

YOUR NCCHA TO-DO LIST:

- **Nominate a colleague for the Gail Proffitt Award.**
- **Register for the NCCHA Annual Conference in Sioux Falls, SD.**
- **Be sure your NCCHA Membership is renewed.**
- **Run for one of the five open NCCHA Board positions.**

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Message from President Nelson

The annual ACHA meeting in New York City was outstanding. I truly enjoyed my visit to the "Big Apple" since Karen and I hadn't been there for over 30 years. I found the programming, the networking, and discussion of "Hot Topics" to be excellent. And I really enjoyed meeting my peers from across the country. College healthcare is a special niche and there are lots of dedicated people making it happen on a daily basis. My hat is off to all of you professionals making a difference.

Managing change is one of the most important functions we facilitate as leaders of our organizations. The HIPAA regulations seemed to be

overwhelming a few years ago, but today, seem to be old news. Implementing electronic medical records system, (EMR) seemed to be an awesome task, but we have nearly completed this work as have many others across this nation.

Our work is never finished. New challenges arrive almost daily. I can assure you the demand for quality college healthcare will never wane!

I continually hear of budgets being strained and demands outstripping our supply of services; our systems are stressed. However, we are the people who make a difference because we are the ones on the front lines addressing the issues of the

day. We are the ones who keep students healthy and in class so they can be successful in their educational endeavors. The global public health issues are getting more complex and more difficult to manage. We must be prepared and take a leadership role.

The NCCHA annual meeting is scheduled for October 11th, 12th, and 13th in Sioux Falls, South Dakota. The programming is nearly completed and we have another great meeting. I hope everyone will have the opportunity to join us. I want to give a special thank you to the planning committee for this wonderful, upcoming event. See you there!

James Nelson,
President NCCHA

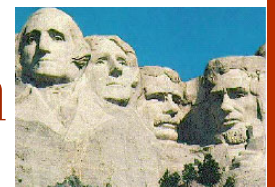
The Many Faces of College Health

Please join us for the 2006 North Central College Health Association Conference, an annual gathering centered around health topics relevant to college health. This year we're proud to announce an outstanding session lineup that covers all areas of health or as our theme says: "The Many Faces of College Health."

Anyone interested in college health is welcome. Keynote speakers include Nicolas Taylor, of Taylor Behavioral Health in Montrose, Colorado; Timothy Schacker, Institute for Molecular Virology at University of Minnesota, Minneapolis; and Roger Shewmake, Department of Family Medicine, Sanford School of Medicine of The University of

South Dakota, Sioux Falls.

The sessions are designed to appeal to a broad range of health care professionals. The conference is joint sponsored by NCCHA, Office of Continuing Medical Education, Sanford School of Medicine, and The University of South Dakota.



Family Planning Program

The Family Planning Program is a health care program that covers family planning services and related supplies to people between the ages of 15 and 50. The individual cannot be pregnant or enrolled in other Health Care Programs and must meet income limits. Family planning services covered include

office visits and education, birth control, sterilizations, and diagnosis and treatment of sexually transmitted diseases found during a family planning visit.

This year, the state of Minnesota enrolled in a 5-year grant-funded program coordinated by the Minnesota Department of Human

Services (DHS). Students can get the services on a two-month probation period. The application will then be reviewed by DHS to determine if the individual is eligible to get family planning care coverage for one year. Find more information at:

www.DHS.state.mn.us/familyplanning

90-9-09
9-7-04
9-5-04

Symptoms	Cold	Flu
Fever	Rare	High (100.5-104 F); lasts 3-4 days
Headache	Rare	Prominent
General aches, pains	Slight	Usual; often severe
Fatigue, weakness	Quite Mild	Can last up to 2-3 weeks
Extreme exhaustion	Never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can become severe

Depression Among College Students

By Dr. Randall Hurd, Minnesota State University Mankato Student Health Services



Depression is a common condition with a large impact on the health and quality of life of its sufferers. It is estimated to be present in up to 10% of primary care patients. Fortunately, depression has increasingly come to be recognized as an illness and not as a character flaw. As a result patients are more likely to seek help for their symptoms and identify themselves as feeling

depressed. Symptoms include depressed mood, decreased ability to experience pleasure, decreased motivation, decreased ability to concentrate, poor (or excessive) appetite, poor sleep, and low energy. Some patients experience symptoms primarily or exclusively in the winter months, and we refer to them as having seasonal affective disorder, or seasonal

depression. One quarter to one half of patients with depression are believed to suffer anxiety as well. Fortunately, there is help for both disorders, and they are very treatable conditions. If you suspect you or a friend suffer from depression or anxiety, I urge you to make an appointment to see your primary health care provider.

A Message from President-Elect Dana Mills

We are extremely busy! It is such a cliché, but it is also such a reality. Our anticipation of new arrivals and returning customers has come to fruition. Our waiting areas are full and the primary sources of energy and excitement are back on campus! In anticipation of their arrival we have restocked supplies, trained and practiced duties with new staff, refurbished parts of our facilities, reviewed immunizations records, upgraded our websites, printed media pieces, buffed up policies and procedures, participated in student and parent orientation, and for some of us, even helped new students actually move into their residence halls. A restart of a new year causes us to prepare in much the same way as we would prepare for other honored guests (save the

“reviewed immunizations” part!).

Secondly, and perhaps most importantly, I am reminded of how essential our work really is. We have the responsibility for the health of hundreds and thousands of students on our campuses. We provide care for when they are ill or injured and we provide health education to help them make wiser choices to prevent illness or injury. We link with a variety of resources within and external to our schools to implement healthy policies, broaden the scope of our services, and ultimately help keep the students focused on their primary goals – a satisfying college experience and a piece of paper to open the next chapter in their lives.

What we do has the potential to make

permanent impressions. We have critical issues to address for those we serve and for many of us, we are the only entities on campus that can accomplish those tasks. So, as you put in those extra hours and work through all the stresses that come with the beginning of the academic year, know that your efforts have real value to your campuses, whether formally acknowledged or not, and that you are making difference.

I am very much looking forward to seeing all of you in Sioux Falls. Have a great semester!

Yours in good health,
Dana Mills

“... whether formally acknowledged or not, you are making a difference!”



Renew Your NCCHA Membership and Save Money!

The Fall NCCHA Conference is rapidly approaching. Any staff member of a school with an institutional NCCHA membership can attend the conference at the NCCHA member cost. That’s a \$45 saving per staff member!

Renew your membership now!

The following schools have not yet renewed their 2006 NCCHA Membership:

- Iowa
- Kirkwood Community College

- North Dakota
- University of Mary

- Minnesota
- Alexandria Technical College
 - Judith Jackson, NP (Individual Member), Bethel College
 - Cathy Carlson, Carleton College
 - Inver Hills Community College

Membership application is available on the web site at:

www.acha.org/nccha

Submitted by
Gayleen Eilers,
NCCHA
Membership Chair

North Central College Health Association



Treasury Report

Balance in Money Market account is \$7,626.85

Balance in Certificate of Deposit is \$22,114.99

Submitted by Barb Lonbaken, NCCHA Treasurer

NCCHA Board Positions Open

NCCHA gives physicians, nurses, health educators, students, and other health professionals the opportunity to . . .

- network with colleagues and learn about recent developments in the college health field.
- attend the NCCHA Annual Meeting with pertinent health programming that awards CEUs, CMEs, CEs, or CHES.
- have input on a national level through NCCHA to the American College Health Association (ACHA).
- meet new colleagues and students.
- increase student involvement in the college health organization through the local Student Health Advisory Committees (SHAC).

Current positions open:

President-Elect **Member-at-Large (SD)**

Newsletter Editor **Region II Representative**

Student Representatives (one from each state)

Contact Dana Mills at dana.mills@marquette.edu by September 29, 2006 with any nominations.

Student Grant Guidelines

NCCHA will make available to college students/groups/organizations, matching funds of up to \$500 for projects/programs that are directly applicable to College Health. It is the expectation of NCCHA that by having a funding source available, students will become actively involved in issues related to College Health, and thereby contribute to the enhancement of the overall health and wellness of college students within the North Central Affiliate.

The applicant's institution must be an NCCHA member in good standing,

with current membership dues paid in full. A formal application form must be submitted (www.acha.org/nccha).

A written request must be electronically submitted (via attachment) to the NCCHA President. It is the discretion of the Board to consider or reject a proposal based on the financial status of NCCHA at the time of request and merits of the proposal. Only one program/proposal per institution will be funded during any given year. Grants will be awarded to programs/projects on a rolling basis from Sept. 1 through April 30.

Gail Profitt Nominations

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

The intent of the Gail Profitt Award is to recognize special people and to acknowledge their unique service to the field of college health. Nominations should be e-mailed or faxed to Dana Mills by September 29, 2006. See the following page for the nomination form.

The recipient will be recognized at the NCCHA Annual Meeting in Sioux Falls.

The 2005 Gail Profitt Award went to James Rothenberger of the University of Minnesota. Jim is a professor in the School of Public Health and has taught more than 50,000 students. His recent works include developing the Alcohol and College Life on-line program and publications on MDMA, HPV, and HIV.



NCCCHA Gail Profitt Nomination Form

2006

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1972 – Gail Profitt	1973 – Lawrence Nelson & William Watson	
1975 – Dorothy Jaconson	1978 – Florence Winquest & Margarethe Hansen	
1979 – Karen Delesha, Judy Dulski, & Ramona Yunger	1980 – Edward Dvorak	
1982 – Paul Ruppet & Barbara Lee	1984 – Greta Buller	
1985 – JW Hanson & Lorraine Stucky	1986 – Harley Feidick	
1987 – Kathleen McNamara	1989 – Corinne Schaura	1990 - Mary Jule Brown & Doris Haukebo
1991 – Malcom McCutcheon	1992 – Janice Rising	1993 – Mary Engstrom
1994 – Pat Utecht	1995 – Larry Hudson	1996 – Robert Patterson
1997 – Lynn Ebner	1998 – Jane Larson	1999 – Pat Veole
2000 – Mary Khowessah	2001 – Don Smith	2002 – Barbara Bloomer
2003 – Barbara Bester	2004 – Edward Ehlinger & Donald Craig	2005—Mary Kwohassa

The intent of the award is to recognize special people and to acknowledge the unique service or expertise they bring to the field of college health.

Nominee

Institution

Introduction
(Write your introduction for the nominee here).
Rationale
(Write your nominating rationale here).
Nominator
Nominator Telephone and E-Mail
Nominator Address
Send Nominations by September 30 th to by email or fax: Dana Mills, Fax: (414) 288-5732 E-Mail: dana.mills@marquette.edu

Register Today!

October 11-13, 2006

Sheraton Hotel and Sioux Falls Convention Center

For hotel reservations: call 1.888.627.8088

Name _____

Organization _____

Position/Title _____

PLEASE CIRCLE ONE:

MD/DO CERTIFIED NURSE PRACTITIONER PHYSICIAN'S ASSISTANT

M H COUNSELOR PSYCHOLOGIST SOCIAL WORK

NURSE HEALTH EDUCATOR PHARMACIST

STUDENT OTHER _____

Mailing Address _____

City/State/ Zip _____

Daytime Phone _____

Fax _____

Email _____

Registration Fees – please check one *Make checks payable to:*

Members **USD Foundation for CME**

\$250 Before September 30

\$300 Beginning October 1

Return completed registration form and appropriate fee to:

Non Member

\$295 Before September 30

\$345 Beginning October 1

Student

\$100 Before September 30

\$150 Beginning October

Office of Continuing Medical Education
Sanford School of Medicine
The University of South Dakota
 1400 West 22nd Street, Room 117
 Sioux Falls, SD 57105-1570

Other Information: please check all that apply:

MEMBERSHIP IN NCCHA:

\$15 FOR THIS YEAR

or FAX to: 605.357.1488

Questions or more information call: 605.357.1480

Cancellation Policy:
 \$25 will be deducted from all cancellations made by September 30. Half of the registration fee will be forfeited for any cancellation made after September 30.

Yes, I request a box lunch for Friday.

Yes, I will be attending the banquet on Thursday.

I will be attending the banquet with a guest and have enclosed an extra \$30.

I have special Dietary needs.

Credit Card Payment: M/C VISA AmEx Discover

Name as it Appears on Credit Card _____

Billing Address (if different from above) _____

Credit Card Number _____ Expiration Date _____

Signature _____