include rigorous study design in program planning. We will share lessons learned in building research agendas as scholars and practitioners, and we will discuss strategies for leveraging institutional assets to support health promotion research.

Sexual Diversity on Campus: Distinguishing Between Consensual Sexual Behaviors and Reportable Title IX Behaviors

Presenter(s): Heather Eastman-Mueller, PhD, CHES, CSES, FACHA (Indiana University); Joleen Nevers, MAEd, CHES, CSE, CHES (University of Connecticut); Sara Oswalt, MPH, PhD, CSE (University of Texas at San Antonio)

College students engage in an array of sexual expression. With the national focus on sexual violence prevention efforts, some ways in which college students express themselves sexually may be misinterpreted or misunderstood. As wider practices of consensual non-monogamy and BDSM are reported, college health professionals need to understand and clearly differentiate between consensual behavior and sexual violence.

Mental Health Capacity Building Using EMDR, Part 1: Overview and Implementation Strategy

Presenter(s): D. Joyce Mojica, PsyD, CADC, and Elizabeth Ritzman, MS, Mdiv (Dominican University)

Due to increased demand from students seeking services, university counseling centers have been exploring ways to manage capacity. We also noticed there is a similar increase in students bearing the burden of untreated trauma as they enter college. Dominican University’s Wellness Center’s counseling team considered EMDR as a potential tool for condensing psychotherapy without reducing effectiveness. Over the past three years our mental health staff have all been trained to use EMDR, and we see it as one of the structural changes underlying the 63% increase in clinical encounters.

Building a Comprehensive, Sustainable Campus Suicide Prevention Program Using a Public Health Approach

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

To address the critical issue of suicide among college students, it is important to consider expanding our traditional scope of mental health services and implement a comprehensive approach that reaches the broader campus culture as well as students who are at risk. This workshop will highlight and explore strategies and best practices associated with building comprehensive, sustainable suicide prevention programs within college and university settings. Drawing from several conceptual models that have informed comprehensive and successful suicide prevention programs, we will explore prevention and intervention strategies informed by the public health approach and will examine the ways in which campus suicide prevention programs can establish a solid framework that will help them operate with a clear mission and focus, a safe, integrated, and effective service model, and a strong and sustainable core.
Essential Roles of the Registered Nurse in College Health

Presenter(s): Elisabeth Powell, BSN, RN (University of Florida)

In response to achieved licensure of medical assistants at the University of Florida Student Health Care Center, the SHCC examined the role of the registered nurse. The unique roles of assessment and education are derived from the nursing process. Research participation, telephone triage and nurse triage are culminations of the nurse license. In keeping with the vision of the UF SHCC, the nurse provides same day care essential to being the students’ preferred provider.

Food Insecurity: Screening and Referral Through Student Health Services

Presenter(s): Jennifer Wiseman, MS, MSN, APN-C, CHWP, CTH® (Rutgers University)

Food insecurity can greatly affect students’ physical and mental health and their academic success. We will present findings from a one-year study in which students being seen at student health services were screened for food insecurity and referred to on-campus resources when appropriate. Qualitative interviews with staff and clinicians indicated that the program was positively received and did not significantly interrupt the provision of expected care. Program data indicated that tracking and referral were successful.

Skin and Soft Tissue Infection Treatment in the Age of Antibiotic Stewardship

Presenter(s): Andrew Guertler, MD (James Madison University)

Skin and soft tissue infections are not uncommon in college students. Recommendations related to antibiotic prescribing for these conditions has changed due to an emphasis on antibiotic stewardship. Furthermore, “standard” abscess treatments including irrigation, packing, and antibiotics post-procedure have been challenged. This presentation will discuss typical skin and soft tissue infections in college students with an emphasis on antibiotic selection and review pertinent literature related to soft tissue abscess treatment.

An Interdisciplinary Approach to Meeting ACHA Healthy Campus 2020/2030 Objectives by Utilizing the Exercise is Medicine® on Campus Model

Presenter(s): Adrienne Wald, EdD, MBA, RN, CNE, MCHES (Mercy College); Carena Winters, PhD, MPH, FACSM (Jacksonville University); Renee Heil, PhD (Florida Gulf Coast University)

ACHA-NCHAII data indicate that most college students in the United States (US) do not engage in physical activity levels sufficient to meet national recommendations. With 230 colleges and universities nationwide now participating in the American College of Sports Medicine Exercise is Medicine® on Campus initiative, approximately 80 currently implement the physical activity vital sign (PAVS) and provide exercise referral and prescription. Campus-wide interprofessional collaboration for further adoption of EIM®OC and implementation success are discussed.
Measuring What Matters: Dashboards, Scorecards, and Metrics for College Health Administrators

Presenter(s): Joel Schwartzkopf, PA-C, MBA, MPAS (Colorado State University); Erin Baldwin, MHA, MPH (Iowa State University)

Participants will learn about key performance indicators (KPIs) for college health and wellness centers. We will discuss methods of measuring and reporting KPIs, how data helps identify trends in “real time,” and how to examine trends to make better operational decisions. Finally, we’ll show how good metrics can be a useful tool to leadership for decisions about strategic planning, budgeting, personnel management, and workflow issues.

Expanding Trans Care Medical Services on the University of Michigan Campus: A Framework and Strategy with Lessons Learned

Presenter(s): Rachelle Wilcox, MD, MPH, Diana Parrish, LMSW, and Monique Steel, MSN, WHNP-BC, RN (University of Michigan)

Since fall 2016, the University of Michigan has actively improved medical services and delivery through the health service for transgender patients, a process that required strategy, knowledge expansion, and logistical execution. This session will outline the framework we used from both the institutional and clinician perspective, including the pitfalls encountered, in order to assist others in meeting goals of improved care on their campuses. We will share strategy documents, clinician curriculum, marketing, electronic health record documentation, protocols, and patient education used during this process.

Utilizing Motivational Interviewing to Help Support Behavior Change

Presenter(s): Mary Jo Desprez, MLIR (University of Michigan)

Helping young people make thoughtful choices that reduce harm and promote well-being are important. And we know that information alone does not change behavior. Motivation interviewing is a unique tool that both supports an individual’s autonomy (which is in alignment with student development theory) and increases the likelihood of positive behavior change. Motivational Interviewing is a communication method that helps people resolve ambivalent feelings and insecurities to find the internal motivation people need to change their behavior. It is a practical, empathetic, and short-term process that takes into consideration how difficult it is to make life changes. Initially developed by clinical psychologists William R. Miller and Stephen Rollnick for the treatment of substance abuse, MI is now being applied across health fields and beyond. Participants in this workshop will get an overview of the how MI is used in the college/university health setting, become familiar with the core principles and basic skills, and learn how it is being used on college campuses worldwide.

Mental Health Capacity Building Using EMDR, Part 2: Application and Cases

Presenter(s): D. Joyce Mojica, PsyD, CADC, and Elizabeth Ritzman, MS, Mdiv (Dominican University)

Due to an increased demand from students seeking services, university counseling centers have been exploring ways to manage capacity. We also noticed there is a similar increase of students bearing the burden of untreated trauma as they enter college. Dominican University’s Wellness Center’s team considered EMDR as a potential tool for condensing psychotherapy without reducing effectiveness. Over the past 3 years our mental health staff have all be trained to use EMDR, and we see it as one of the structural changes underlying the 63% increase in clinical encounters.
Partnering College Health with Academic Career Immersion

Presenter(s): Denise Lundy, DNP, Eileen Hineline, MSHA, RN-BC, and Corvette Yacoob, DNP (Barry University)

College health centers are asked to demonstrate how they contribute to the academic missions to their institutions. Student health centers provided valuable out of the classroom education to students by removing health related barriers to their academic success. What this program represents is how a SHC can contribute to the student academic success by providing real world clinical expertise within the University’s health center while contributing to the students career development integration.

An Introduction to Travel Medicine Consults

Presenter(s): Benjamin Silverberg, MD, MSc (West Virginia University)

International travel, though often a rewarding experience, carries various risks, such as exposure to infectious diseases, unsanitary conditions, and unsafe vehicles. Just as a traveler fills a suitcase with both necessary and helpful items to use abroad, the consultant provides the traveler with immunizations, medications, and knowledge to carry with them. This presentation will review resources to help providers prepare for such a visit and what questions to ask the traveler at intake. It will also detail required, recommended, and routine vaccinations for travel abroad.

Psychiatry Top 20: High Yield Psychopharmacology

Presenter(s): Lindsey Mortenson, MD (University of Michigan); Ayesha Chaudhary, MD (Duke University); Alan Lorenz, MD (Rochester Institute of Technology); Ryan Patel, DO (Ohio State University)

24% of college students report treatment with psychiatric medication in the past 1 year. In light of this, college health clinicians need a strong foundation in pharmacological treatment for mild-moderate psychiatric conditions that can improve symptoms, functionality, persistence, and graduation. In this program you will learn 20 high impact and evidence-based psychopharmacological interventions associated with positive outcomes.

Just Say Know: Developing a Peer-Led and Harm Reduction Focused Drug Education Program

Presenter(s): Vilmarie Fraguada Narloch, PsyD (Students for Sensible Drug Policy)

This session will cover how a student-led organization developed a harm-reduction program to meet the need for comprehensive drug education on campus. The presenter will describe harm reduction as it applies to college campuses, and demonstrate how harm reduction was incorporated in the development of this program, and others. Student feedback about the program will be presented, including their perceptions of the content and delivery, and how these translated into further development of the program.
Kind Mind: Encouraging Self-Compassion

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

Students are increasingly self-critical, which often is detrimental to positive well-being. Self-criticism is correlated with loneliness, depression, and anxiety, three current mental health concerns. Mindful self-compassion (MSC) is a useful intervention in managing self-criticism and improving health. MSC consists of kindness, common humanity, and mindfulness and positively influences well-being while decreasing the experience of stress and symptomatology. This session will review a four-week workshop that teaches the skill of MSC and suggestions for implementation with student.

Nutrition and the Student-Athlete

Presenter(s): Jessica Higgs, MD (Bradley University); Jocelyn Gravlee, MD (University of Florida); Kyle Goerl, MD (Kansas State University); Jean Perez, MD, ATC (Goucher College); Catherine O'Neil, MD (Bucknell University)

Female Athlete Triad has been an established diagnosis for over 20 years. Recently a new term RED-S (Relative Energy Deficiency in Sports) has emerged. This presentation will feature of panel of experts in both sports medicine, nutrition, and eating disorders to discuss the nuances between these terms and management of athletes with these conditions, including when to restrict sports activities.

Optimizing the Use of Data for Public Health and Clinical Decision Making

Presenter(s): Brittany Boyer, PhD, and Susan Hochman, MPH, CHES, FACHA (University of Texas at Austin)

Public health agencies and healthcare organizations rely heavily on data for everything from personalizing interventions and enhancing outcomes to implementing cost-saving measures and disease surveillance. However, data is underutilized in the college health setting. This session will highlight ways to take advantage of the wealth of data available to campus health entities through population level surveys, EHRs, and other big data sources to enhance practices and the health and well-being of students. Data analytics and visualization strategies will be emphasized.

TB on Campus: Know Your Risk

Presenter(s): Catherine Healy Sharbaugh, DNP, RN, FNP (Lehman College), Douglas Weigelt, MPH, and Argie Figueroa, MSc (Centers for Disease Control and Prevention)

Knowledge of TB burden and management among international students at American universities is limited. As universities attract more individuals from high risk TB countries, their student populations risk greater exposure to TB infection. Universities and colleges need to understand the disease burden among this growing population of students, and know how to manage and limit potential spread on their campuses.
Developing a Women’s Health Care Clinic: A Clinical Perspective

Presenter(s): Phyllis Mathews, DNP, WHNP-BC, SANE-A (James Madison University)

This presentation discusses the personal story and professional vision of a separate women’s clinic that began as a one room clinic to a new modern clinic. The transformation form “this is how we do it” to “this is how we are going to change”. Adding best practices and personal experience, this session will give valuable information about the uniqueness of a separate women health clinic within the university health center.

Moving from Assumptions to Authentic Conversations in Sexuality Education and Sexual Violence Response

Presenter(s): Joleen M. Nevers, MAEd, CHES, CSE, CSES (University of Connecticut); Ashleigh Hala, MSW, LCSW (Babson College)

Setting boundaries and identifying preconceived notions are vital in the fields of sexual violence and sexual health. Assumptions impact our ability to allow for authentic interactions with students who seek help for intimate and vulnerable concerns. It is important to examine predispositions in order to provide services. This presentation will explore how to bring our authentic selves to difficult conversations through assessment of biases, utilization of case studies, review of relevant practices, and storytelling.

Introducing the Clinical Load Index (CLI) – A New Metric for Guiding Staffing of Counseling Centers

Presenter(s): Ben Locke, PhD (Pensylvanian State University); Sharon Mitchell, PhD (University of Buffalo); David Reetz, PhD, MA (Rochester Institute of Technology)

The Clinical Load Index (CLI) was developed to help colleges and universities make more informed decisions about staffing for counseling centers. Development of the CLI was managed by a collaborative working group representing the Center for Collegiate Mental Health (CCMH), the Association of University and Counseling Center Directors (AUCCCD), and the International Association of Counseling Services (IACS). Presentation will include key concepts, background, and a walk-through of using the CLI (including online tools).
Transitioning to College with a Chronic Illness or Complex Disability

Presenter(s): Julie Martindale, MSN, RN, NEA-BC, Elizabeth Watson, LP, and Debbie Reuter (University of Wisconsin-Whitewater)

It is critical to engage youth and families early in the college transition process. This is especially important for prospective students with chronic illnesses such as diabetes, POTS, epilepsies, autoimmune issues, cardiovascular issues or even a complex disability like CP or MS. Due to the improvement in quality of health and life, many youth are now planning to go to college. However, this transition requires intentional planning with multiple stakeholders to foster success. To avoid false assumptions, it is critical to understand the differences between secondary education health supports and services as compared to higher education. One of the most important measures of success is the student’s ability to self-advocate, collaborate, and self-manage cares and health needs in order to be successful as a young adult and college student.

Increasing Pharmacy Efficiency and Patient Engagement via Technology

Presenter(s): Melvin Fenner, MBA, PhD, and Brian Aubry, BS (The University of Illinois at Urbana-Champaign)

The average college health patient, age 17-25, are among the most technically savvy consumers in the healthcare market. Additionally, inefficient pharmacy processes lead to longer wait times, waste, and rework. The University of Illinois at Urbana-Champaign sought to better connect to this age group and enhance processes by building prescription management tools like those available from major pharmacy retailers.

Creating Cultures of Health and Wellbeing: Insights and Lessons Learned

Presenter(s): Stacy Connell (Georgia Tech); Karina Knutson, MPH (University of North Dakota); Marci Iverson, MS (Viterbo University); Darcie Burde, MA (University of Florida)

Fostering a culture of health and well-being in postsecondary education is integral to student success. Panelists will share their strategies, successes and lessons learned in implementing proactive, upstream, and integrated approaches to wellbeing for their campus communities.

The Role of Complementary Therapies in Building a Healthier University Community

Presenter(s): Ebonie Parris, MPH, CHES, IWLC (Florida International University)

Complementary health therapies are a growing industry with more than 59 million Americans accessing them. Extensive research on these mind/body practices is showing increased effectiveness in pain management and reducing stress. This session will demonstrate how college health centers can utilize complementary health therapies to enhance students’ well-being. We’ll also discuss how integrative health approaches can facilitate the academic success of students through collaboration with university health entities.
Type 7 Adenovirus: Stories & Strategies from the Front Lines

Presenter(s): Lindsey Mortenson, MD, Janice Farrehi, MD, Robert Ernst, MD (University of Michigan); James Jacobs, MD, PhD (Stanford University)

There is evidence that Type 7 adenovirus—one of the three strains (including 3, 4 and 7) most likely to cause acute respiratory illness—is an emerging infection in college settings. While adenovirus is generally benign, it may be an under-recognized source of morbidity in otherwise healthy college students. In this session, you will hear the story of an outbreak at a large public university, including how the response was coordinated with on-campus and off-campus partners.
The Impact of the Mental Health Crisis on Medical Services: Exploring Emerging Upstream Models and the Primary Care Contribution

Presenter(s): Anne Jones, DO, MPH (Cornell Health); Adam Pallant, MD (Brown University); Ann Bracken, MD, PhD (Dartmouth College); Vanessa Stoloff, MD (University of Pennsylvania); Brenda Aiken (Columbia University)

College health professionals across the United States are exploring and implementing changes to address the mental health crisis. Access to mental health care remains an issue of importance and priority at our institutions, many of which are at different phases in implementation and iterative testing of new models in mental health systems and services. This session aims to explore the impact of these changes on medical departments and primary care services and stimulate national conversation about the many layers of what integration of medical and mental health services can mean from the perspective of primary care and holistic medical services. As Medical Directors of college health centers, we will discuss emerging models and share how we each have attempted to take a population health, proactive, upstream approach to the system and its challenges.

Allergy Q&A: The Latest and Greatest on Types, Indication, Effectiveness, and Safety

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

Allergen immunotherapy provides a disease modifying treatment for multiple conditions, including allergic rhinitis and asthma. I will discuss various routes of immunotherapy and various schedules. I will be discussing which immunotherapy is indicated, and the effectiveness in each. Most importantly I will discuss methods to minimize reactions and improve safety.

Faculty and Staff Well-Being on Your Campus: Roundtable Discussions on Key Components

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

Attendees will participate in roundtable discussions pertaining to popular topics in university employee wellness including getting started with faculty staff wellness, hot topic programming, using data to inform your initiatives, and working with faculty. Each table will be facilitated by a leading member of the ACHA faculty stall health and wellness coalition.

Getting Published in the Journal of American College Health

Presenter(s): Teri Aronowitz, PhD, APRN, FNP-BC, FAAN (University of Massachusetts, Boston)

This presentation will introduce the participants to scientific publication and the does and don’ts of scientific writing. Specifics regarding the Journal of American College Health will be presented; however, many tips of writing will be applicable to any scientific writing.
Mental Health Forum: Building Capacity in Counseling Services

Presenter(s): Alan Lorenz, MD (Rochester Institute of Technology); Ben Locke, PhD (Penn State University)

Data from the National College Health Assessment and the Healthy Minds Study, as well as countless other resources endorse the fact that not only are more students in the college environment seeking out services, but they are presenting with more acute symptoms. Counseling centers are struggling with keeping up with the demand. There is a push to eliminate wait lists and increase access to care, but what happens when the resources aren’t there. The program will address strategies to address these issues.

The Decision to Bill Insurance in Addition to the SHIP: Lessons Learned

Presenter(s): Shannon Kuykendall, CPC, and Jennifer Swails, MBA (University of Georgia)

Consideration to begin or expand health insurance billing can be daunting. The intent of this presentation is to reflect on the steps taken, lessons learned and successful implementation of insurance billing at the University of Georgia. Data and improvements since the initiation of implementation in FY15 will also be included.

Rashes That Walk in on Friday Afternoon

Presenter(s): Philip Spotts, MD (Duke University)

This presentation will review rashes that can be seen in the college student health age population in both the nurse triage and provider visit settings. Using a case-based approach, morphology, distribution, timing, associated symptoms, and treatment will be discussed so that attendees will learn to diagnose and manage the rashes presented. Attendees will also learn to identify rashes that may portend serious etiologies requiring immediate action.

Advancing the Use of Long-Acting Reversible Contraception (LARC) in College Health Centers

Presenter(s): Melanie Deal, MSN, FNP-BC, WHNP-BC, and Eleanore Kim, MD (University of California, Berkeley)

The contraceptive implant and intrauterine devices (long-acting reversible contraceptive methods or LARC) are the most effective methods available. Patient satisfaction rates are high. Major medical professional organizations recommend LARC as first-line contraceptive methods; yet usage rates remain low. Many providers are unaware of current eligibility criteria, benefits and/or side effects. We will present LARC guideline updates, management of the most common side effects, and showcase our web-based consultation program which reduced access barriers and improved usage.
The Next Innovation in College Health: Infrastructure for Health Promotion Using a Collective Impact Framework

Presenter(s): Paula Swinford, MS, MHA, F-ACHA, Oliver Tacto, MSW, MPH, DSW, Sarah Van Orman, MD, MMM, F-ACHA, and Amanda Vanni, MPH, EdD (University of Southern California)

Common processes in college health are: health care, health finance, health communication, health education and health promotion. Addressing the four big public health concerns on our campuses (sexual assault, alcohol use disorder, discrimination, and mental illness) will require major innovation. This innovation must be a cross-sector, systems and settings approach at the institutional level. Come learn about innovating by building infrastructure for the process of Health Promotion using a Collective Impact Framework.

Transgender Students: Sleep, Suicidality, and Campus Climate

Presenter(s): Shelley Hershner, MD, Erica Jansen, PhD (University of Michigan); Mary Hoban, PhD (American College Health Association)

Transgender students, an already-vulnerable population, have a higher risk of sleep problems, general health inequalities, mood disturbances and suicidality. This session will present new research on the prevalence of health disparities of transgender students in the US and Canada. Participants will understand the impact of campus culture and climate on transgender students. This will highlight the vital necessity to create an inclusive campus climate with access to gender affirming health care for transgender students.

Adapting to Racial, Demographic and Language Changes at a South African University

Presenter(s): Craig Thompson, MBChB, MPhil (Stellenbosch University)

Stellenbosch University in South Africa during the Apartheid era was an institution that fostered racial exclusionary policies. In the post-democratic era, it has been compelled to transform human and material resources, including adapting to new language and admission requirements. Students and staff from previously disadvantaged backgrounds now have access on an equal footing with previously privileged campus members. Campus health has had to adjust its services to adapt financially, medically and culturally to meet this transformation.

Implementing the Requirements for Immunizations at a Large Public University

Presenter(s): Victoria Wulsin, MD, DrPH, and Kim Miller, MD (University of Cincinnati)

The University of Cincinnati (46,000 students) requires all incoming students to be immunized against nine diseases. Implementing the policy has required clinical decision-analysis, public health interventions, improving the electronic tracking system, negotiations with administrators, and thousands of hours working with students, parents, and providers. Issues of compliance, waivers, enforcement, and targeting high-risk populations (international, health science, and on-campus students) will be discussed. Despite imperfect results, UC has had no recent outbreaks of vaccine-preventable diseases.
The Clinical Significance of Commonly Encountered Drug Interactions

Presenter(s): Amy Sauls, PharmD (University of North Carolina-Chapel Hill)

Drug-drug, drug-food, drug-herb, and drug-condition interactions that are commonly encountered in college health will be discussed. Pharmacokinetic and pharmacodynamic mechanisms for interactions will be reviewed, along with risk factors for drug interactions. Case studies will be used to examine the clinical significance of drug interactions with drug classes encountered frequently in college health. Resources for evaluating drug interactions and avoiding harm will be discussed.

There’s An App For That: Helping Users Track Their Cycle and Prevent Unintended Pregnancy

Presenter(s): Hannah Pyper, BA, and Cheyanda Onuoha, MPH (Planned Parenthood Federation of America)

There are many period tracker apps on the market, but Planned Parenthood Federation of America’s app, Spot On, is different. This newly redesigned app is not just a period tracker, but also a birth control tracker that helps users stay on top of their method, reproductive health educator, and health care connector, all from the expertise of Planned Parenthood. Learn how Spot On was developed, current user trends, and how you can integrate it into your work.

Teal Healing: A Pilot Program for Trauma Sensitive Yoga

Presenter(s): Mary Wyandt-Hiebert, PhD, MCHES, CWHC, CA, FACHA, and Ed Mink, EdD, CHES, CWCH (University of Arkansas)

Survivors of sexual assault carry emotional and physical memories of their trauma. Teal Healing is a pilot program to address trauma through the use of yoga and a peer-based support group for survivors on a college campus. Development and implementation of the program, along with documented experiences of participants are focused upon throughout this session. Demonstration of some of the postures will conclude the session.
Insurance 101: Confidently Navigate the Complex World of Health Insurance  
**Presenter(s): Sara Parris, MHA, CHWP, and Jamie Wingert, BA (Iowa State University)**
Health insurance is a complex subject and our student body often depends on us to educate them on insurance. This session will provide an overview of health insurance fundamentals and then build upon those to discuss the strategies Iowa State University has put in place to help students and parents, such as: access and networks; uninsured and underinsured students; Medicaid; transparency efforts; sliding fee scales; and tools and resources the university offers to students and parents.

Dermatology from the Allergist's Persepctive  
**Presenter(s): S. Shahzad Mustafa, MD (Rochester Regional Health)**
This presentation will discuss common and often misunderstood dermatological conditions associated with allergies, including atopic dermatitis, contact dermatitis, and chronic urticaria.

Implementation of an Asymptomatic Sexually Transmitted Infections Clinic  
**Presenter(s): Marta Diaz-Pupek, DO, FAAP, FACOP, Kathleen Dolan, MSN, RN, and Natalie Brewer, BSN, RN (Rowan University)**
STIs are often asymptomatic, if left untreated, can lead to significant complications, transmission of infection, financial burden and may affect academic performance. The implementation of an asymptomatic STI clinic in student health services is described in this presentation. The clinic is run by registered nurses using standing orders under the supervision of a medical director. The benefits of this clinic include accessibility to quality care: education (risk reduction), counseling, prevention, evaluation and treatment of STIs.

Collaborative Approaches to Opioid Overdose Prevention and Naloxone on College Campuses  
**Presenter(s): Michael McNeil, EdD, CHES, FACHA, Melanie Bernitz, MD, MPH, Bonnie Li, MS (Columbia University); Bennett Doughty, PharmD, BCPS, BCPP, and William Eggleston, PharmD, DABAT (Binghamton University)**
College campuses are an understudied context for opioid education/naloxone training. Universities have different opioid approaches, and little is known about stakeholder perceptions of the impediments and facilitators towards adopting and implementing training and education. The presenters will explore the research, development, implementation, and evaluation of a registered opioid overdose prevention (Naloxone) program focused on students, college health leaders, and other student supporting staff on two campuses. Emphasis on replication opportunities for other campuses is included.

The Happiness Workbook: Creating a Guided Behavior Change Workbook for Student Well-Being  
**Presenter(s): Morgan Lavender, Katie Gordon, MAEd, and Nicole Blakesley, PsyD (University of Colorado Colorado Springs)**
Attendees will learn about a hands-on wellness workbook at the University of Colorado Colorado Springs. This workbook is a cross-campus collaboration to address student needs around mental health, resilience, and overall well being. Using evidence-based activities and research from a variety of sources, it integrates print and online resources for a variety of audiences. Attendees will learn about the content of the workbook, the creation and evaluation process, and opportunities for application at other universities.
Advocacy for Young Adults with Chronic Diseases in College and Beyond

*Presenter(s): Sneha Dave, (Health Advocacy Summit/Indiana University)*

There are unique needs for students with chronic illnesses as they transition to adulthood. College is a critical period as there is more independence, often including greater individual accountability for health. Many young patients are lost as they transition abruptly, without preparing for independence with their health. Newfound freedom can be a catalyst of psychosocial stressors. This session will include methods to support young patients’ needs in their transitionary period beginning with college.

Going Beyond the 5 P’s: Importance of Taking an Inclusive Sexual Health History in College Health

*Presenter(s): Michelle Schramm, DNP, APN, WHNP-BC (Princeton University)*

Healthcare, particularly sexual and reproductive healthcare, has historically been hetero- and cis-normative. It is critical to reassess the way we interview patients regarding their sexual health to be inclusive to all sexual orientations, gender identities and cultural or religious beliefs. Conducting an inclusive and comprehensive sexual health history gives providers information to fully assess students’ sexual health which enhances trust in vulnerable populations, increases ability to recommend appropriate and indicated sexual health screenings and exams, and improves the quality of education that occurs in the visit.

Behavior Change Theories 101: Increasing Your Health Promotion Program’s Likelihood of Success

*Presenter(s): Sarah Menefee, MPH, CHES (The College of William & Mary); Alyssa Lederer, PhD (Tulane University)*

Applying theories of behavior change when developing health promotion programs can increase their likelihood of success. In this session, we will review commonly used health behavior theories and provide participants with opportunities to practice using them to design campus health initiatives. This session is appropriate as a primer for those who plan health promotion initiatives but are less familiar with theory or as a review for those who would like a refresher and additional experience with theory application.

Merging Recreational Sports and Wellness Programs to Better Serve the University Community

*Presenter(s): Tammy Loew, MA, and Will Evans, MS (Purdue University)*

During this presentation, attendees will learn about the transformation of Purdue’s Division of Recreational Sports to the Division of Recreation and Wellness in 2016. This changed model includes nutritional counseling, a demonstration kitchen, wellness programming, a mindfulness room, recovery program, collaboration and integration between fitness and wellness staff, and more. Come and learn about the successes, challenges, and future directions of Purdue’s RecWell program.

Eliminating Gaps and Building Bridges

*Presenter(s): Melissa Kelley, EdD, CHES (Union College); Jennifer Jacobsen, MA, MPH (Grinnell College)*

Those in health professions, sexual violence work, and health education often do not discuss how to engage campus safety professionals in prevention and response. Participants may be on campuses where there is a disconnect between those who are tasked with assisting with sexual violence and other sex-based misconduct and those who are tasked with responding to or assisting with the safety of campuses. This session will explore ways to eliminate the gaps and create an environment to ensure that all professionals are working together with the most up to date information and skills and utilizing trauma informed methods to interview and interact with those who are affected and for campus programming.
AAAHC Accreditation Process: A Panel Discussion with Seven Accredited Universities

Presenter(s): Erica Bumpurs, AAS, Robert Williams, MD (Sam Houston State University); Marcie Thompson, MBA (Oregon State University); Kevin Readdean, MSED, LMHC (Rensselaer Polytech Institute); Deborah Beck, MPA, EdD, FACHA (University of South Carolina)

The accreditation preparation process can be a challenge and feel overwhelming. Knowing how others have succeeded in the past can help you. In this presentation, seven Universities of various sizes and with a representation of different areas of leadership will discuss their successes and challenges as they went through their last accreditation cycle and will answer questions from the audience.

Collegiate Anxiety and Depression: Prevention, Treatment, and Resources

Presenter(s): Janelle Jones, MSN, APRN, PMHNP-BC (Boynton Health Service)

Anxiety and depression are the top two presenting symptoms in collegiate mental health. This will be an interactive session, where prevention, treatment and resources associated with these symptoms, will be reviewed.

Managing Concussion on a College Campus: A Public Health Approach

Presenter(s): Brian Vesci, DAT, MA, ATC (Northwestern University); Jennifer Knerr, MS, LAT, ATC, and Lena Newlin, MPH, CHES (University of Wyoming)

This session will demonstrate how patient outcomes on two different college campuses (public vs private) can improve through a public health approach to concussion management. The speakers will present the magnitude of the problem, identify risk factors, describe purposeful intervention, and report on how outcomes were improved with those interventions. Further, a framework will be presented that could be applied on other campuses to address patient wellness within the context of concussion.

Barriers and Solutions to Implementing Motivational Interviewing in the University Setting

Presenter(s): Jennifer Haywood, MSW (Haywood Counseling & The Ohio State University)

This is a solicited presentation by the mental health section of ACHA PPC. This presentation will provide a brief overview of Motivational Interviewing and an update on recent developments in the field of Motivational Interviewing. The program will discuss common barriers and challenges in delivering Motivational Interviewing in group and individual therapy settings.

Promoting Mental Health and Wellbeing of Students of Color: Cultivating a Culture of Care, Resiliency, and Thriving

Presenter(s): Kiera Walker, MA, ALC, NCC (University of Alabama at Birmingham); April Coleman, MA, and Herbert Wilkerson, MS (University of Alabama at Birmingham)

A foundation of trust must be established first in order for students of color to reach out and/or accept services/resources that are there to support them on college campuses. The Equity in Mental Health Framework lays out specific recommendations to better support mental and emotional health of this population of students. This presentation focuses on a program we have implemented to build connection and trust with students of color, while decreasing stigma around seeking mental health support.
Roundtable Session: Leadership Development for New and Mid-Career Employees

Presenter(s): Shawnte Elbert, EdD (Central Washington University); Sislena Ledbetter, EdD (Western Washington University); Charla Blumell, EdD (University of North Carolina at Chapel Hill)

Two senior administrators, and one Assistant Director will introduce leadership and supervision tips and techniques they learned along the way in their transition to mid-level to senior management. All participants will find something helpful in this interactive workshop. The presenters will provide insight on goal setting, finding a mentor, at the transition of peer to supervisor, to becoming a senior administrator and some practical tips for professionals at any stage of their career. Particular attention will be paid to the navigating the application process, moving from colleague to boss, time management, work-life balance/burnout, Cultural competency in supervision, mentorship, and components for upward mobility. The perspectives of people of color and women will also be highlighted in this presentation.

Preventing the Flu Through Experiential Learning and Collaboration

Presenter(s): Justin Sharpe, MPH, CHES, Jean Hanson, RN, MPH ; Michelle Hartman, DNP, RN, CPNP, and Jacquelyn McMillan-Bohler, BSN, MSN, PhD (Duke University)

Fighting the Flu on college campuses can be daunting, but through a cross-divisional, collaborative approach, Duke University has developed a model that not only immunizes 7,000 members of the Duke community each year, but also provides service learning experience for future practitioners. This presentation will showcase this model so that other universities may implement these strategies to increase the number of individuals receiving the vaccine to prevent outbreaks.

Creating and Fostering an Immunization Community on Your Campus

Presenter(s): Sheila Allen, PharmD, Marlowe Djuric Kachlic, PharmD, Kathy Lee-Mosio, PharmD, and Rebecca Mischak, MSN, APRN/CNP, COHN-S/CM (University of Illinois at Chicago)

During this presentation, we will discuss the 2019 adult immunization schedule and highlight changes. The presentation will particularly highlight those recommendations that are relevant to healthcare professionals servicing colleges and/or universities. Further, we will discuss three initiatives at our university which contribute to our immunization community. Presenters will then engage the audience in a question and answer session to help spur ideas on how to foster immunization communities on their campus.

PAWS: Pet Away Worry and Stress: An Animal-Assisted Interactions Program

Presenter(s): Tanya Bailey, MSW, LICSW, and Gary Christenson, MD, retired (University of Minnesota)

At Boynton Health, University of Minnesota, an Animal-Assisted Interactions (AAI) program called PAWS – Pet Away Worry and Stress – began fall of 2013. PAWS sessions are Monday through Thursday during the academic year, once monthly during summer. Over 120 volunteer teams and six animal species provide these open, two-hour sessions. Results from a year-end survey show more than 90 percent of student believed PAWS helped manage stress. Program development, best practices, and evaluation will be discussed.
When a College Student Refuses Life-Sustaining Medical Treatment: Ethical Considerations for the College Health Clinician

Presenter(s): Eleanor Davidson, MD, MA (Case Western Reserve University)

College students age 18 and over are considered autonomous adults, capable of making decisions about medical care they accept or reject. Their choices may put them at risk for severe adverse consequences. When confronted with these choices, clinicians working from multiple disciplines may not have applicable guidelines to follow. Due to privacy concerns, parents are not routine partners in the medical decision-making process. Ethical principles will be presented to create a plan for action.

Student Health Data on Japanese and U.S. Colleges and Universities – A Joint Session of JUHA and ACHA

Presenter(s): Mayumi Yamamoto, MD, PhD, MBA (Gifu University); Hirokazu Yokoyama, MD, PhD (Keio University); Taku Iwami, MD, PhD (Kyoto University); Hiroshi Ishiguro, MD, PhD (Nagoya University); Kim Webb, MEd (Washington University in St. Louis)

In this engaging and collaborative joint session of the Japanese University Health Association (JUHA) and ACHA, four Japanese Professors of Health Administration will describe the “Data” accumulated with mandatory annual health check for all students in Japan; focusing on infection control, quality of health checkup, and national university survey. Panel facilitators from the U.S. and Japan will compare many aspects of health data approaches between the two countries.

Developing Equity Advancing Campus Health Promotion Processes and Practices

Presenter(s): Alicia Battle, PhD, MCHES (Tulane University)

The Equity-Minded Framework assumes that individual outcomes are often the result of systems that limit one’s ability to achieve those outcomes, rather than individual knowledge or behaviors. In this session, participants will learn about the Equity-Minded Framework, and how it can be applied to the work of health promotion in higher education. Practitioners will explore racial inequities in health outcomes, the impact of institutional policies on individuals, how bias can influence data collection and analysis, and strategies practitioners can employ to eliminate health inequities.
Tuesday, May 26

3:45 pm – 5:15 pm

Primary Eye Care in a University Setting
Presenter(s): Andrea Bethel, OD, ABO (Georgia Southern University)

Primary Eye Care Clinics are not a readily available service on every University campus; therefore General Medical Practitioners must have the skills and knowledge to treat common ocular dysfunctions. This general session will provide participants with knowledge, skills, and discuss tools necessary to provide primary eye care services.

An Intradepartmental Research-Practice Partnership
Presenter(s): Kelli Agrawal, MPH, TTS, Tatiana Maser, BSc, and Casey Rayfield (University of Florida)

This program examines University of Florida’s Student Health Care Center’s Research Office, which is responsible for the: development, conduct, analysis, and dissemination of research relevant to collegiate health. We’ll discuss the benefit of internally-developed applied research; increased student engagement, stronger continuing education for clinicians, data-informed policies/practices, and accreditation support. We will also cover the associated logistics; funding, training, partnerships, and the roles of students (the Collegiate Health Research Internship).

Tuberculosis on Campus: How Universities Can Respond and Be Proactive
Presenter(s): Jodi Egeland, FNP, PMHNP (Minnesota State University, Mankato); Jessica Elofson, RN, PHN (Blue Earth County Public Health)

Tuberculosis (TB) transmission remains high in many countries. Reported incident cases are largely diagnosed among persons born outside of the United States. Given diverse student populations, campuses are uniquely positioned to prevent TB disease and transmission. Minnesota State University Mankato and the Chicago Department of Public Health saw active TB on campus in 2018/2019. Presenters will discuss how to work with local health departments to keep campuses safe and healthy, and how vaping impacts these issues.

The Color of Drinking Survey: Addressing Alcohol Prevention and Campus Racial Climate through Systematic Data
Presenter(s): Reonda Washington, MPH, CHES, and Agustina Marconi, MD, MPH (University of Wisconsin-Madison)

The "Color of Drinking" is an exploratory study of the impacts of the UW-Madison’s alcohol culture on students of color. The campus alcohol culture radiates implicit messages regarding who matters and belongs, and its impacts to racial climate. Utilizing institutional data and UHS population data; Color of Drinking has helped build capacity among campus to address alcohol as a social justice issue. This session will examine the intersection of alcohol prevention, social justice, data, and strategies implemented with campus partners.

Overcoming Barriers to Implementing Dialectical Behavior Therapy (DBT) in the University Setting
Presenter(s): Nerine Tatham, MD (Duke University)

This is a solicited presentation by the Mental Health section of ACHA PPC. This presentation will provide a brief overview of DBT and an update on recent developments in the field of Dialectical Behavior Therapy. The program will also discuss common barriers and challenges in delivering DBT in group and individual therapy settings.
Tuesday, May 26

1:45 pm – 3:15 pm (cont.)

**Transitioning from Practitioner to Manager: Are You the Future of College Health Leadership?**

*Presenter(s): Alicia Baker, MA, MPH, CHES (University of Florida)*

Many that are in management, leadership, and administrative roles started out as practitioners. How does a practitioner become a manager? Do you, a practitioner, really want to become a manager? Using case studies, activities, and group discussion, this session will explore the difference between the two roles as well as challenges and beneficial skills needed to lead their own department or office.

**How To Provide Competent and Sensitive Health Care to College Students of Jewish Orthodox, Asian and Muslim Heritage**

*Presenter(s): Stella Wohlfarth, FNP-C, MSN, RN-BC, Tracy Espinosa, FNP-C, MSN (Whittier College); Kartika Budiman, FNP-C (Pacific Pulmonary Medical Group)*

As colleges and universities become more diverse, health care professionals from the front office to the back need to learn to recognize the challenges that Jewish Orthodox, Asian and Muslim students face. In this session, we will describe some religious and cultural challenges that arise in taking care of Orthodox Jewish, Asian and Muslim students. We will also illustrate practical tips and principles that address these challenges and how improve the care we provide to these students in the Health Centers we work in.

**Emergency Preparedness: Strategic National Stockpile and Medical Countermeasures**

*Presenter(s): Vee Ann Carter, RN (TEEX-National Emergency Response and Recovery Training Center)*

In the event of a biological or man-made disaster, prophylaxis of our communities in an extremely short amount of time may be necessary. Understanding the Strategic National Stockpile, Medical Countermeasures and Points of Dispensing is imperative to save lives and minimize panic and stress in our communities. Emphasizing community planning with all first responders, private partners and public health.

**Using Needs Assessments to Create Collective Impact**

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

The University of Chicago used its Campus Health Needs Assessment (CHNA) to create action teams with diverse campus partners that developed goals to address the top needs identified on its campus. The goals/strategies of the CHNA action teams will be explained in detail and interactive activities will be used so participants can think critically about ways to replicate this on their campuses, from identifying advocates to creating collective impact in order to improve campus well-being.

**The ACHA-NCHA at 20, Part II: A Look at Where We’re Headed**

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

As we celebrate 20 years of the ACHA-NCHA, this program will introduce the NCHA III by sharing instrument reliability and validity, reviewing data from the first implementation (Fall 2019) of the NCHA III, and demonstrate ways new measures may be used in data analysis.
Mindful Self-Care for College Health Professionals

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

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

Presenter(s): Gage Paine, JD, PhD (Gage Paine Consulting, LLC)

Followers need great leaders, but leaders also need great followers. Explore this crucial partnership dynamic through the metaphor of dance in this workshop. Participants will have the opportunity to practice both leading and following and develop a rich understanding of this important and dynamic interaction.

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

Presenter(s): Viana Phan (The University of Texas at Austin)

ACHA is dedicated to advancing the health of college students and campus communities through advocacy, education, and research. As students make up a major proportion of the patient population of college health centers, it is important to consider the perspectives of students when thinking of ways to improve services and outcomes. This presentation will provide an overview of college health from the student’s perspective. A diverse panel of students will present on key topics and offer a Q and A session.

Mental Health Forum: Preventing Burn Out/Self Care

Presenter(s): Ryan Patel, DO, FAPA (The Ohio State University); Ted Coleman, PhD, CHES, MS, APCC (California State University, San Bernardino)

Behavioral health providers are committed to providing the highest quality services possible to the students they serve. As we know some of the most effective and veteran mental health providers give tirelessly to engage with their patients, have empathy, and be consistently present. How do we learn out to help ourselves and identify how to spot the red flags regarding our own mental health? Compassionate self-care for mental health providers will be the focus of this presentation.

Presenting Financials and Budgets to Different Audiences: How to Adjust Your Presentation for Maximum Effectiveness

Presenter(s): Julienne DeGeyter (University of California, Riverside)

Watching a presentation about Student Health Budgets and Financials can be boring. Learn to create different presentations to various groups to help accomplish department goals and inform the campus community of the great work done by Student Health at your University. Discussion to include different types of information to include as well as strategies help influence audience members to advocate for your department.
Reducing Burden of Disease through Active Disease Surveillance

*Presenter(s):* Toyosi Soniyi, MPH (University of Pennsylvania)

The Campus Health office uses public health techniques daily to prevent outbreaks, taking advantage of the electronic medical record (EMR). This session will demonstrate how the EMR is used to identify clusters early, target interventions, and prevent outbreaks. Proactive disease surveillance helps inform staffing levels, guides health education, builds relationships with city and state health departments, and keeps campus partners engaged in preventing outbreaks.

Update on Hypertension Screening and Management in the Young Adult

*Presenter(s):* Angelina Edwards, MD (University of Texas Health, McGovern Medical School)

Hypertension leads to significant morbidity and mortality. Recent guidelines redefined stages of hypertension by lowering systolic and diastolic pressure. This diagnostic change will increase the prevalence of hypertension in young adults, age 18 to 39, in whom an estimated 30-40% will now reach diagnostic criteria for hypertension. Successful management of these patients may help decrease cardiovascular events later in life. A summary of the guidelines will be presented, along with diagnosis and treatment recommendations.

Beyond Sleep Hygiene: Evaluation and Management of Student Sleep Concerns

*Presenter(s):* Amanda Swain, MD (University of Pennsylvania)

Sleep issues are a common concern in the student population but when is a being “tired” an issue that warrants further attention? What can we offer our students other than sleep hygiene suggestions? In this lecture we will discuss how to efficiently evaluate student sleep concerns, actively manage common sleep disorders amongst students, and understand when to refer to a specialist.

Engaging Peer Educators in Delivering Evidence-Based Brief Motivational Interventions: Innovative Training Models, Benefits, and Challenges

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

Research indicates that peer educators, when well-trained and supervised, can deliver evidence-based brief motivational interventions just as well, if not better, than trained professionals. This workshop will explore a number of innovative peer education training models derived from evidence-based brief motivational interventions, including peer wellness coaching and peer educator-delivered Screening and Brief Intervention (SBI) addressing a variety of risk behaviors. The strengths of training models that involve classroom instruction and computer simulations will be discussed. Challenges and potential risks associated with engaging peers in delivering evidence-based brief interventions will be identified and explored. Benefits of engaging in evidence-based peer education best practices, both to students receiving services and to peer educators themselves, will be identified.
Means Reduction Strategies for Suicide Prevention

*Presenter(s): Brian Kassar, PsyD (Montana State University)*

Reducing access to suicidal means is one of the most effective strategies for suicide prevention, though, many clinicians and universities are not fully aware of this strategy. Concrete means reduction strategies will be discussed, including methods for instituting systemic change and instituting campus-wide efforts with stakeholders. Personal successes and struggles from a public university will also be shared as examples. This session may be useful for providers, administrators, and those involved with student safety and welfare.

Travelers’ Health in the Context of Natural Disasters

*Presenter(s): Kristina Angelo, DO, MPH, TM (Centers for Disease Control and Prevention)*

Students may take part in missionary or volunteer trips after natural disasters to assist with infrastructure or health-related efforts. These trips provide unique challenges for student travelers and those that supervise them. Pretravel preparedness, including vaccination, education regarding behavioral modification, and ensuring safety and security are all issues that must be addressed prior to departure. During travel, students must constantly assess the security situation and their own accessibility to necessities.

Cannabis, THC, and CBD: A Paradigm Shift from Recreational to Medical Use

*Presenter(s): Joshua Brown, PhD, PharmD (University of Florida)*

The vast majority of cannabis use remains recreational, but an increasing number of patients use cannabis and its constituents to manage chronic medical conditions. There remain few resources to researchers and clinicians to evaluate and recommend cannabis in safe and effective routes and doses. This session will provide an overview of the current legal landscape, evidence base, and current research to shift how we approach cannabis evaluation and educational efforts.

Make Eating Social Again: Creative Strategies to Improve Eating Competence and Decrease Stress Regarding Nutrition

*Presenter(s): Chelsea Stant, MS, RD, LDN (University of North Carolina Wilmington)*

After decades of policy implementation regarding food production, fortification, labeling, and education, rates of obesity, diabetes, and heart disease have increased while rates of eating disorders have doubled in the last 20 years. Nutrition education is an important component of students’ health, but it isn’t the whole picture. This program aims to share creative strategies for increasing eating competence and improving attitudes and perceptions regarding food and eating.
The History of Medicine: It’s Timeless!
Presenter(s): Robert Dollinger, MD (Augusta University)

Marking the 100th anniversary of college health, travel back in time to learn about the origins of medicine. Discover how early medicine was based largely on magic and religion long before science was embraced. This journey will focus on the development of public health practices from ancient Egypt, Greece, Rome, and continue through the Renaissance and to the 19th, 20th and 21st centuries, emphasizing major milestones in innovation, diagnosis, prevention, treatment, and cure.

Protecting Young Adults from Vaccine-Preventable Disease
Presenter(s): Andrew Kroger, MD, MPH (Centers for Disease Control and Prevention)

The field of immunization is marked by constant change including annual Advisory Committee on Immunization Practice (ACIP) immunization schedules, ACIP updated recommendations and newly licensed vaccines. The purpose of this presentation is to provide an update on 2019 ACIP immunization recommendations for young adults, incorporating those for students in a college/university setting. Special situations will be addressed including students training to enter health care related fields. Best practice standards and related resources will be highlighted.

Managing a Campus Meningitis B Outbreak
Presenter(s): Melanie Bernitz, MD, MPH, and Michael McNeil, EdD (Columbia University)

This session will address how Columbia University utilized their Infectious Disease Response Plan when faced with the first US outbreak of Meningitis B in a graduate student population. We will describe our internal disease surveillance approach, coordination with key stakeholders on the University campus, communications and notifications, as well as collaborations with local and national health authorities. We will discuss lessons learned to help other campuses review their infectious disease preparedness plans.

Transgender Care in College Health
Presenter(s): Colleen McDonald, MSN, FNP-BC (Massachusetts Institute of Technology Medical)

This program will provide an overview of transgender healthcare to enhance fluency and competence with gender affirmative practices. Will discuss aspects of gender identity and factors affecting the health and safety of transgender individuals, and provide practical guidelines for creating an open and inclusive heath care environment. Will review treatment guidelines for hormonal therapy and surgery and include case studies. This program will provide an overview of transgender healthcare to enhance fluency and competence with gender affirmative practices.

Common Injuries of the Hand and Wrist Seen in College Health
Presenter(s): Christopher Nasin, MD (University of Rhode Island); Kyle Goerl, MD, CAQSM (Kansas State University)

This presentation will review the natural history, examination, appropriate workup and treatment of common ambulatory injuries of the hand and wrist that college health providers will likely see in their office. It is imperative that these injuries are appropriately identified and treated as many are prone to poor clinical outcomes.
Promoting Help-Seeking Behavior through Social Marketing

Presenter(s): Raphael McCullough, PhD, MPH, Katie Wilkinson, MPH, Gayle Gatchalian, and Kristina Hernandez, (Columbia University)

Perceived stigma is often a barrier to help seeking among college students. Columbia University used a social norms approach to design a social marketing campaign to de-stigmatize help seeking and correct misperceptions about accessing mental health services among undergraduate students. This presentation will highlight our collaborative approach to developing a campaign that positions help seeking as a positive behavior, describe how we evaluated the campaign’s reach and impact, and share lessons learned.

Conversation and Negotiation: How to Improve Sleep Behaviors

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

More than half of all college students report feeling “tired, dragged out, or sleepy” during the day. Student’s may know that sleep is important but are often unwilling or unable to make concrete changes to improve their sleep behaviors. This innovative program will address how small changes and negotiation can encourage student to make substantive changes to their sleep patterns. Small changes can have a lasting impact.

A Visual Framework of Basic Needs Insecurities for Program Development and Evaluation

Presenter(s): Gwen Chodur, MSPH, RDN, and Leslie Kemp (University of California, Davis)

This presentation introduces a framework developed by our campus to team to visualize interrelationships between basic needs insecurities, risk factors, and outcomes. Using the prevalence of basic needs insecurities to measure impact will underestimate program effectiveness, while a holistic assessment of behavioral and health outcomes can guide novel intervention strategies and metrics for assessment.

Working at the Top of the Nursing License: College Health Nursing Protocols

Presenter(s): Becky Lenz, BSN (University of Wisconsin-Madison)

For a relatively healthy population, many appointments can be managed by nurses, thus increasing access to health care. This presentation will outline sample protocols to have nurses working to the top of their degree, thereby increasing job satisfaction as well as student satisfaction.

Integrating a Pharmacist-Run Pre-Exposure Prophylaxis Clinic

Presenter(s): Melissa Badowski, PharmD, MPH, FCCP, BCIDP, BCPS, AAHIVP, and Sarah Michienzi, PharmD (University of Illinois at Chicago, College of Pharmacy)

The role of a pharmacist in the clinical setting to provide pre-exposure prophylaxis (PrEP) education and access are essential to expanding its availability. The goal of this presentation is to provide an overview on the approved options for PrEP (agents, side effects, and patient education) and the role of the pharmacist in various settings (review of peer-reviewed publications).
3 Years Later and Still Body Positive! A Follow-Up on a Successful College Body Positive Program

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

Body Positive at The Beach is an eight-week series that helps students overcome conflicts with their bodies. We have seen improvements in self-compassion, self-judgement, isolation, mindfulness, and preoccupation with body image not only immediately, but also three years later. In this presentation, we will share the results of our program, discuss how to bring a Body Positive program to your campus, and sustain positive effects for years to come.

Healthy Campus: The New Framework

Presenter(s): Monica Webb, PhD, MPH, CHES (GatorWell, University of Florida); Scott Tims, PhD (Tulane University)

The Healthy Campus framework, originally developed by ACHA in the 90s, has evolved to focus on multiple ways a campus can focus to improve student wel-lbeing. This session provides the scope of three framework entry points, allowing colleges and universities of various sizes, resources, and access to build their capacity to create a healthier campus. As we celebrate the past 30 years of the Healthy Campus legacy, join us in launching the future of college health through the new Healthy Campus Framework.

Improving Provider Charting Efficiency Using Medical Scribes

Presenter(s): Maricelly Rodriguez, BAS, CCMA, and Jordan Gompers, BA (University of Florida)

With the demands and implementation of a new EMR system, EPIC, and as a result an increase in documentation requirements for our UF Student Health Care Center providers; We started a pilot Medical Scribe program in January 2018. Medical Scribes are "human typewriters" as our UF Community Health and Family Medicine call them. However, they are more than simply typewriters, they assist with subjective and objective information within charting documentation and much more.

Dorosin Memorial Lecture: Race Equity and Mental Health

Presenter(s): Damon Tweedy, MD (Duke University School of Medicine)

As racial and ethnic disparities are gaining more attention across the health care system nationally, little has been discussed about this subject among university health and counseling centers. This program is a response to this “Call to Action” for university health systems and counseling centers to intentionally examine systemic and other subtle biases which impact access and quality of care for students of color and marginalized communities The program will discuss these disparities and steps that can be taken to address them so that University Health and counseling centers can provide services to students of all backgrounds on campus. Additionally, it will look intentionally at systems of health care and counseling and presence (or lack of) support for students with regard to providers of color, and supporting the professional work done by providers of color.
Wednesday, May 27

1:30 pm – 2:30 pm

Best Practices for Chaperoning Sensitive Examinations
Presenter(s): Susan Ernst, MD, and Rob Ernst, MD (University of Michigan); Mary Landry, MD (University of Wisconsin); Kim Webb, MED, LPC (Washington University in St. Louis); Stephanie Hanenberg, FNP-C (University of Colorado-Colorado Springs)

The ACHA has prioritized patient safety and created guidelines establishing best practices regarding sensitive exams. We will share the guidelines including recommendations on creation of institutional policy, implementation of policy with training, competencies and patient education. Resources from the new ACHA toolkit will be shared to assist colleges and universities with policy development and implementation.

Strategic Planning: Design for Success
Presenter(s): Marcie Thompson, MBA, and Amy McLaughlin, MS (Oregon State University)

This session offers a hands-on approach to execute a strategic plan you can actually use. Walk through creating a strategic plan by identifying stakeholders, conducting risk and needs analysis, and aligning strategies to the mission of your organization. Finish with tips on how to use your strategic plan rather than relegating it to gather dust on a shelf.

Travel Issues: Beyond CDC Recommendations
Presenter(s): Alice Gallagher, MSN, CRNP, CTM (University of Pennsylvania)

Discuss recent travel medicine updates and some travel concerns including vaccine decisions, animal bites, sexual practices in travelers and air travel concerns (such as Jet Lag and DVTs).

HIV Pre-exposure Prophylaxis and Historically Black Colleges and Universities (HBCUs)
Presenter(s): David Malebranche, MD, MPH, and Damon Johnson, BA (Morehouse School of Medicine)

HIV disproportionately impacts youth between the ages of 13-25 in the United States. Despite the broad availability of PrEP, little is known about perceptions of PrEP and use among students at HBCUs. This workshop will discuss: 1) Epidemiology of HIV/AIDS among youth; 2) Specific contexts of college health and HBCUs; 3) A successful example of a PrEP program at an HBCU; and 4) Future directions for PrEP education and implementation at HBCUs.

Gender Minority College Student Mental Health and the Impact of Higher Education Policies
Presenter(s): Sara Abelson, MPH (Healthy Minds Network; University of Michigan)

This session will share findings from a nationally representative study that provides unprecedented data about the mental health of U.S. college students who are gender minority (young people whose gender identity differs from their sex assigned at birth). We’ll share evidence of stark mental health inequities and explore mental health variation across subgroups of gender minority students. Finally, we’ll discuss new research regarding the impact of higher education policies on gender minority mental health.
Better Together: Reducing Feelings of Isolation, Improving Connections, and Building Community for Graduate Students

*Presenter(s): Elizabeth Webb, MPH (The University of Chicago)*

Participants will learn how and why social connections contribute to our overall health and well-being. We will discuss the data that prompted the creation of Better Together, a program designed to combat isolation and loneliness among students at UChicago. We will then take a deep dive into the development, implementation, and evaluation of Better Together and review program results. Finally, plans for moving forward, program revisions, and college campus replication strategies will be discussed.

Measles Update from CDC

*Presenter(s): Allison Taylor Walker, PhD, MPH (Centers for Disease Control and Prevention)*

Measles is a global public health threat, and outbreaks are now occurring in multiple countries around the world. Unvaccinated travelers infected with measles overseas have brought the disease back to the United States, causing outbreaks among unvaccinated people. Ensuring students are fully vaccinated with a measles-containing vaccine can protect them while they are studying abroad, as well as their home and school communities upon return.

Collaborative Decision Making: An Interdisciplinary Approach to Problem-Solving

*Presenter(s): Sara Parris, MHA, CHWP (Iowa State University)*

Inspired by the book Radical Candor, Iowa State University’s Thielen Student Health Center developed a program called “Collaborative Decision Making” that harnesses the power of interdisciplinary teams to problem-solve. Utilizing this unique approach, the clinic has been able to successfully tackle challenging problems with minimal involvement from leadership. Staff feel empowered and heard.

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

*Presenter(s): Ryan S. Patel, DO, FAPA (The Ohio State University)*

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

Tools for Integrating Peer-Led Student Conversations Surrounding Positive Mental Health on College Campuses

*Presenter(s): Lisa DuPree, MS, ACSM EP, NBC-HWC, and Sara Thorpe, MPH (Emory University)*

Student mental health is a concern across college campuses. This session will provide participants with skills to drive peer-led student conversations and activities surrounding evidence-informed positive mental health concepts, practices and associated health implications to promote positive mental health across campus through new or existing health education programs or courses. Participants will experience sample peer-led discussion and activities and conduct a stakeholder analysis to assist with implementation in respective contexts.
What Communication Looks Like On Campus: The Collaborative Conversation

Presenter(s): Nola Elliffe (Emerson College); Kaylah Scharf (University of Arizona); Allison Foster, BSPH, NREMT-B (Tulane University)

This presentation will conduct a focused Q & A session. Communication between different factions of an institution is a daily task addressed in a multitude of ways across the nation. We communicate to the best of our abilities, and new technological advances are consistently integrated into an institution's procedure of engagement. We must consider how students and staff are expressing their needs on campus as it is integral to share news, events, educational guides, and how to utilize health care on campus successfully. This presentation is an interactive session but will also feature resources, where to find manuals for student utilization and examples of success stories. We want students to critically think about how higher education services are structurally working on their campus when brainstorming various ways to improve services and outcomes.

APC Orientation Model

Presenter(s): Monique Steel, WHNP, and Megan England, MSN (University of Michigan)

The goal of this presentation is to provide quality on-boarding framework for APCs to help standardize clinical performance throughout the health services in line with evidence based standards. Research has shown that quality orientation can lead to improved retention rates of APCs.

Clinical Health Peers as Resources for Health Information

Presenter(s): Ali Javanbakht, MD, and Julien De Vita (University of California, Santa Barbara)

We trained a group of student volunteers on over the counter cough and cold medications, dosages, and indications, immunizations, health insurance, wound care, sleep and nutrition. These students were designated "Clinical Health Peers". They then acted as resources for health information to other students. They had 'cold care kits' consisting of Tylenol, diphenhydramine, and thermometer for dispersal to students.

Excellence in Customer Service: Boost Your Patient Satisfaction by Bridging the Gap Between Customer Expectations and Service Delivery

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

Embedding a culture of service excellence into health centers enhance patient satisfaction and outcomes. Today’s college student has expectations, perceptions and needs different than any other generation and have resulted in a significant gap in our health care delivery models. If we want to stay relevant in higher education, we must create a culture of excellence and reduce this gap. A culture of service excellence will build our institution’s brand and impact recruitment and retention.
Eating Disorder Prevention and Screening Strategies for College Health Services

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

Eating disorders affect 1 in 5 college-aged females and 1 in 12 males. Transgender students have 4 times the risk for eating disorders as their cisgender peers. Anorexia nervosa is the deadliest mental illness which college students face, yet prevention and screening strategies for this disease are not uniformly enacted. This presentation will acknowledge challenges to prevention and screening of eating disorders while discussing evidence-based solutions for risk reduction and identification in college health.

HIV and International Students with a Focus on Chinese MSM

Presenter(s): Daniel Chiarilli, PhD (Columbia University)

The demographics of HIV infection seen in student health centers reflect not only national or regional trends, but also trends from the home countries of international students. This session will address the situation of international students with HIV seen at one university's student health center, with a focus on men from China who have sex with men. Participants will learn about relevant HIV epidemiology, the state of HIV prevention and treatment, and the personal experiences of Chinese students with HIV.

Escape the Vape: Reducing ENDS Use Among College Students

Presenter(s): Kristen Scholly, PhD, MSW (University of Hawaii at Manoa); Leah Berkenwald (Brandeis University)

This presentation will examine the growing trend of Electronic Nicotine Delivery Systems (ENDS) use among young adults on college campuses. It will highlight the current research, changing regulations and explore the increased rates of vaping and ENDS use despite extensive evidence of negative health effects. This presentation will include strategies for developing and implementing effective campus-wide educational campaigns, as well as the development of programs to address nicotine dependence and cessation strategies. The session will also discuss the importance of enforcing campus tobacco policies to include ENDS product use.

Brief Trauma Therapy in a College Counseling Setting

Presenter(s): Tracie Pape, LCSW, Kathleen Emery, PhD, and Elyse Rocco, PsyD (University of Chicago)

The unique demands for mental health services in college counseling centers are such that clinicians must be prepared to provide high quality care for a wide range of presenting concerns in a brief treatment model. This presentation will focus on best practice guidelines for providing brief, trauma-informed treatment from a team of university counseling clinicians. We will cover guidelines for treatment, ethical considerations, case examples and attending to clinician secondary and vicarious trauma and self-care.
Committing to the Okanagan Charter: Gauging the Impact of a Whole Campus Framework
Presenter(s): Vicki Squires, PhD, and Chad London, PhD (University of Saskatchewan)
The purpose of this study was to examine the potential of the Okanagan Charter as a foundational building block for developing a systemic approach to well-being on Canadian campuses. Using a case study methodology, data was collected from ten initial signatory campuses of the Charter. Emergent themes include approaches to: ease of website navigation to promote self-efficacy, visibility of the importance of well-being, and the crucial role of collaborative leadership and well-being champions on campuses.

Results from the CDC 2018 College/University Vaccine Preventable Disease Outbreak Readiness Survey
Presenter(s): Bayo Arthur, MPH (Centers for Disease Control and Prevention)
In 2018, we conducted an online survey evaluating all US four-year public and private colleges or universities that provide on-campus housing to explore the challenges/barriers, best practices and readiness for vaccination responses to college/university-based vaccine-preventable disease (VPD) outbreaks. The response rate was 48% (838 of 1748); 44% public (316 of 571) and 55% private (522 of 1177) schools. The most common barrier (33%) identified among respondents was lack of a tested vaccine response plan.

Pharmacy Hot Topics 2020
Presenter(s): Ashlee Stone, PharmD (University of Connecticut); Amy Sauls, PharmD, CPP, BCACP (University of North Carolina at Chapel Hill); Jennifer Davis, PharmD (Oregon State University); Divya Patel, RPh (Indiana University)
A multi-speaker session to discuss pharmacy updates as well as exciting and innovative programs that expand pharmacy services and improve student resources and wellbeing.

Integrating Athletic Training Services into Campus Health & Recreation using the Medical Model
Presenter(s): Kristen Buglione, CHES, ATC (Johnson & Wales University); Scott Jones, MS, CHWP, ATL, ATC (Bryn Athyn College); Erin Clark, MS, ATC (University of Wisconsin-Madison)
This presentation will give an overview of integrating athletic training into health services in the higher education setting using the medical model. We will discuss the medical model which is recommended by the National Athletic Trainers Association and National Collegiate Athletic Association as a gold standard of care and explore the benefits and best practices associated with it. We will also discuss utilizing staff and contracted athletic trainers in the recreational and sport club setting.
One College’s Journey to Integrated Care: Health, Counseling and Prevention Outreach Services

Presenter(s): Cheryl Van Lare, MS, FNP-BC, and Darlene Schmitt, MSEd, LMHC (SUNY The College at Brockport)

This presentation will follow the journey of a segregated Health and Counseling Center to a fully integrated Health, Counseling and Prevention & Outreach Center. The discussion will include; past, current and future objectives & trends, benefits and hurdles.

The Ball's in Your Court: Addressing Men's Sexual Health Concerns in a College Health Setting

Presenter(s): Benjamin Silverberg, MD, MSc, FAAFP (West Virginia University Medicine)

Patients are often too shy to ask and providers frequently stumble over what to say. In this presentation, we will discuss male sexual dysfunction, testicular pain, dysuria/urethritis, and dermatologic manifestations of sexually-transmitted infections (STIs): how to treat them, and how to ask those personal questions and offer thoughtful responses.

Epilepsy and Comorbidities

Presenter(s): Cate Brocker, FNP-C (Epilepsy Foundation); Jill Gattone, BSN, MEd (William Peace University)

College students with epilepsy have higher risk for mental health comorbidities such as anxiety, depression, and suicide. Health and counseling centers are poised to serve these students and aid the transition of care. This presentation will contain an overview of common mental health comorbidities, a review of treatment options, and steps campuses can take to help students with epilepsy achieve overall health and wellbeing.

Understanding Health Promotion: A Primer for Non-Health Promotion Practitioners

Presenter(s): Alicia Czachowski, EdD, MPH (Tulane University)

As more college health centers incorporate health promotion into their work, it is often the case that the clinical practitioners are asked to assist in these efforts with little to no training in health promotion practice. By providing an overview of the field, along with resources and tools available, practitioners will be able to plan effective, evidence-based, preventative health promotion programs for their respective populations. This session is intended for those without a health-promotion background.

Towards a Deeper Understanding of Pain and Suffering: How the Teaching of Humanities Can Help Us

Presenter(s): Eleanor Davidson, MD, MA (Case Western Reserve University)

There is considerable evidence of deep suffering among us today held within the opioid crisis, the Me Too Movement, the Black Lives Matter initiative; and the report of an esteemed colleague who died by suicide. How are we helped to understand this suffering in a deeper way? To respond adequately? The teaching of humanities in healthcare settings is improving our response to human suffering and helps us support each other in the difficult work we do.
Seeing Beyond the Symptom Complaints: The Effects of Sexual Victimization

Presenter(s): LaNika Wright, PhD, WHNP-BC (East Carolina University)

Sexual Assault can negatively impact the health of college women. The findings of the current study (original research by author) suggest that college women who have been sexually victimized may complain of specific health symptoms and have more physical health complaints and more distress from health symptoms than those who have not been sexually victimized. College health providers should understand the relationship between sexual victimization and health.

Using Clinics to Increase HPV Vaccination Rates on a College Campus

Presenter(s): Linda Dudman, MPA, Mary Madsen, RN-BC, BSN (University of Rochester)

In August 2016, the University Health Service (UHS) joined the NYS Higher Education Immunization Collaborative, a multi-institution quality improvement collaborative focused on increasing rates of HPV, influenza, and Tdap vaccination on New York State campuses. Due to the increased demand for HPV vaccine from our international students, we focused our efforts on increasing the percentage of students receiving HPV vaccine. In the fall of 2017, 55% of first year students reported receiving at least one dose of HPV vaccine prior to coming to campus, with a significant difference seen between domestic and international students (72% vs 12%). The team used clinics as its primary strategy to meet its goal to increase the percentage of students receiving HPV vaccine.

Integrating Pharmacy Service into a Comprehensive Team to Manage Sickle Cell Disease

Presenter(s): Jin Han, PharmD, PhD (University of Illinois at Chicago)

Clinical pharmacy services have expanded beyond primary care settings, but evidence supporting its benefits in rare and underserved diseases such as sickle cell disease (SCD) is lacking. This presentation will describe how a novel clinical pharmacy service is integrated into a comprehensive team managing SCD, and discuss our original research results demonstrating the impact of this service on clinical outcomes and improvement of understanding of medication use, especially opioids, in this patient population.

Herb and Dietary Supplement Use Among College Students

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

In February 2019, the FDA announced strengthening its oversight of the dietary supplement industry as “explosive growth” has resulted in risks to consumers. This is especially worrisome at the collegiate level since studies suggest up to 70% of young adults report using herbs and dietary supplements. This session will highlight popular products and usage among college students, top reasons for use, and safety and pharmacology. Additionally, we will discuss how to interpret Supplement Facts Labels.
The Impact of Substance Use on Student Success Among Community College Students  
*Presenter(s): Allison Fast, MPH, CPP, and Kitra Nelson, BA (Minnesota State Community and Technical College)*

This session will highlight key findings from an original research study done using 2019 College Student Health Survey (CSHS) data from two college campuses in Greater Minnesota, M State – Fergus Falls and M State – Moorhead. Participants will learn about the relationship between alcohol, tobacco, and other drug use; health insurance and health care utilization; physical, mental, and sexual health; personal safety; and financial health with academic outcomes in a non-traditional student population.

ACHA Connected College Health Network (CCHN) Data Warehouse  
*Presenter(s): Sarah Van Orman, MD, MMM (University of Southern California)*

The Connected College Health Network is the ACHA data warehouse project whose goal is to bring together sources of information about college student health and healthcare to better inform college health professionals, institutions of higher education, and policy makers. Now in its third year, the CCHN has successfully piloted collecting institutional health center data and linking it to institutional information from the department of education, National college health assessment data, and clinical coding data. An overview of the project and initial reports will be presented.
Thursday, May 28

8:00 am – 9:00 am

The New Healthy Campus Framework: Q&A Session

Presenter(s): Scott Tims, PhD (Tulane University)

The new Healthy Campus provides three framework entry points, allowing colleges and universities of various sizes, resources, and access to build their capacity to create healthier campuses. Join us during this Q&A session to hear more about the framework and have conversations regarding how it may be applied at your institution. This session will be discussion format.

Strategic Planning Is for Everyone

Presenter(s): Gage Paine, JD, PhD (Gage Paine Consulting, LLC)

Organizations of all sizes and purposes benefit from strategic thinking whether or not there is a formal strategic plan. Participants in this workshop will develop draft mission and vision statements and explore the basics of strategic planning and thinking for themselves and their organizations. The workshop is designed for campus teams to work together though individuals will also benefit from this workshop.

Mental Health Forum: Providing Trauma Informed Care

Presenter(s): Lindsey Mortensen, MD (University of Michigan)

No one is immune to the impact of trauma. Trauma affects the individual, families, and communities by disrupting healthy development, adversely affecting relationships, and contributing to mental health issues including substance abuse, domestic violence, and child abuse. This presentation will provide a venue for discussion and sharing related to best practice strategies in providing an environment of compassion and safety for clients pursuing mental health services using a trauma informed approach.

9:30 am – 10:30 am

Development and Fundraising for Student Health: Seeking Out Alternative Funding Sources

Presenter(s): Heather Guerrero, MPH, and Katy Redd, MPH, MSW (University of Texas at Austin)

This session provides a primer for college health professionals about the basics of development and fundraising. With funding sources for higher ed increasingly shifting, more and more student health centers and college health professionals are finding themselves needing skills in seeking outside funding including grants, private donors, and foundations. This session will review some key fundraising principles, provide a blueprint for how to launch a fundraising program, and provide some key best practices to consider.

Responding to a Measles Outbreak on Campus

Presenter(s): John Bollard, and Sam Elias, MD (UCLA Arthur Ashe Student Health Center)

Through August 2019, the CDC reported 1,241 cases of Measles, the highest number since 1994. 88% of all cases were in close-knit communities. At UCLA, more than 97% of freshman live on campus. When a Measles case was reported this April, leadership mobilized an outbreak response protocol that instituted mandatory quarantine within hours of notification. This session will cover the specifics of an outbreak response team, protocol, and communication strategy based on our lessons learned.
A Pathway to Population Health: Prematriculation Wellbeing Assessment and Expanded, Proactive Outreach

Presenter(s): Allison Smith, MPA, and Zoe Ragouzeos, PhD, LCSW (New York University)

College health professionals are increasingly challenged to shift from traditional service models that are reactive and health center-focused to proactive, holistic, student-centered approaches to support overall wellbeing. Presenters will share their experiences and learnings from redesigning the pre-matriculation health requirements process to include: a broader wellbeing assessment; a risk stratification process to segment the student population based on holistic needs; targeted, proactive outreach to students at risk; and an analytics model to develop risk profiles.

Hot Topics In Gastroenterology

Presenter(s): Benjamin Levy, MD (Mount Sinai Hospital); Robert Kavitt, MD, MPH (University of Chicago)

We will present updated guidelines and recommendations for important Gastroenterology topics including: GERD, Dyspepsia, H pylori, IBS, Abdominal Pain, Eosinophilic Esophagitis, Rectal Bleeding, NSAID induced Gastritis and Enteritis, Ulcerative Colitis, and Crohn’s Disease.

Improving Sleep Hygiene: Pilot Results of a 4-week, Educational E-program for Undergraduate Students

Presenter(s): Victoria Beltran, MPH, CHES (University of South Florida, St. Petersburg)

The consequences that college students face due to poor sleep can be severe. This original pilot research study aimed to improve self-reported sleep habits and quality among a small sample of college students through a four week, electronically delivered, educational sleep improvement program. Students received a number of items through email to help track changes of habits and stage of change. Results indicate improvements to sleep quality and length as well as stage of change.

Building and Sustaining a Culture and Environment of Wellbeing

Presenter(s): Megan Amaya, PhD, CHES, and Kat Marriott, PhD (Ohio State University); Nikki Brauer, MS (Illinois State University); Julie Edwards, MHA (University of Chicago); Christy Gipson, PhD, RN (University of Texas at Tyler)

Creating and sustaining cultures that support healthy behavior change are key to any institution who wants healthy, happy, engaged and productive students, faculty and staff. In this panel discussion, health promotion leaders from four universities will discuss key strategies for leveraging best practices in institutions of higher learning. Data will be shared from the Building Healthy Academic Communities National Summit study, addressing components and barriers to building of a culture of wellness in academic settings.
Finstas, Sugar Babies, and Seeking Arrangements: Insights into Student Transactional Sex

Presenter(s): Laura Andrews, MS, NCC, Lindsey Parker Winslett, MPH, and Cleoanne Estrera, NP-C (Duke University)

This presentation will reveal the rapidly changing landscape of terms associated with both direct and indirect college sex work. Sex work can include selling nude images on fake Instagram accounts to putting ads on websites for “seeking arrangements.” Recent studies report that between 2% and 10% of students have participated in transactional sex (sex work) while enrolled in college with many more considering involvement (33%). College health and wellness professionals may be tasked with supporting students who are involved in sex work or who are experiencing negative outcomes because of their involvement. With economic pressure, the cost of tuition, and growing online communities, college health professionals will need to know how to screen students for their involvement in sex work while also providing support and access to appropriate care.

Red Eye in Primary Care

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

This course will provide information on diagnosing and treating red eyes and urgent issues. This includes conjunctivitis, corneal ulcers, corneal abrasions and herpes simplex. Also will address other urgent issues such as floaters, retinal detachments and eye trauma.

A Week in the Life of a UT-Austin SHAC Member

Presenter(s): Viana Phan (University of Texas at Austin)

Take a deep dive into the different subcommittees that make up the UT-Austin Student Health Advisory Committee (SHAC). Learn about the day-to-day tasks that allow the organization to further its mission of spreading information about UT University Health Services (UHS) around campus and within the student body.

Exploring Beyond the Binary

Presenter(s): Andrea Drott, MSEd (Northern Illinois University); Charlotte Petonic, MEd (University of Alabama); Taylor Panczer, MPH (Pittsburg State University)

More and more people around the country (and world) are identifying as something other than man or woman. This includes identities such as agender, bigender, non-binary, genderqueer and many more. These gender identities, expressions, and labels are as diverse as the people who use them. Why does this matter in a college health setting? Come find out how to create an inclusive environment and the impact on student learning.

How to Complete the ACHA Institutional Profile Survey (IPS)

Presenter(s): Mary Hoban, PhD, MCHES (American College Health Association)

Success of the ACHA Connected College Health Network is dependent on accurate completion of the Institutional Profile Survey (IPS) by all ACHA Institutional Members. Presenter will familiarize the audience with the IPS and provide instructions and tips for its completion.