SCHA
SOUTHERN COLLEGE HEALTH ASSOCIATION
PRE-CONFERENCE & CONFERENCE PROGRAM
March 11-15 2019

EXCEPTIONAL CARE for EXCEPTIONAL STUDENTS
A CELEBRATION OF CLINICAL EXPERTISE AND BEST PRACTICES

Hosted by the University of North Carolina at Chapel Hill
in collaboration with Duke University and North Carolina Central University
THE LEADING AND MOST TRUSTED STREAMING CHANNEL TO EDUCATE YOUR STUDENTS

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Welcome to the 2019 Southern College Health Association Conference proudly hosted by the University of North Carolina at Chapel Hill in collaboration with Duke University and North Carolina Central University. A planning group of over twenty college health professionals from all three institutions - led by Carol Kozel, Kim McCown, Amy Sauls and Sara Stahlman from UNC - have worked for over a year to present an educational and networking experience that we hope you will never forget.

I transitioned eight years ago from over twenty years in private hospital and medical group practice management, and in those eight years, have become a strong advocate for the incredible role college health centers play in the lives of our students. I truly believe that, given our current healthcare system, the care we provide our students may be the most coordinated, comprehensive care that they will experience in their lifetimes. However, the key to our continued success is to make sure that we are not insular nor complacent - we must constantly seek to understand and deploy those things from the healthcare industry at large which will best serve our patients.

This belief led us to our theme - Exceptional Care for Exceptional Students: A Celebration of Clinical Expertise and Best Practices. We have assembled an accomplished group of presenters from college health, private practice, public health, medical research and healthcare management. We hope that you will learn things this week which will stimulate thought and motivate best practice as you return to your respective campuses.

And make no mistake-we have not forgotten the fun and networking which has become a key part of our SCHA culture. On Thursday evening we look forward to your joining us and our generous sponsor, Blue Cross Blue Shield of North Carolina, for an evening of March Madness at the historic Carolina Inn on the campus of UNC in Chapel Hill. The evening will be filled with music, food, drink and fun as we celebrate our region’s long and proud love affair with college basketball. Fun Fact: Did you know that the Triangle’s three Atlantic Coast Conference men’s college basketball programs have collectively claimed 13 NCAA championships and 6 of the national champions since 2000 have been claimed by one of our universities?!?

We have also allowed time in our schedule for you to find out why we love where we live and work.

- The Raleigh-Durham-Chapel Hill metro area is ranked in the Top 10 for both Best Places to Live and Best Places to Work by US News and World Report;
- Our Research Triangle Park (RTP) located between Durham and Raleigh is the largest research park in the US and is home to over 250 companies and employs 50,000 people of expertise. These companies make the RTP the nation’s epicenter for research and product development in biotechnology, pharmaceuticals, microelectronics, telecommunications and environmental sciences. The RTP provides over $300 million to our local universities for research and development, creating incredible public-private partnerships;
- The New York Times recently named Durham-Chapel Hill the Foodie Capital of the South, and Southern Living Magazine called Durham-Chapel Hill the “South’s Tastiest Town.” Take advantage of the opportunity to experience one of our great restaurants on Wednesday evening.

Be sure to use the 2019 SCHA Guidebook App to plan your schedule and to be alerted to announcements and updates. Also look for our staff who stand ready to assist you during the next few days.

Please join me in expressing congratulations and gratitude to Marguerite O’Brien of the University of South Carolina for her tremendous job during the past year as SCHA President.

On behalf of the SCHA Board of Directors and my colleagues Dr. John Vaughn of Duke and Dr. Ruth Gilliam-Phillips of North Carolina Central, welcome to Durham-Chapel Hill and thank you for being part of this year’s conference.

Best,

Ken Pittman, MHA FACHE
Executive Director, UNC-Chapel Hill Campus Health
President-Elect, Southern College Health Association
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ENHANCE SCHA 2019 WITH Guidebook

The SCHA 2019 Annual Conference guide on Guidebook provides:
- updated conference information and schedule details
- attendee listing and real-time interaction with other SCHA 2019 Guide users
- sponsor and exhibitor listing
- hotel and destination maps
- notetaking capability
- quick access to social media content
- ability to build your own individualized conference schedule
- and more!

Download Guidebook from your device’s app store. Then search for SCHA 2019 and download the guide. Or visit guidebook.com/guide/135755 and follow instructions from that screen.

Staff at the registration table can help you set up SCHA 2019 on Guidebook - just ask!

With Wellfleet Student, you have a proven partner committed to WORKING TOGETHER to solve the challenges faced by your institution and the student population. With an intense focus on the Triple Aim and innovative features like our new Student Formulary and our CareConnect Behavioral Health program, we aim to empower students to lead healthier lives and become better consumers of healthcare.

Learn more about our recent transition from CHP to Wellfleet and how we can solve the challenges faced by your university. Visit us at: www.wellfleetstudent.com

Plans are underwritten by Wellfleet New York Insurance Company or Commercial Casualty Insurance Co., changing to Wellfleet Insurance Company upon regulatory approval.
Sponsors and Exhibitors

Trophy Sponsor

BlueCross BlueShield of North Carolina
Sponsor of March Madness Party and Dinner

Sweet Sponsor

WELLFLEET STUDENT
Sponsor of Thursday morning snack break

Second Rounder Sponsors

VERITAS DYNAMAX

First Rounder Sponsors

Gallagher medicat. ECI services

Point and Click Solutions DENT-WELL

With gracious thanks to:
Durham Convention and Visitors Bureau for support towards attendee transportation
Conference Direct & Pearce and Pearce for support towards conference bags

Exhibitors

ACADIA HEALTHCARE
ACCESS TCA
AETNA STUDENT HEALTH
COLLEGE HEALTH TV
GILEAD SCIENCES
GSK
ISELECTMD
MINNESOTA MULTISTATE CONTRACTING ALLIANCE
PHARMEDIX
POWER DMS
PYRAMED
UNIVERSITY HEALTH PLAN
VALNEVA
Conference Planners

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CONFERENCE PLANNING COMMITTEE MEMBERS
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MELANIE TROST, MD | Student Health Services | Duke University
JOHN VAUGHN, MD | Student Health Services | Duke University

Program Planning Committee members have been asked to complete Program Planner Disclosure Forms regarding relationships with commercial entities. Each of the Program Planning Committee members has reported no relevant financial conflicts of interest.
STATEMENT OF GOALS/PURPOSE
The primary goal of the 2019 Southern College Health Association Conference is to provide innovative educational and professional development opportunities for college health professionals from a variety of disciplines.

Attendees will be able to:
- Identify ways to increase knowledge, enhance professional skills of health care professionals and incorporate best practices through evidenced-based guidelines and standards into college health practice.
- Describe opportunities for collaboration and exchange of ideas among college health professionals and students that promote the health and well-being of college students through interactive learning activities.
- List programs and environments that enhance physical and mental health outcomes for college students and campus communities.
- Explain the effect of diverse cultures and experience on the physical and mental health of individuals and communities.
- Discuss ways to integrate college health programs that support institutional missions to the population served.

The 2019 SCHA Annual Conference has invited speakers from college and university health centers throughout the South to share their innovative solutions to commonly encountered issues in college health. In addition, the Conference has drawn upon the wealth of clinical expertise available in the Research Triangle area and beyond to bring in fresh perspectives and expand professional development. The Conference offers the opportunity to exchange ideas around best practices, network with colleagues, experience professional growth, and enhance the level of care for our students.

TARGET AUDIENCE
Administrators
Clinical Medicine Providers
Health Promotion Professionals
Mental Health Providers
Nurses
Nutritionists and Dieticians
Sports Medicine Providers
Students

KEY TOPIC AREAS
Clinical care of trans* clients
Concussion care and protocols
Health At Every Size and intuitive eating approaches
Insurance billing
Integrative medicine
Management of stress and anxiety
Multicultural supervision
Psychological aspects of injuries
Serving students of color
Title IX
Treatment and prevention of communicable diseases

NON-DISCRIMINATION POLICY
SCHA guards against discrimination on the basis of race, color, religion, nationality, sexual orientation, gender identity, age or disability in its educational activities.

SPECIAL NEEDS
Attendees with special needs should notify SCHA2019@unc.edu so that appropriate accommodations may be made.

ORGANIZING ENTITY
Southern College Health Association 2019 Planning Committee
c/o ACHA
8455 Colesville Rd, Suite 740
Silver Spring, MD 20910
acha.org/scha
scha2019@unc.edu

Trans* is an umbrella term that refers to all the identities within the gender spectrum that do not conform to the gender binary of ‘male’ or ‘female.’
Luncheon Keynotes

WEDNESDAY MARCH 13, 12:00PM

Dr. Jason Mihalik is an Associate Professor in the Department of Exercise and Sport Science. He is the Co-Director of the Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center, and also serves as Affiliate Faculty at the UNC Injury Prevention Research Center in the TBI focus area. Jason teaches courses in Biomechanics (EXSS 385) and Undergraduate Research Methods (EXSS 273), and Graduate Statistics and Research Methods. Jason completed his undergraduate degree in Exercise Science with a specialization in Athletic Therapy at Concordia University (Montreal, Quebec, Canada) in 2001. He completed his graduate work in Sports Medicine at the University of Pittsburgh (Pittsburgh, PA), earning his Master’s Degree in December 2004. He was a recipient of a 5-year Royster Fellowship, allowing him to ultimately complete his doctoral work in Human Movement Science at The University of North Carolina at Chapel Hill in the summer of 2009.

Jason’s primary research interest intersects head trauma biomechanics with clinical outcomes in civilian athletes and military warfighters. He investigates the effectiveness of innovative concussion assessment, management, and rehabilitation technologies. He is additionally interested in the interrelationships between ocular and vestibular function, as well as the utility of neuroimaging and neurophysiology, in the context of the concussion management paradigm. He has developed smartphone applications designed to assist lay rescuers in recognize concussion signs and symptoms and intervene accordingly. He is also the Chief Science Officer for Senaptec LLC, a startup company in the visual and sensory performance space. Jason also studies field management of neurotraumatic spine-related injuries.

THURSDAY MARCH 14, 12:00PM

Deena Hayes-Greene is the founder and director of the Racial Equity Institute. With her long-time partner, Suzanne Plihcik, she serves as the senior trainer and consultant for REI. Deena has worked for over 16 years as a racial equity consultant, trainer, and organizer with an analytical focus on the structure and impacts of race and racism on systems, institutions, and organizations. She began her work with the People’s Institute for Survival and Beyond. She has presented keynote speeches, workshops, and seminars across the nation to organizations interested in addressing and eliminating racial and ethnic inequities. She has served as a Human Relations Commissioner for the City of Greensboro; the board chair for the International Civil Rights Center and Museum; the boards of the Guilford Gang Commission, and the Ole Asheboro Street Neighborhood Association; and an organizing member of the Guilford Anti-Racist Alliance. Deena has also been elected for four terms to the Guilford County School Board where she has chaired the Achievement Gap Committee, the Historically Underutilized Business (HUB) Advisory Committee and the School Safety/Gang Education Committee. In September 2013 Deena was honored at the Minority Enterprise Development Conference with the Diversity Advocate of the Year award.
# Conference at-a-Glance

## MONDAY • MARCH 11
- **5:00 pm**  
  Pre-Conference Retreat Begins

## TUESDAY • MARCH 12
- **1:00 pm - 7:00 pm**  
  Registration Open
- **12:00 pm - 5:00 pm**  
  Board Lunch & Meeting
- **12:00 pm**  
  Washington Duke Golf Rounds
- **1:45 pm - 3:30 pm**  
  Tour Duke Gardens
- **6:00 pm**  
  Board Dinner

## WEDNESDAY • MARCH 13
- **7:00 am**  
  Fun Run/Walk
- **7:30 am**  
  Meditation
- **8:00 am - 5:00 pm**  
  Registration Open
- **9:00 am - 11:00 am**  
  Open House at Duke Student Wellness Center
- **9:45 am - 11:00 am**  
  Walking / Trolley Tour of Duke Gardens
- **11:00 am - 12:00 pm**  
  Exhibits Open
- **12:00 pm - 1:30 pm**  
  Opening Lunch and Keynote Speaker Dr. Jason Mihalik
- **1:45 pm - 3:00 pm**  
  Educational Breakout Sessions #1
- **3:00 pm - 3:30 pm**  
  Break with Sponsors and Exhibitors
- **3:30 pm - 4:45 pm**  
  Educational Breakout Sessions #2 (Dr. Inman session lasts until 5:30 pm)
- **Evening**  
  Dinner on your own or join a group - see registration table for details

## THURSDAY • MARCH 14
- **7:00 am**  
  Fun Run/Walk
- **7:30 am**  
  Meditation
- **7:30 am - 8:30 am**  
  Breakfast with Sponsors and Exhibitors
- **7:30 am - 12:00 pm**  
  Exhibits and Information Table Open
- **8:45 am - 10:00 am**  
  Educational Breakout Sessions #3
- **10:00 am - 10:30 am**  
  Break with Sponsors and Exhibitors Sponsored by Wellfleet
- **10:30 am - 11:45 am**  
  Educational Breakout Sessions #4
- **12:00 pm - 1:30 pm**  
  Awards/Business Lunch and Keynote Speaker Deena Hayes-Greene
- **1:45 pm - 3:00 pm**  
  Educational Breakout Sessions #5
- **3:00 pm - 3:30 pm**  
  Break with Sponsors and Exhibitors
- **3:30 pm - 4:30 pm**  
  Educational Breakout Sessions #6
- **5:15 pm**  
  Buses return 9, 10, 11 pm  
  Depart for March Madness Party and Dinner at the Carolina Inn  
  Sponsored by Blue Cross Blue Shield of North Carolina

## FRIDAY • MARCH 15
- **7:00 am**  
  Fun Run/Walk
- **7:30 am**  
  Meditation
- **7:30 am - 8:30 am**  
  Breakfast with Sponsors and Exhibitors
- **7:30 am - 12:00 pm**  
  Exhibits and Information Table Open
- **8:45 am - 9:45 am**  
  Educational Breakout Sessions #7
- **10:00 am - 11:00 am**  
  Educational Breakout Sessions #8
- **11:15 am - 12:00 pm**  
  Prize Drawing Presentation and Closing

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*Sponsored by Wellfleet*

*Sponsored by Blue Cross Blue Shield of North Carolina*
A comprehensive overview of the JB Duke Hotel's individual meeting spaces and their capacities.

<table>
<thead>
<tr>
<th>ROOM</th>
<th>EVENT SPACE SQ. FT.</th>
<th>DIMENSIONS (l*w)</th>
<th>CLASSROOM</th>
<th>THEATER</th>
<th>CRESCENT</th>
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<tr>
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<td>75</td>
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<tr>
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<td>75</td>
<td>40</td>
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<tr>
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<td>300</td>
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<tr>
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**Meeting places**

**LEVEL 1**

- NORTH COURTYARD
- AT&T CLASSROOM
- AT&T TEAM ROOMS
- AT&T PRE-FUNCTION

**LEVEL 2**

- GLAXO TEAM ROOMS
- GLAXO CLASSROOM
- GLAXO PRE-FUNCTION
- EXECUTIVE PRE-FUNCTION
- EXECUTIVE CLASSROOM
- SOUTH COURTYARD
- SOUTH STUDY LOUNGE

**LEVEL 3**

- GIFT SHOP
- GUEST REGISTRATION
Monday  MARCH 11  PRECONFERENCE RETREAT

M 5:00 - 7:00 pm
APPETIZERS AND DINNER PREPARATION

M 7:00 - 10:00 pm
SOMATICS AND THE SELF-TRANSFORMING BRAIN

After this session, attendees should be able to:
- Practice directing attention toward the organization of experience in one's own mind-body as a first step in neurological self-regulation.
- Discern and practice a new or different action that creates greater ease and safety within one's own internal environment when speaking with others.
- Identify the two primary pathways of self-regulation illustrated by an exercise of speaking and listening to others.
- List and demonstrate the 7 somatic distinctions that form the foundation for an embodied presence.

Tuesday  MARCH 12  PRECONFERENCE RETREAT

T 8:00 - 8:30 am
COFFEE, PASTRIES, BREAKFAST

T 8:30 - 10:30 am
INTERPERSONAL NERVOUS SYSTEM AND THE NEUROSCIENCE OF COMPASSION

After this session, attendees should be able to:
- Practice mindfulness in the context of neural integration and neuroplasticity as a model for healing and wholeness.
- Define mirror neurons and utilize this concept somatically to engage with another to build rapport.
- Practice mobilizing internal resources to meet and match the capacity of another.
- List the “allies and enemies of learning” as a discernment tool for transforming habitual responses and defenses.

T 10:30 am - 12:30 pm
BEYOND TRANSFERENCE: Using Embodiment to Establish and Deepen Rapport

After this session, attendees should be able to:
- List and define the components of the Model for Observation and utilize these components in crafting action plans for another in the healing and learning process.
- Utilize the seven somatic distinctions in creating new neural pathways for effective action.
- Practice rapport with another in the development of empathy, compassion and curiosity as a gateway to overcoming obstacles and limiting life stories.

T 12:30 - 1:30 pm
LUNCH

T 8:00 - 9:00 am
THE PSYCHOLOGY OF RESILIENCE

After this session, attendees should be able to:
- List the four main theories to explain learning and memory and how each contributes to the overall experience of consciousness.
- Explain in plain language the theory of global mapping and how it applies to the experience of consciousness.
- List at least 4 types of human behavior that impact the assignment of value to experience and consciousness.
- List and define the components of the Model for Observation and utilize these components in crafting action plans for another in the healing and learning process.
- Utilize the 7 somatic distinctions in creating new neural pathways for effective action.

T 1:30 - 3:30 pm
NEUROBIOLOGY OF PRACTICE

After this session, attendees should be able to:
- List three biological theories of how practice (repetition) impacts the likelihood of being able to recall a memory.
- List two biological theories of how practice associated with the neurological experience of value deepens recall of physical and psychological memory.
- List three aspects of life experience that can expand in capacity as the result of intentional practice.
- Write and read a mission statement and assimilate feedback to deepen congruence between language and action.
- Utilize the seven somatic distinctions to produce greater alignment, resolve and results with the expression of one’s mission and the subsequent follow through of commitments.

T 3:30 - 5:30 pm
BREAK

T 5:30 - 6:30 pm
DINNER

T 6:30 - 9:30 pm
THE PSYCHOLOGY OF RESILIENCE

After this session, attendees should be able to:
- List the four main theories to explain learning and memory and how each contributes to the overall experience of consciousness.
- Explain in plain language the theory of global mapping and how it applies to the experience of consciousness.
- List at least 4 types of human behavior that impact the assignment of value to experience and consciousness.
- List and define the components of the Model for Observation and utilize these components in crafting action plans for another in the healing and learning process.
- Utilize the 7 somatic distinctions in creating new neural pathways for effective action.
MARCH 12 Tuesday

T 1:00 - 7:00 pm
REGISTRATION OPEN

T 12:00 - 1:00 pm
BOARD LUNCH

T 12:00 pm
GOLF OUTING
Pre-registration required. Tee times at 12:00 pm and 12:10 pm.

T 1:00 - 5:00 pm
BOARD MEETING

T 6:00 pm
BOARD DINNER

MARCH 13 Wednesday

W 7:00 - 10:00 am
PRE-CONFERENCE BREAKFAST & CLOSING

W 7:00 - 7:30 am
Meet at Main Entrance of JB Duke
FUN RUN / WALK
Run with your colleagues around Duke’s beautiful campus! All paces welcome. Maps for 1 mile and 3 mile loops will be provided.

W 7:30 - 8:00 am
Meet at Main Entrance of JB Duke
MEDITATION
Walk together to Duke Wellness Center for guided meditation.

W 8:00 am - 5:00 pm
REGISTRATION OPEN

W 9:00 - 11:00 am
Duke Wellness Center
OPEN HOUSE AT DUKE WELLNESS CENTER
Meet in the Lobby of the JB Duke Hotel for walking directions or a shuttle will leave at 9:00am and 9:45 am. Return Shuttle to JB Duke will meet at the 1st floor atrium 10:10 & 11:00. To join the garden tour, a shuttle will leave Duke Wellness 1st floor atrium at 9:50 am.

W 9:45 - 11:00 am
JB Duke Lobby
DUKE GARDENS TROLLY / WALKING TOUR
Meet in the Lobby of the JB Duke Hotel at 9:45 am for a shuttle that will drop off at Duke Wellness and go on to Duke Gardens.

W 11:00 am - 12:00 pm
Levels 2 and 3
EXHIBITS OPEN
Interact with exhibitors throughout the conference to learn about their services and gain a chance to win prizes.

W 12:00 - 1:30 pm
Ballroom
OPENING LUNCH
with Dr. Jason P. Mihalik
Keynote Speaker
PILLS FOR HIV PREVENTION: Understanding PEP, PrEP and U=U

The field of HIV prevention has advanced rapidly in the past 10 years, and this presentation will provide an overview of the current state-of-the-art in the field, primarily focusing on the promise and pitfalls of medication-based interventions for young adults. At the conclusion of the talk, the audience will be more familiar with the science behind the ‘undetectable = untransmittable’ campaign as well as pre-exposure and post-exposure prophylaxis (PrEP and PEP, respectively).

After this session, attendees should be able to:
- Discuss the epidemiology of HIV infection among young adults in the United States.
- Identify the indications for the provision of post-exposure prophylaxis.
- Explain how treatment as prevention (‘U=U’) works to limit transmission of HIV to uninfected persons.
- Describe best practices in delivery of pre-exposure prophylaxis to young adults at risk of HIV infection.

Presented by:
CHRISTOPHER HURT, MD
Associate Professor of Medicine
Institute for Global Health and Infectious Diseases
University of North Carolina at Chapel Hill

The speaker has disclosed he receives salary support for a clinical trial under a contract between his university and Gilead Sciences.

IMPLEMENTATION OF INTUITIVE EATING AND HEALTH AT EVERY SIZE IN THE GENERAL STUDENT AND NCAA ATHLETE POPULATIONS

The importance of practicing from a ‘Health at Every Size’ approach has been shown to reduce harmful consequences associated with weight bias and weight loss recommendations. While the benefits of HAES have been identified, implementing this approach is often unclear which can lead to conflicting messages. This presentation identifies practical approaches, for both general students and NCAA athletes, to creating a campus environment that supports body diversity, healthy and balanced nutrition messages, and multi-dimensional wellness.

After this session, attendees should be able to:
- Describe what the ‘Health at Every Size’ approach entails and means from a nutrition and health perspective and 1-2 ways this message can be implemented on a college campus.
- Discuss ways to communicate and utilize HAES messages and intuitive eating principles to students.
- Identify ways to communicate non-diet nutrition messages and the HAES approach to NCAA athletes, fellow colleagues, clinicians, coaches, and relevant faculty/staff on a college campus.

Presented by:
ANNIE PENROSE, M.ED., RD, LDN
Dietician and Clinical Nutrition Specialist
Campus Health
University of North Carolina at Chapel Hill
RACHEL MANOR, MS, RD, CSSD, LDN
Sports Nutritionist
University of North Carolina at Chapel Hill

IMPLEMENTING A VETERANS BSN NURSING OPTION

The wars in Iraq and Afghanistan have been the longest sustained U.S. military operations since the Vietnam era, sending more than 2.2 million troops into battle, and resulting in more than 48,000 injuries (Institute of Medicine, 2013). Military services soldiers, sailors, airmen and marines received health care from medics and other trained personnel. Many veterans leave wars or military without credentials for a professional career, despite the military experience and training.

After this session, attendees should be able to:
- Describe the process used to implement a Veterans BSN nursing option.
- Discuss resources available for the Veteran student.
- Identify the challenges and benefits of implementing and maintaining the Veteran BSN nursing option.
- Discuss the current status of the Veteran BSN option.

Presented by:
WANDA LAWRENCE, PHD, MSN, RN
Professor and Chair
Department of Nursing
North Carolina Central University
SNACK BREAK with Sponsors and Exhibitors

MARCH 13 Wednesday

W 3:30 - 4:45 pm Executive Classroom

ESTABLISHING A HEALTH CARE EXPERIENTIAL LEARNING PROGRAM ON A NON-MEDICAL SCHOOL AFFILIATED UNIVERSITY

Student volunteers rotate through the areas of NCSU Student Health from registration through insurance, the clinical area and ancillary services in order to experience the full spectrum of the health care delivery setting. They participate in outreach programs such as flu clinics, sex education events and healthy diet programs. Implementation of this program illustrated the challenges of providing this experience related to confidentiality.

After this session, attendees should be able to:

- Identify key stakeholders to develop, implement and sustain the program.
- Define key learning objectives for participating students.
- Identify key components of a well-rounded program.
- Discuss experiences from other participants about their successes and challenges.

Presented by:

HEATHER LAWSON, BS
Outreach and Student Engagement Coordinator
Student Health Services
North Carolina State University

HEATHER SPENCER BS, MHA
Associate Director
Student Health Services
North Carolina State University

CHES: 1.25
MCHES: 1.25
CNE: 1.25

W 3:30 - 4:45 pm Clubroom

COMMON SPORTS INJURIES FOR PRIMARY CARE PROVIDERS

Musculoskeletal injuries are commonly seen in primary care settings. This presentation will review injuries frequently seen involving the shoulder, elbow, wrist, hand, knee, ankle and foot. Evaluation, assessment, and management of the injuries will be discussed. The attendee should have an understanding by the end of the presentation of basic management and when further referral is needed.

After this session, attendees should be able to:

- Describe how to assess musculoskeletal injuries.
- Explain how to manage musculoskeletal injuries.
- Differentiate when musculoskeletal injuries can be managed by a primary care provider and when it should be referred.

Presented by:

MARIO CIOCCA, MD
Director of Sports Medicine
Campus Health
University of North Carolina at Chapel Hill

CME: 1.25
CNE: 1.25

Snack Break with Sponsors and Exhibitors

Share your photos and conference happenings with us by tagging your posts on social media

#SCHA2019
Wednesday MARCH 13

W 3:30 - 4:45 pm Glaxo Classroom

TOXIC MASCULINITY

Toxic masculinity is a cultural meme that traces back to the men’s movement of the late 1980s and early 1990s. It was used to describe a pattern of hypermasculinity that arises from the repression of deep masculinity. Over the last three years, there has been an exponential rise in the interest of this concept. This presentation provides a brief overview of this topic and its relevance to today’s social climate and the wellbeing of us all.

After this session, attendees should be able to:
- Define toxic masculinity and its development from its origins to present day representations.
- Describe deep masculinity and its relationship to cultures both past and present.
- Discuss ways in which college health professionals can help students recall and rekindle a sense of indigenous masculinity and its embrace and balance of the deep feminine.

Presented by:
ALLEN O’BARR, MD
Director
Counseling and Psychological Services
University of North Carolina at Chapel Hill

ANTIMICROBIAL STEWARDSHIP

Antibiotic resistance is a public health threat directly associated with overuse of antibiotics. Outpatient healthcare settings are responsible for approximately 60% of all antibiotic prescriptions and 30% of all outpatient antibiotic prescriptions are estimated to be inappropriate. We will review national rates of antibiotic use, review guidelines for common infectious diseases that do and do not require antibiotic prescriptions, and discuss strategies to communicate antibiotic choices to patients.

After this session, attendees should be able to:
- Review current antibiotic prescribing trends in the United States.
- Explain antimicrobial stewardship concepts.
- Discuss how to incorporate principles of antimicrobial stewardship into their clinical care.

Presented by:
MICHAEL SMITH, MD, MSCE
Associate Professor of Pediatrics
Department of Pediatrics
Duke University Medical Center

W 3:30 - 4:45 pm Glaxo Classroom

TOXIC MASCULINITY

Toxic masculinity is a cultural meme that traces back to the men’s movement of the late 1980s and early 1990s. It was used to describe a pattern of hypermasculinity that arises from the repression of deep masculinity. Over the last three years, there has been an exponential rise in the interest of this concept. This presentation provides a brief overview of this topic and its relevance to today’s social climate and the wellbeing of us all.

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- Describe deep masculinity and its relationship to cultures both past and present.
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Presented by:
ALLEN O’BARR, MD
Director
Counseling and Psychological Services
University of North Carolina at Chapel Hill

CLINICAL SUPERVISION THROUGH A CULTURAL LENS

There is a general consensus that culture plays an important role in supervision interactions and their outcomes. To facilitate multicultural competence, supervisors and supervisees need to not only attain a level of cultural awareness, knowledge and possess a range of skills but also portray multiculturalism as a part of one’s work philosophy. This workshop will focus on gaining awareness of multiple cultural contexts within the triadic relationship (client-trainee-supervisor) within a larger organizational/institutional/societal system.

After this session, attendees should be able to:
- Review different models of multicultural supervision.
- Explain how culture informs the conceptualization of supervisory relationships.
- Identify the elements and processes in multicultural supervision.
- Discuss application of concepts and strategies in multicultural supervision to clinical/supervisory processes.

Presented by:
ARPANA INMAN, PH.D.
Professor and Chair
Department of Education and Human Services
Lehigh University

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Your Consulting Team

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Thursday

MARCH 14

R 7:00 - 7:30 am  Meet at Main Entrance of JB Duke

FUN RUN / WALK
Run with your colleagues around Duke’s beautiful campus! All paces welcome. Maps for 1 mile and 3 mile loops will be provided.

R 7:30 - 7:30 am  Meet at Main Entrance of JB Duke

MEDITATION
Walk together to Duke Wellness Center for guided meditation.

R 7:30 am - 5:00 pm  Atrium

REGISTRATION OPEN

R 7:30 - 8:30 am  Levels 2 and 3

BREAKFAST
with Sponsors and Exhibitors

R 7:30 am - 12:00 pm  Levels 2 and 3

EXHIBITS OPEN
Interact with exhibitors to learn about their services and gain a chance to win prizes.

R 8:45 - 10:00 am  Executive Classroom

SELF-CARE AND NONPRESCRIPTION MEDICATION TRENDS
Patients frequently rely on nonprescription products to manage minor ailments and conditions. However, patients often need guidance to determine if self-care is the best option, and when it is, to make wise product selections and use the products safely. Attend this session to learn about recent literature on OTCs and self-care that you can apply in your practice.

After this session, attendees should be able to:
- Review the decision-making process for evaluating candidacy for self-care and selecting appropriate products for patients.
- Identify a strategy to intervene with patients who exhibit behaviors indicative of the misuse and abuse of nonprescription products.
- Describe guidance for safe nonprescription medication selection and non-pharmacologic interventions to patients with various conditions.

Presented by:
STEPAFR pERRi, PHARM D, BCACP, CDE, FAPHA
Clinical Professor
Division of Practice Enhancement and Clinical Education
Eshelman School of Pharmacy
University of North Carolina at Chapel Hill

R 8:45 - 10:00 am  Meeting Room C

INTEGRATIVE MEDICINE: Practical Use of a Functional Interdisciplinary Team
This presentation reviews appropriate referrals, interdisciplinary team composition and functional clinical benefits of integrative medicine. From the perspective of both integrative and internal medicine, an overview is outlined utilizing and blending the two disciplines. In addition, relevant research is cited to support the clinical efficacy of integrative medicine modalities.

After this session, attendees should be able to:
- Explain the roles of typical Interdisciplinary members of an integrative medicine team.
- Describe a specific example of an integrative medicine modality.
- Differentiate the role of the integrative medicine physician as PCP versus consultant.
- Discuss application of concepts and strategies in multicultural supervision to clinical/supervisory processes.

Presented by:
PHILLIP BARR, MD
Lead Integrative Medicine Physician
Integrative Medicine Center
Duke University School of Medicine
DIANE BOTTICELLI, PA-C, MA
Physician Assistant
Duke Diet and Fitness Center
COMMON PITFALLS OF INSURANCE BILLING

This toolkit will provide you with actual takeaways. Tips from frontline experiences with numerous specialties, states and payors will be provided using examples with solutions. Common denials and errors that occur will be identified, and effective tools will be provided to identify these within your organization. In addition, ideas and actual spreadsheets will be given to participants to use back on the frontline.

After this session, attendees should be able to:
- Define the revenue cycle process.
- Identify key denials to look for in the revenue cycle process.
- Describe specific tools to prevent denials.
- Discuss real life examples of typical denials and revenue impact.

Presented by:
CAMERON COX III, FACMPE, MHA
Chief Executive Officer
MSOC Health

CNE: 125

NAIL DISORDERS

This presentation will focus on the myriad of disorders that can involve the nails including bacterial infections, fungal infections, viral infections, primary inflammatory disorders, benign tumors, malignant tumors, and psychological traumatic disorders. The presentation will focus on the diagnostic work-up and treatment options for these conditions.

After this session, attendees should be able to:
- Describe anatomy of the nail unit and how infectious pathogens may access the nail unit.
- Describe the primary inflammatory disorders that can affect the nail unit and management options for these disorders.
- Discuss diagnosis and management of tumors of the nail unit.
- Discuss malignant tumors of the nail unit and treatment options.

Presented by:
CHRIS ADIGUN, MD, FAAD
President and Medical Director
Dermatology and Laser Center of Chapel Hill, PLLC

CME: 125
CHES: 125
CNE: 125

VACCINE UPDATE: Proper Use of Vaccines in College Health

This presentation will review current vaccines recommended by the CDC/ACIP for adults including those recommended for college-aged students and healthcare personnel working in campus health, postexposure prophylaxis, and outbreaks. The focus will be on new recommendations and rationale for changes.

After this session, attendees should be able to:
- Identify the key issues in providing CDC/ACIP recommended vaccines.
- Discuss the recommended vaccines for college-aged students and healthcare providers working in campus health facilities.
- Identify which vaccines are useful for post-exposure prophylaxis and outbreak control.

Presented by:
DAVID WEBER, MD, MPH
Professor of Medicine, Pediatrics, and Epidemiology
School of Medicine and Gillings School of Global Public Health
University of North Carolina at Chapel Hill

CME: 125
CHES: 125
CNE: 125

SNACK BREAK with Sponsors and Exhibitors
Sponsored by Wellfleet
RETURN TO THE CLASSROOM FOLLOWING CONCUSSION FOR COLLEGE STUDENTS

Concussions or mild traumatic brain injuries (TBI) are a public health crisis in the United States. Although there are clear standards of care for student-athletes, fewer guidelines exist for managing the after-effects of concussion for college students who are not formally connected to a sports program. This presentation will provide an overview of the current best practices for assessment and management of concussion among college students with specific emphasis on return-to-learn (RtL) considerations in this population.

After this session, attendees should be able to:

- Describe the physical, cognitive, and psychological symptoms following concussion.
- Identify common risk factors for prolonged recovery from concussion.
- Discuss management and return to learn (RtL) approaches following concussion for college students.
- Outline a framework of education, communication, and intervention among systems of care for college students who sustain a concussion.

Presented by:
PETER DUQUETTE, PhD
Clinical Neuropsychologist and Assistant Professor
Department of Physical Medicine and Rehabilitation
University of North Carolina at Chapel Hill School of Medicine

SPOTLIGHT ON HBCU STUDENT HEALTH CENTERS

Against the backdrop of healthcare and socioeconomic disparities, student health centers at historically black colleges (HBCUs) strive to provide excellent care for their students. This panel discussion highlights three North Carolina HBCU Student Health Centers, focusing on their unique histories, challenges and successes.

After this session, attendees should be able to:

- Identify the health care and socioeconomic disparities impacting the medical care of the HBCU student health population.
- Describe the challenges HBCU Student Health Center staff members face as they provide medical care for their students.
- Discuss successful strategies for optimizing the delivery of medical care to students at HBCU Student Health Centers.

Presented by:
VALERIE BARNWELL, MD
Medical Director
Student Health Center
North Carolina Central University

REGINALD FENNELL, NR-PARAMEDIC/FF, RN, CEN, PHD, MCHES, F-ACHA
Professor Emeritus / Nurse
Miami University
WakeMed Health and Hospitals

WAYNE SMITH, PHARM.D
Pharmacy Director
A. H. Ray Student Health Center
Winston-Salem State University

CANDY STANCIL, BSN, FNP
Nurse Practitioner
Student Health Center
North Carolina Central University

DAVID WAGNER, MD
Executive Director
Student Health Center
North Carolina A&T State University

CME: 1.25
CHES: 1.25
CNE: 1.25

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MARCH 14 Thursday

R 10:30 - 11:45 am  Meeting Room A

SELECTING PSYCHOTROPIC MEDICATION IN A WELLNESS CENTER POPULATION: A Psychopharmacology Overview For Management of Depression and Anxiety in College Primary Healthcare Settings

The CDC estimated 10.3 million (4.3%) U.S. adults aged 18 and up had at least one major depressive episode. The statistics for anxiety are even higher. A subset of these adults are part of the college cohort seen with increasing frequency in college primary care settings. This presentation seeks to provide primary care and mental health clinicians with an overview of the increasing number of medications available for safe use to treat depression and anxiety in the student population for remission of symptoms and optimal social and academic outcomes.

After this session, attendees should be able to:
- Define the criteria for clinically significant depressive and anxiety disorders.
- Describe classes of antidepressants.
- Describe classes of atypical mood agents used for depression.
- Discuss the available agents for anxiety.

Presented by:
NERINE TATHAM, MD  CME: 1.25
Staff Psychiatrist  CHES: 1.25
Counseling and Psychological Services  PsyCE: 1.25
Duke University  CNE: 1.25

R 1:45 - 3:00 pm  Executive Classroom

ADDRESSING STUDENTS’ MENTAL HEALTH NEEDS THROUGH AN ONLINE MENTAL HEALTH LITERACY PROGRAM

Students who possess higher mental health literacy (MHL) are better able to recognize, manage, and treat mental health issues. At the University of South Florida, Kognito, an interactive online program to increase MHL was provided to incoming students to address this issue. This study aims to evaluate the effectiveness of Kognito, using paired sample t-tests, in increasing MHL among incoming university students (n=5,191). Results revealed an increase in the five main constructs of MHL.

After this session, attendees should be able to:
- Describe the utility of Kognito, an online interactive module, on increasing mental health literacy.
- Describe the role that each construct of mental health literacy has in increasing recognition of mental health issues.
- Explain the utility of online modules to increase mental health literacy on college campuses.

Presented by:
EMILY WALTERS, BA, BS, CPH-PROVISIONAL  CME: 1.25
Graduate Research Assistant  CHES: 1.25
Center for Transdisciplinary Research in College Health, Wellbeing, and Success  PsyCE: 1.25
University of South Florida  CNE: 1.25

R 1:30 - 5:00 pm  Levels 2 and 3

EXHIBITS OPEN
Interact with exhibitors to learn about their services and gain a chance to win prizes.
STUDENT HEALTH AND INTEGRATED BEHAVIORAL HEALTH SERVICES: Lessons Learned from a Pilot Project

The University of North Carolina-Chapel Hill School of Social Work and Campus Health are three years into a partnership to train Masters of Social Work students to work as behavioral health providers as members of the Campus Health integrated health care team. National trends on integrated behavioral health as well as key components of this successful partnership at Campus Health will be discussed. Lessons learned for replication and sustainability will also be addressed.

After this session, attendees should be able to:
- Describe ways campus health programs are enhanced when an MSW student is providing Behavioral Health Care services.
- Identify challenges to the replication and sustainability of Integrated Health Care providers in a Campus Health Clinic.

Presented by:
LISA ZERDEN, MSW, PHD
Senior Associate Dean for MSW Education
School of Social Work
University of North Carolina at Chapel Hill

CME: 125
CHES: 125
MCHES: 125
PsyCE: 125
CNE: 125

PSYCHOLOGICAL ASPECTS OF INJURY: HEALING THE WHOLE PERSON

Healing from injury is both a physical and psychological process. We will discuss psychological responses to injury and the intersection with identity, particularly with collegiate athletes. We will explore psychological aspects of healing and interventions to address psychological needs in rehabilitation, return to play, and career-ending injuries. In our exploration of adjuncts to medical treatment, we will discuss the role of rehabilitative facility animals, through the example of Remington, UNC’s rehabilitative facility dog.

After this session, attendees should be able to:
- Identify when a patient is struggling with psychological aspects of injury.
- Describe the intersection of injury and identity.
- Identify effective interventions for patients struggling with injury.

Presented by:
JENI SHANNON, PHD
Director
Athletics Mental Health and Performance Psychology Program
University of North Carolina at Chapel Hill

CME: 125
CHES: 125
PsyCE: 125
CNE: 125

IDENTIFYING OPPORTUNITIES FOR POPULATION HEALTH MANAGEMENT IN EMERGING ADULTHOOD: Survey Data from Three Diverse Institutions of Higher Education

Emerging adulthood is an understudied developmental period that presents the opportunity to intervene and improve health behaviors that can affect an individual’s long-term health trajectory. In this study, a private college, a community college and a historically black college in Durham, NC were surveyed to examine health behaviors, health status, health care utilization, and social determinants of health. This original research explores how college campuses can tailor population health management strategies to improve prevention and better serve students in diverse settings.

After this session, attendees should be able to:
- Define current health status, health behaviors and social determinants of health in diverse post-secondary education institutions.
- Describe potential strategies to enable population health management strategies that are tailored to the institution.
- Compare similarities and differences across institutions and present sub-group analyses of higher risk groups of students.

Presented by:
CONNOR DRAKE, BA, MPA, PHD CANDIDATE
Research Program Leader
Duke Center for Personalized Health Care

HEATHER BATCHELDER, MA
Senior Clinical Research Specialist
Duke Center for Personalized Health Care

MARINA DELVECCHIO, MS, MFA, PHD CANDIDATE
Instructor
English and Women’s Studies
Durham Technical Community College

RUTH GILLIAM PHILLIPS, DPM
Executive Director
Student Health Center
North Carolina Central University

TOM SZIGETHY, MA
Associate Dean and Director
DuWell
Duke University

CME: 125
CHES: 125
MCHES: 125
PsyCE: 125
CNE: 125
MARCH 14 Thursday

R 1:45 - 3:00 pm  Meeting Room B

**TUBERCULOSIS SCREENING AND PREVENTION FOR THE COLLEGE HEALTH PROFESSIONAL**

Tuberculosis is a relatively uncommon but important problem in the college health setting. This presentation will discuss best practices for screening incoming students for tuberculosis infection and providing appropriate preventive treatment.

After this session, attendees should be able to:
- Describe criteria for performing a screening test for tuberculosis infection.
- Compare available tests for latent tuberculosis infection.
- Discuss options for latent tuberculosis treatment.

Presented by:
JASON STOUT, MD, MHS  
Professor of Medicine  
Duke University Health System  

SNACK BREAK  
with Sponsors and Exhibitors

R 3:00 - 3:30 pm  Levels 2 and 3

R 3:30 - 4:30 pm  Executive Classroom

**ADDRESSING COLLEGE STUDENTS’ MENTAL HEALTH NEEDS BY TRAINING FACULTY & STAFF IN MENTAL HEALTH FIRST AID ON A UNIVERSITY CAMPUS**

Mental health illness among college students impacts student success and well-being. Mental health first aid is a training program that teaches how to approach, support, and aid those in mental health distress. This study aims to evaluate the effectiveness of mental health first aid training. A longitudinal, pre-, post-, and 3-month follow-up study design was employed among university faculty and staff. Preliminary analysis shows statistically significant improvements across eight different mental health related constructs after completion of training.

After this session, attendees should be able to:
- Define the components of Mental Health First Aid (MHFA), including the 5-step MHFA action plan.
- Identify significant outcomes associated with Mental Health First Aid training.
- Compare and contrast results from pre- and post- Mental Health First Aid (MHFA) evaluation.
- Review the overall impact of Mental Health First Aid (MHFA) training on university faculty and staff to help students in distress.

Presented by:
JESSICA GARCIA BHS, MPH-C, CPH-PROVISIONAL  
Graduate Research Assistant  
Center for Transdisciplinary Research in College Health, Wellbeing, and Success  
University of South Florida  
JENNIFER BLECK, PHD, MPH  
Assistant Professor | Director of Support Services and Evaluation  
College of Public Health | Health and Wellness for Student Affairs and Student Success  
University of South Florida  
RITA DEBATE PHD, MPH, FAED, FAAHB  
Executive Director  
Center for Transdisciplinary Research in College Health, Wellbeing, and Success  
University of South Florida  
AMY GATTO, MPH, BA  
Research and Evaluation Specialist  
Doctoral Research Assistant  
University of South Florida  

R 3:00 - 3:30 pm  Levels 2 and 3

**SNACK BREAK  
with Sponsors and Exhibitors**

R 3:30 - 4:30 pm  Meeting Room B

**HOT TOPICS: Administration**

Members of the SCHA Board of Directors will facilitate a discussion of the hot topics facing student health centers. All are invited to participate in an exchange of ideas around issues such as insurance billing, staffing, student learning outcomes, and emergency management inclusive of active shooter and communicable diseases.

After this session, attendees should be able to:
- Identify three issues relevant to administrators in college health centers.
- Describe strategies for optimizing response to three common issues facing college health administrators.

Coordinated by:
KEN PITTMAN, MHA, FACHE  
Executive Director  
Campus Health  
University of North Carolina at Chapel Hill  

Presented by:
JESSICA GARCIA BHS, MPH-C, CPH-PROVISIONAL  
Graduate Research Assistant  
Center for Transdisciplinary Research in College Health, Wellbeing, and Success  
University of South Florida  
JENNIFER BLECK, PHD, MPH  
Assistant Professor | Director of Support Services and Evaluation  
College of Public Health | Health and Wellness for Student Affairs and Student Success  
University of South Florida  
RITA DEBATE PHD, MPH, FAED, FAAHB  
Executive Director  
Center for Transdisciplinary Research in College Health, Wellbeing, and Success  
University of South Florida  
AMY GATTO, MPH, BA  
Research and Evaluation Specialist  
Doctoral Research Assistant  
University of South Florida  

CME: 1  
CHES: 1  
MCHES: 1  
PsyCE: 1  
CNE: 1
Thursday  
MARCH 14

R 3:30 - 4:30 pm  
Glaxo Classroom

MEETING THE NEEDS OF THE WHOLE STUDENT THROUGH INTEGRATED PROGRAMS AND SERVICES

In order for students to achieve at their highest levels, they must have their most basic needs met. Students who live a sedentary lifestyle, whose illness is not being managed properly, who may suffer from an undiagnosed mental health conditions, or attend classes hungry, cannot learn. Higher Education professionals play vital and unique roles in supporting the health and well-being of students. Join us for this session to learn tips and strategies for carrying out this role and integrating programs and services to meet the whole needs of students.

After this session, attendees should be able to:
- Review relevant historical information as it pertains to determining the etiology of shoulder pain.
- Describe evidence-based practices for university wellness initiatives.
- Identify strategies for meeting the needs of the whole student.

Presented by:
SHANNON DUPREE DHSC, MPA, CHES, CWP
Director of Wellness
Wellness and Recreation
North Carolina State University

ANGEL BOWERS MA, LPC
Associate Director
Counseling Center & Prevention Services
North Carolina State University

CME: 1  
CHES: 1  
MCHES: 1  
CNE: 1

R 3:30 - 4:30 pm  
Meeting Room A

CLINICAL ASSESSMENT OF SHOULDER PAIN

Shoulder pain is a common presenting complaint among individuals on college campuses. This session will provide a practical approach to the clinical assessment of shoulder pain, with particular attention to important components of the history and physical examination.

After this session, attendees should be able to:
- Review relevant historical information as it pertains to determining the etiology of shoulder pain.
- Review relevant physical examination maneuvers that aid in determining the etiology of shoulder pain.

Presented by:
JOSHUA BERKOWITZ, MD, FAAP, CAQSM
Assistant Professor of Orthopaedics and Team Physician
Campus Health
University of North Carolina at Chapel Hill

CME: 1  
CNE: 1

R 3:30 - 4:30 pm  
Glaxo Classroom

MEETING THE NEEDS OF THE WHOLE STUDENT THROUGH INTEGRATED PROGRAMS AND SERVICES

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- Describe evidence-based practices for university wellness initiatives.
- Identify strategies for meeting the needs of the whole student.

Presented by:
SHANNON DUPREE DHSC, MPA, CHES, CWP
Director of Wellness
Wellness and Recreation
North Carolina State University

ANGEL BOWERS MA, LPC
Associate Director
Counseling Center & Prevention Services
North Carolina State University

CME: 1  
CHES: 1  
MCHES: 1  
CNE: 1

R 3:30 - 4:30 pm  
Meeting Room A

CLINICAL ASSESSMENT OF SHOULDER PAIN

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- Review relevant historical information as it pertains to determining the etiology of shoulder pain.
- Review relevant physical examination maneuvers that aid in determining the etiology of shoulder pain.

Presented by:
JOSHUA BERKOWITZ, MD, FAAP, CAQSM
Assistant Professor of Orthopaedics and Team Physician
Campus Health
University of North Carolina at Chapel Hill

CME: 1  
CNE: 1

R 3:30 - 4:30 pm  
Meeting Room C

CARE OF THE RETURNED TRAVELER

Per the CDC, up to 8% of returning travelers seek care from a health care provider. Using didactic lecture and case discussions, the most common presentations of ill students who have returned from international travel will be discussed, including possible etiologies of these symptoms. Considerations for provision of post-exposure rabies prophylaxis and screening of asymptomatic travelers for illnesses such as schistosomiasis will also be reviewed.

After this session, attendees should be able to:
- Identify likely etiologies for the most common presenting symptoms in returned travelers.
- Discuss appropriate screening recommendations for asymptomatic returned travelers.
- Describe considerations for and provision of post-exposure rabies prophylaxis.

Presented by:
AMY SAULS, PHARMD, BCACP, CPP
Director of Pharmacy and Professional Services
Campus Health
University of North Carolina at Chapel Hill

ANN NEWMAN CHELMINSKI, MD, MPH
Physician
Campus Health
University of North Carolina at Chapel Hill

CME: 1  
CHES: 1  
CNE: 1

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March Madness Party and Dinner

Join your SCHA colleagues for a reception, dinner, and dessert at the historic Carolina Inn in Chapel Hill. Attendees will have the opportunity to enjoy the NCCU Jazz Ensemble and watch NCAA Men’s College Basketball conference tournament games.

March 14, 2019 at 6:00pm

Dress is business casual. Buses depart JB Duke at 5:15 pm and return from the Carolina Inn at 9:00pm, 10:00pm and 11:00pm. Participants are also welcome to explore Chapel Hill and find their own transportation options to return to the JB Duke.

With gratitude to Blue Cross Blue Shield of North Carolina for their generous sponsorship of this event.
F 7:00 - 7:30 am  Meet at Main Entrance of JB Duke

**FUN RUN / WALK**
Run with your colleagues around Duke’s beautiful campus! All paces welcome. Maps for 1 mile and 3 mile loops will be provided.

F 7:30 - 7:30 am  Meet at Main Entrance of JB Duke

**MEDITATION**
Walk together to Duke Wellness Center for guided meditation.

F 7:30 am - 12:00 pm  Atrium

**INFORMATION DESK OPEN**

F 7:30 - 8:30 am  Levels 2 and 3

**BREAKFAST with Sponsors and Exhibitors**

F 7:30 - 8:30 am  Levels 2 and 3

**EXHIBITS OPEN**
Interact with exhibitors to learn about their services and gain a chance to win prizes.

F 8:45 - 9:45 am  Meeting Room C

**COGNITIVE BEHAVIORAL STRATEGIES IN PRIMARY CARE**
The integration of psychological practice into primary care is a developing trend. With the majority of mental health concerns being managed in primary care, the use of psychological strategies by primary care providers creates the opportunity to improve patient care. Cognitive Behavioral Therapy (CBT), an evidence-based treatment for a number of emotional and physical conditions, is a practical and effective approach that can be easily integrated into the skill-set of primary care providers to enhance treatment and improve outcomes.

After this session, attendees should be able to:
- Explain how psychological skills can enhance general practice.
- Describe at least three cognitive and behavioral strategies that can be integrated into current primary care practice protocols.
- List at least two resources and/or websites to seek additional information and/or training on CBT.

Presented by:
ANNA LOCK, PSYD
Staff Psychologist
Counseling and Psychological Services
University of North Carolina at Chapel Hill

F 8:45 - 9:45 am  Glaxo Classroom

**ILLNESS IN COLLEGE: THE STUDENT PERSPECTIVE**
While college students are generally thought of as a healthy population, many students face serious illnesses that impact their day-to-day lives and their educational experiences. The discussion includes brief presentations from 3 students about their experiences and interactions with student healthcare and the ways that their illnesses affect them in relation to their educational careers, followed by ample time for Q&A.

After this session, attendees should be able to:
- Describe how illness and interactions with student healthcare may affect a student’s educational experience.
- Discuss questions about ill students and how student healthcare teams can support them.

Presented by:
RACHEL SAULS
Student
University of North Carolina at Chapel Hill
SONALI BISWAS
Medical Student
Duke University School of Medicine
KAYLA HAMMOND
Student
North Carolina Central University
KELCY JACKSON
Graduate Student
Duke University School of Medicine
ASHLEY STUFANO
Student
University of North Carolina at Chapel Hill

F 8:45 - 9:45 am  Meeting Room A

**OVERVIEW OF SLEEP AND SLEEP HYGIENE**
The presentation will cover the basics of sleep physiology, normal sleep, sleep disorders, and a discussion about ways to get the best sleep through practicing good sleep hygiene.

After this session, attendees should be able to:
- Describe normal sleep physiology and range of normal sleep.
- Identify common sleep disorders.

Presented by:
SUJAY KANSAGRA, MD
Associate Professor and Director
Pediatric Neurology Sleep Medicine Center
Duke University Health System
F 8:45 - 9:45 am  Executive Classroom

SEXUALLY TRANSMITTED INFECTIONS AND OTHER COMMUNICABLE DISEASE CHALLENGES IN THE SOUTH

Sexually transmitted infections are common among college students, who have some of the highest rates in the United States, especially in the South. Challenges to improved screening and treatment programs include awareness, diagnostics, and the threat of antimicrobial resistance in gonorrhea. Integrated programs that include prevention strategies for STIs, HIV, and other communicable diseases that are vaccine preventable among college students are vital to improving the health of this population.

After this session, attendees should be able to:

- Review the epidemiology of common sexually transmitted infections (STIs) in the South among college-aged persons.
- Define and explain the challenges in STI management, including the threat of antimicrobial resistant gonorrhea.
- Discuss the prevention and management of other communicable diseases among college students, including HIV and hepatitis A.

Presented by:
ARLENE SENA MD, MPH
Associate Professor of Medicine
UNC Institute for Global Health and Infectious Diseases
Durham County Department of Public Health

F 8:45 - 9:45 am  Meeting Room B

YOUNG ADULT LIFESTYLE FACTORS AND CARDIOMETABOLIC HEALTH: What are the Gaps in Knowledge, and What Next?

College students enter the ‘young adulthood’ life stage, a period characterized by increased autonomy, including over lifestyle. Unfortunately, students are increasingly exhibiting poor lifestyle-associated behaviors that tend to track into later adulthood. In the general population, these lifestyle behaviors are associated with heightened cardiometabolic disease risk. This presentation will characterize cardiometabolic health in young adults, outline lifestyle factors associated with poor cardiometabolic health, and identify the gaps in knowledge for improving student health outcomes.

After this session, attendees should be able to:

- Discuss the lifestyle behaviors known to be associated with cardiometabolic health in the general population.
- Outline potential changes to policy environment and education that can be made following identification of key lifestyle behaviors.

Presented by:
LEE STONER, PHD, MPH
Assistant Professor
Department of Exercise and Sports Science
University of North Carolina at Chapel Hill

F 10:00 - 11:00 am  Meeting Room C

KORU MINDFULNESS MEDITATION: An Evidenced-Based Curriculum

Given the rising mental health concerns among student populations, the need for mindfulness meditation skills in university settings is ever-growing. Koru Mindfulness is an evidenced-based curriculum specifically designed to teach mindfulness-based skills to university undergraduates, graduates, and professional students. This presentation will review original Koru research (Greeson, et al., 2014), discuss the Koru approach, and highlight Koru Basic, the introductory course or group, now offered globally. Attendees will also be engaged in experiential learning of Koru exercises that promote health, well-being, and stress management.

After this session, attendees should be able to:

- Describe at least 2 findings of Koru Mindfulness research.
- List at least 2 components of the Basic Koru course/group structure or approach.
- Identify at least 1 Mindfulness skill taught in Koru to use either personally or professionally.

Presented by:
MIL WITT, PHD
Staff Psychologist
Counseling and Psychological Services
University of North Carolina at Chapel Hill

F 10:00 - 11:00 am  Meeting Room A

NUTRITION FACT OR FICTION? A REVIEW OF COMMON DIETARY PATTERNS AND TRENDS: Determining Effectiveness and Safety of Nutrition Recommendations

The implementation of proper nutritional intake is essential to health management and disease prevention, however it can often be difficult to sort through the vast assortment of dietary patterns, trends, and fads. The various diets that exist often lead to medical professionals recommending nutrition patterns that are not evidence-based or lead to ineffective or harmful consequences for the patient. This presentation reviews common dietary trends and recommendations, their mechanisms and results, and the clinician’s perspective regarding outcomes and overall effectiveness.

After this session, attendees should be able to:

- Identify basic nutrition guidelines and recommendations for the general population.
- Discuss risks and benefits of popular diets, including ketogenic diets, low carbohydrate diets, intermittent fasting, and low fodmap diets.

Presented by:
ANNE PENROSE, M.ED., RDN, LDN
Dietician and Clinical Nutrition Specialist
Campus Health
University of North Carolina at Chapel Hill
TRANSITIONING TO A STEPPED CARE MODEL

The purpose of this presentation is to examine the implementation of a stepped care model to meet the demand of college counseling centers. Research reveals students are increasingly demonstrating help-seeking behavior. In addition to therapy, college counseling centers are often tasked with providing outreach and preventive programs with limited staff, financial, and institutional support. This presentation focuses on exploring options outside of traditional one-on-one therapy to efficiently and adequately respond to the needs of students.

After this session, attendees should be able to:
- Identify challenges and limitations of current intake structure.
- Define stepped care model.
- Describe implementation of a stepped care model structure.

Presented by:
KIERA WALKER, MA
Clinical Counselor
Student Counseling Services
University of Alabama at Birmingham

APRIL COLEMAN, MA
Clinical Counselor
Student Counseling Services
University of Alabama at Birmingham

JULIA SANFORD, MS
Clinical Counselor
Student Counseling Services
University of Alabama at Birmingham

EMERGENCY CONTRACEPTION: NO LONGER JUST PLAN B

Unplanned pregnancy is a nation-wide problem and occurs most often in women aged 18-24. Since this age group overlaps with the college-aged population, unplanned pregnancy cannot be ignored by student health services. Some forms of emergency contraception are over-the-counter, however, student health providers can help facilitate access to emergency contraception (EC). This talk helps providers recommend EC to students, and also highlights one university’s experience with getting EC in a vending machine.

After this session, attendees should be able to:
- Identify the current available Emergency Contraceptive options.
- Review how to use CDC’s Medical Eligibility Criteria and other resources.
- Outline barriers to Emergency Contraception.
- Describe Duke University’s experience with getting EC pills into vending machines on-campus.

Presented by:
ELIZABETH DEANS, MD, MPH
Physician
Department of Ob/Gyn
Duke University Health System

PRIZE DRAWING PRESENTATIONS AND CLOSING
Feedback Needed

YOUR IDEAS HELP DRIVE FUTURE SCHA CONFERENCES

Assessments for the overall conference and program sessions are available on the SCHA 2019 conference website. Please fill out session evaluations each day or at the culmination of the conference. Your ideas are important to us and we look forward to your thoughts.

Mark Your Calendar

Future SCHA Annual Meetings
2020 Birmingham, AL
Hosted by University of Alabama

2021 Gainsville, FL
Hosted by University of Florida

2022 Greenville, NC
Hosted by East Carolina University

Future ACHA Annual Meetings
2019 Denver, CO
Sheraton Denver Downtown
May 26-30

2020 Chicago, IL
Chicago Sheraton Hotel and Towers
May 26-30

2021 New Orleans, LA
Hilton New Orleans Riverside
June 1 - 5

Save The Date
March 18-20

SCHA

Conference 2020
Birmingham, AL
Forging Wellbeing
Successful Completion of the Educational Activity

TO RECEIVE CONTINUING EDUCATION CREDITS/CONTACT HOURS, PARTICIPANTS ARE REQUIRED TO:

- Sign in at the registration desk upon arrival at the meeting
- Attend each session for which credit is requested in its entirety
- Sign in/out at sessions as directed. Be sure to sign these appropriately, AND
- Complete an online evaluation for each session for which credit is requested.

CME Credits:
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American College Health Association and Southern College Health Association. The American College Health Association is accredited by the ACCME to provide continuing medical education for physicians. The American College Health Association designates this live activity for a maximum of 10.0 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CECH Contact Hours (CHES/MCHES):
Sponsored by the American College Health Association, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 10 total Category 1 continuing education contact hours. Maximum advanced-level contact hours available are 9.5.

CE Credits for Psychologists (PsyCE):
This educational activity is co-sponsored by the American College Health Association and Southern College Health Association. The American College Health Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The American College Health Association maintains responsibility for this program and its content. ACHA has awarded this program 9 hours of continuing education for psychologists. Psychologists must attend each session in its entirety in order to qualify for CE credit for that session.

CE Contact Hours for Nursing (CNE)
This continuing education was approved by the Pennsylvania State Nurses Association Approver Unit, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Application #140-1-O-18.
Certificates will be provided after the meeting via mail and/or email depending on the type of credit/contact hours requested.

NON-ENDORSEMENT OF PRODUCTS: Accredited status does not imply endorsement of any commercial products displayed in conjunction with this activity by the Southern College Health Association, ACHA, or by any accrediting body listed above.

Disclosure of Commercial Relationships

Current guidelines require that participants in continuing education activities be made aware of any relationships between speakers and commercial entities and any limitations in data cited. Through the call for programs process, speakers were asked to complete disclosure forms regarding relationships to commercial entities. Speakers have been asked to verbally address any limitations in data cited. The following presenters have indicated they have relationships with commercial entities to disclose:

- Christopher B. Hurt, MD, has disclosed that he receives salary support for a clinical trial under a contract between his university and Gilead Sciences.
- Chris G. Adigun, MD, has disclosed that she is on the speaker’s bureau for EPI, Celgene, Sciton, and Ortho Dermatologics.
- David J. Weber, MD, MPH, has disclosed that he is a consultant for Merck and Pfizer and is on the speaker’s bureau for Merck.
- Dr. Arpana Inman, MD, has disclosed that she receives royalties for videos and tapes purchased.

All other speakers listed in this program have indicated that they have no relationship with commercial entities to disclose.

SCHA has received commercial support for this meeting from Dynavax.
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