



NCCHA Newsletter

Message from President Paul Baumert

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Spring has finally sprung in Iowa City, and commencement exercises are just around the corner. I hope this letter finds you well and getting ready to take a deep breath and wind down for the summer. We have had a productive spring, and I'm looking forward to seeing many of you at ACHA in Orlando in just a few short weeks.

After digging out from an unusually harsh winter on our campus, we saw our website get re-accredited by the Health on the Net Foundation, which accredits websites that meet their standards for provision of health information via the Internet. Our website continues to be more heavily utilized each year, and we continue to explore ways to connect electronically with our students. Our campus-wide smoking ban which was slated to take effect in 2009, was superseded by our governor's state-wide smoking ban in public places, which takes effect July 1 this year. Also, we now have a total of 13 Living-Learning Communities on campus, which house students with others who have similar academic and personal interests. Besides having an academic component, the residents in these communities focus on health incentive programs, lunch and learn programs, "green" living initiatives, and health advocacy training.

Our NCCHA executive board met in Minneapolis on February 1, and continued the process of becoming fully incorporated along with the other ACHA affiliates around the country. This will require additional updating of our bylaws and position descriptions, which will take place over the course of the next year. We have been working closely with ACHA's Web manager, Lisa Pitrone, to keep our NCCHA website current and useful for our members. Plans are well underway for our 2008 fall meeting in La Crosse, Wisconsin on October 15-17, and I understand that the meeting planners have put in a request for the fall colors to be peaking at that time. :) There was also some discussion of a joint fall meeting in 2009 with the Rocky Mountain College Health Association somewhere in Colorado. If you're interested in attending such a meeting, please let a board member know, so that we can gauge our association's interest in such a collaboration.

I'm looking forward to our upcoming national meeting in Orlando in June, and hope to connect and network with many of you there. Safe travels and have a healthy summer!

Paul Baumert
President, NCCHA



North Central College Health Association
Spring/Summer 2008

Call for Proposals

The goal of the meeting is to offer information that is useful to the college health providers, including, but not limited to, physicians, nurses, pharmacists, health educators, administrators, and counselors.

Types of Presentations

Oral presentations should be for approximately one hour or two hours, including time for questions and discussion. We strongly encourage presenters to provide handouts for take-home by participants, which will be asked for at a later date.

Poster displays are graphics highlighting model projects and research studies, mounted on poster board measuring no more than 46 inches wide by 40 inches high. They present information in a summarized format, giving participants an opportunity to review your material. We will also have a designated time during which you can answer questions about your display. You will be asked to send digital photos of your proposed display for review by the Planning Committee. The Committee will make final selections based on quality, fit with other conference offerings, and space available.

Suggested topics for presentations include:

- Evaluation & treatment of back pain
- Evaluation & treatment of injuries and fractures
- Best practices for treatment of anxiety and depression
- Best practices for treatment of Bipolar disorders
- Best practices for evaluation & treatment of sinusitis
- Evidence-based Sexually Transmitted Infection screening
- Steps towards achieving a tobacco free campus/tobacco cessation programs
- Steps to ensure emergency preparedness (including or beyond pandemic)
- Health Education round-table – sharing best practices
- Best practices for evaluation & treatment of eating disorders
- Campus partnerships with Academics, Student Affairs, etc. to best serve student body
- Pros & Cons of Mandated Student Insurance
- Best practices in evaluation & treatment of alcohol related injuries on campus

Deadline

Proposals must be submitted on or before **April 25, 2008**. Late submissions will not be accepted. Notification of acceptance or denial will be sent by **May 23, 2008**.

Proposal Submission

All proposals must be submitted [online](#) beginning **March 17, 2008**.

NCCHA Annual Meeting Website

The link for the 2008 NCCHA Annual meeting website is:

<http://www.uwlax.edu/conted/nccha>

The webpage is continually being updated with helpful information.

The plans for the conference are progressing well and the meeting will be a great opportunity for health and counseling professionals to learn and connect. Remember to "Save the Dates!" for October 15 – 17 2008.



Gail Profitt Nominations

Do you know of an outstanding college health professional? Nominate her or him!

Email your nomination to:

<http://www.uwlax.edu/conted/nccha>

North Central College Health Association

Treasury Report

Balance in Money Market account is
\$9800.00

We're on the web!
www.acha.org/nccha

Balance in Certificate of Deposit is
\$23,520.00

Submitted by Madonna McDermott,
NCCHA Treasurer



NCCHA Membership

The transition to United Membership seems to be going smoothly! As you may have noticed, North Central College Health Association did not send out 2008 invoices because of our decision to become United Members. Institutions who are members of ACHA are automatically NCCHA members and you should see this on your ACHA membership confirmation. ACHA has reported adding new memberships in our region by 29 institutions or individuals from Grand Forks, ND to Indianola, IA.

One of our major concerns with making this transition is schools losing access to NCCHA who were previously only NCCHA members and don't have a budget to fund ACHA membership. We'd like to offer assistance to those institutions with scholarships available right now. By being an ACHA/NCCHA member, you get all the great benefits of ACHA plus the discounted rate on our annual meeting registration fee in October! If you have follow-up questions about ACHA membership, you can contact Tiffany Adams at tadams@acha.org.

-Wendy Schuh
Minnesota State University Mankato

Funding Approved for Winona State University Integrated Wellness Complex

Last week funding was approved for a Winona State University Integrated Wellness Complex as part of the \$717 million bonding bill that Gov. Tim Pawlenty signed.

The bonding bill provides \$8.4 for the Integrated Wellness Complex. It will be combined with \$7.1 million already committed by students plus \$3 million being raised in private donations. Planning for the \$18.5 million complex has long been underway, and we expect to break ground this summer.

The facility will serve as a comprehensive health and wellness education resource that will allow us to share knowledge and experiences with our community. It will also provide much needed academic space, an integrated approach to student health services, and a stronger emphasis on wellness and fitness for all members of our community.

The Complex will support expanded academic and research programs focused on healthcare and wellness; provide a platform for developing new degree programs, such as cardiac rehabilitation, that will help solve the healthcare workforce crisis in our region; advance new healthcare technologies; and invite new partners, such as Winona Health and other healthcare, fitness, and wellness organizations, to collaborate with our students, faculty, and staff.

-Diane Palm
Winona State University

NCCHA & ACHA Conference Scholarships Available

Eligibility

All members are eligible to receive a one time, \$500 scholarship for the NCCHA regional conference **or** a one time, \$1000 scholarship for the ACHA national conference. One ACHA and four NCCHA conference scholarships are available annually.

Selection Criteria

Preference will be given to applicants who have never attended the conference they are applying for scholarship funds to attend.

Preference will be given to applicants who demonstrate financial need (i.e. limited or no professional development funds).

In the case of a further tie, the scholarship will be awarded by the NCCHA board following a review of the applicant's written statement about what they hope to gain by attending the conference.

To apply for either one of these scholarships, print off an application form from the NCCHA web site (available shortly after the national meeting) and forward to NCCHA Board Secretary, Julie Bonner. The deadline for scholarship applications for the fall 2008 NCCHA meeting in LaCrosse is August 1, 2008, and the deadline for the 2009 ACHA meeting in San Francisco is January 15, 2009.

THE STRESS OF GRADUATING

When you leave here, don't forget why you came.
~Adlai Stevenson, to college graduates.

College Counseling Centers across the nation experience clients who are facing the trials of leaving college and beginning their work experience. They leave behind friends, a school routine which differs from the work world, and a changing identity. They leave behind their role as a student, a ready made peer group, college expenses and college routines.

All of these create anxiety and each person has their own set of concerns related to their situation. Anxiety has three components that impact us. One has to do with feeling in control of yourself and your surroundings. With so much change happening, this is clearly difficult to maintain. Another element which impacts us is our sense of confidence. As our past ways of retaining our confidence are altered, we need to replace them with other forms. Further, our approval from others changes as we lose contact with professors and peers and that now comes from bosses and co-workers.

Students graduating can help themselves by:

- Mentally preparing themselves for the change, acknowledging that it will have an impact on them.
- Keeping a balance in life of managing stress which includes regular sleep, nutrition and exercise.
- Being persistent in setting and achieving small, obtainable goals for themselves.
- Look at the areas that they do have control over and the choices they do get to make for themselves daily.
- Keep a few close companions and/or family that know you well nearby.
Make a list of positive feedback you have gotten over your college career and remind yourself you have a lot to offer the world.

Graduating is a new developmental opportunity in our life; what we take into it helps us find our way out.

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Open as of 12/21/07

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