Tuesday, May 31

Tickets are required for all pre-conference workshop offerings, which are open to all registered meeting attendees (excluding spouses/partners). See Meeting Registration Form.

9:00 am – 4:30 pm
(with a break from 12:00 pm – 1:30 pm)

TU-235. PRE-CONFERENCE WORKSHOP: Holistic Trans Health Care in a University Setting: An Interdisciplinary Collaborative Model at the University of Wisconsin-Madison

Presenters: Katherine Charek Briggs, MA, MSIS, Bonnie Benson, PhD, and Rebecca Byers, MD (University of Wisconsin-Madison)

You must attend the full-day workshop in order to receive continuing education credit.

Health equity for all students must address transgender/non-binary (trans) gender identities. At the University of Wisconsin-Madison, an interdisciplinary team formalized a process by which competent and inclusive medical services, mental health care, and cross-campus experiences can be facilitated for trans students. In this two-part workshop, presenters will share how they developed preferred name and pronoun processes, electronic templates, letter and prescriptions for hormones, and staff training. Presenters will also guide discussion of practice gaps and capacity-building for trans health services on participants’ campuses. Part II of the workshop will continue discussing ways to meet the health care needs of trans students. Presenters will focus on identifying strategies that can be implemented at participant campuses to increase capacity for trans inclusive health care and list educational and patient-centered resources that complement an integrated model of trans health on college campuses.

9:00 am – 12:00 pm

TU1-140. PRE-CONFERENCE WORKSHOP: Fostering an Integrated Eating Disorder Treatment Community: Practical Strategies for Sustainability

Presenters: Maria Portilla, MD, Deepti Athalye, PhD, and Melanie Brede, RD (University of Virginia)

While the importance of a multidisciplinary team in eating disorder treatment is widely acknowledged, there can be systemic and logistical challenges in developing and sustaining a team. This workshop provides practical strategies and resources to help a wide range of professionals in navigating common roadblocks and promoting professional development. Data and case studies will demonstrate the growing needs of an increasingly diverse student population, the role of each treatment team provider, and how cross training can improve student care.

TU1-169. PRE-CONFERENCE WORKSHOP: Achieving AAAHC Accreditation

Presenters: Joy Himmel, PsyD, PMHCNS-BC, LPC, NCC (Ross University School of Medicine), and Margaret Spear, MD (The Pennsylvania State University, retired)

College health professionals are committed to providing the highest quality services possible to the students they serve. Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will cover the reasons to seek accreditation and will provide practical information on how to be successful and achieve accreditation. Quality and process improvement and essential components of accreditation will be discussed in detail, with examples of exemplary quality improvement efforts included. In addition, patient centered medical home and meaningful use will be reviewed.
TU1-307. PRE-CONFERENCE WORKSHOP: Introduction to College Health Nursing

Presenter: Katrin Wesner, MS, CAPPM, Melissa Ulstad, PA-C, and Wendy Bledsoe, RN (University of North Carolina, Wilmington)

This program will include a history of college health nursing and discuss how these nurses fit into the higher education framework. The workshop will include a comprehensive review of the typical college student, their developmental stage, and the concerns and thoughts common to their age group. There will be an introduction to nurse triage and an interactive discussion of the college-aged student physical exam.

TU1-338. PRE-CONFERENCE WORKSHOP: Sexually Transmitted Infections: Clinical Update (Part 1)

Presenters: Sharon Adler, MD, MPH (California Prevention Training Center, University of California San Francisco); Claudia Borzutzky, MD (Keck School of Medicine of University of Southern California/Children’s Hospital of Los Angeles); Gail Bolan, MD (Centers for Disease Control and Prevention)

You do not need to attend Part II, offered at 1:30 pm.

Sexually transmitted infections disproportionately impact persons ages 15–25. This STI pre-conference workshop will highlight the CDC 2015 STD Treatment Guidelines and address best practices that college health care providers can implement. Content for Part I includes: national STI trends, screening recommendations, sexual history taking, and best practices for gonorrhea and chlamydia management.

TU1-341. PRE-CONFERENCE WORKSHOP: Sleep to Succeed: Improving Sleep through Education, Treatment of Sleep Disorders, and Sleep Apps

Presenter: Shelley Hershner, MD (University of Michigan)

More than half of all college students report feeling “tired, dragged out, or sleepy” during the day. Students indicate that sleep issues are the third biggest barrier to academic performance. This innovative program will address three areas: how to promote healthy sleep on campus, how to diagnosis and treat common sleep disorders, and how commercially available technology, such as activity trackers and sleep apps, can improve sleep issues among college students.
TU2-286. PRE-CONFERENCE WORKSHOP: Musculoskeletal Exam Refresher Course

**Presenter:** Jessica Higgs, MD (Bradley University) and Christopher Nasin, MD (University of Rhode Island)

Practitioners who do not routinely do musculoskeletal exams often feel uncomfortable when evaluating a student for an injury. This presentation is designed to give a systematic approach that can be used for all joints. In addition, special focus will be given to the shoulder, knee, ankle, wrist, and spine to review special testing and concerns regarding these joints. The presentation will be both didactic and hands-on.

TU2-332. PRE-CONFERENCE WORKSHOP: Sharing a Narrative That Matters: Aligning Health Promotion and Health Services With the Academic Mission

**Presenter:** Luoluo Hong, PhD, MPH (San Francisco State University)

Senior administrators are focusing on issues of retention and academic success that directly relate to the health and well-being of the students. Our work in the field as health promotion professionals directly impacts the success of students while supporting the mission of higher education, yet many of us tend to frame our work in terms of advancing health solely. Sometimes we are unable to articulate in a compelling manner how we support student learning and persistence to senior administration. This session will assist health promotion staff with identifying language and strategies to have engaging conversations with their administrators on campus with regard to how our work directly impacts the academic missions of our institutions.

TU2-333. PRE-CONFERENCE WORKSHOP: Motivational Interviewing and SBIRT for Addressing Alcohol and Substance Misuse Among College Students

**Presenters:** Nancy Haug, PhD and Amie Haas, PhD (Palo Alto University)

This presentation will focus on fundamental Motivational Interviewing (MI) skills and the Screening, Brief Intervention, and Referral to Treatment (SBIRT) model for reducing alcohol and substance misuse and associated negative consequences in college students. An overview of assessment, the stages of change, and MI techniques such as FRAMES will be presented. Brief motivational intervention strategies, including BASICS models, will be described.

TU2-334. PRE-CONFERENCE WORKSHOP: The Application of Dialectical Behavior Therapy in a College Counseling Center

**Presenter:** Amy Hoch, PsyD (Rowan University Wellness Center)

Dialectical Behavior Therapy (DBT) is an evidence-based treatment for disorders with the core issue of emotion dysregulation. It has been used in various settings with adults and adolescents who experience significant mental health issues and engage in risky behavior. College counseling centers are seeing an influx of young adults with just such mental health issues. These students often require intensive treatment, case management, and academic support and may be at higher risk for dropping out of school. DBT offers college counseling centers a comprehensive treatment approach that enhances the overall functioning of the student, staff, and campus as a whole. This program outlines what a comprehensive DBT program is and how to implement it in a college counseling center.
TU2-335. PRE-CONFERENCE WORKSHOP: Data-Driven Management: Using Data to Improve Patient Outcomes, Financial Performance, Provider Productivity, and Resource Use

Presenters: Martha Dannenbaum, MD, and Judd Moody, BS (Texas A&M University)

Most student health centers are now utilizing electronic health records (EHR) systems or are transitioning toward these systems. EHR systems are collecting vast data resources about patient demographics and medical care, appointment utilization, provider productivity, financial data, etc. However, these data are only useful to the extent that we are tracking them and sharing them with our institutional leaders. This workshop will assist learners in compiling, tracking, and sharing these data in a meaningful way.

TU2-339. PRE-CONFERENCE WORKSHOP: Sexually Transmitted Infections: Clinical Update (Part 2)

Presenters: Sharon Adler, MD, MPH (California Prevention Training Center, University of California San Francisco); Claudia Borzutzky, MD (Keck School of Medicine of University of Southern California/Children’s Hospital of Los Angeles); Gail Bolan, MD (Centers for Disease Control and Prevention)

Note: You do not need to attend Part I, offered at 9:00 am.

Sexually transmitted infections disproportionately impact persons ages 15–25. This pre-conference workshop will highlight the CDC 2015 STD Treatment Guidelines and address best practices that college health care providers can implement. Content for Part II includes: updates on herpes and human papillomavirus, STI cases, STIs among MSM (including when to consider PrEP), and retesting/expedited partner therapy as strategies to reduce infection and reinfection.
**Wednesday, June 1**

10:00 am – 11:45 am

**Opening General Session/Keynote Address**

*Presenter information and abstract to come.*

1:45 pm – 2:45 pm

**WE1-123. Screening Men for Intimate Partner Violence in College Health Settings**

*Primary Presenter: Rick O'Keefe, MD, MA (Columbia University)*

How do colleges and universities screen men for violence? Attention to sexual assault on campus has recently received national attention but often the experience of male victims is not discussed. Recent data demonstrates that up to 47 percent of men have experienced sexual violence other than rape at some time in their lives. Columbia University recently instituted routine screening for men. This presentation will present the data from our first year of screening, outline the services available to male survivors at Columbia, and facilitate a discussion with other colleges about best practices.

**WE1-144. Ethical Principles and Practices Applied to College Health**

*Primary Presenter: Barbara Tyler, MD, MPH (Texas A&M University)*

College health professionals are regularly faced with making ethical decisions. The general ethical principles and the ACHA Ethical Guidelines provide a framework for making these ethical decisions. After an introduction to the ethical principles and guidelines, the participants in this program will be invited to apply these principles and guidelines to issues and cases in college health.

**WE1-146. Telemedicine in College Health: Pre-Travel Consultations**

*Primary Presenter: Anne Terry, RN, MSN, ARNP (University of Washington)*

Telemedicine has the potential to improve health care access. In 2014 the University of Washington Hall Health Center, the campus health center, began providing pre-travel consultations by telemedicine with the goal of increasing the portion of faculty and students who receive appropriate counseling and immunizations prior to international travel. This presentation will describe our experience and plans for expanding telehealth services to tobacco cessation and mental health care.

**WE1-204. Building an Evidence-Based Comprehensive Prevention and Intervention Program to Address Alcohol Use Among Student-Athletes Using a Public Health Framework**

*Primary Presenter: M. Dolores Cimimni, PhD (University at Albany, SUNY)*

Both researchers and practitioners have identified student-athletes as an at-risk group for alcohol abuse. To address this national concern, it is critical to develop and implement prevention and intervention strategies based on the public health approach that can reduce use and related negative consequences, increase use of behaviors that reduce risk, and correct norm misperceptions. This workshop will discuss the implementation of two successful evidence-based public health-informed strategies, a student-athlete focused social norms campaign and an alcohol screening and brief intervention program tailored for student-athletes that has been adapted from the Brief Alcohol Screening and Intervention for College Students (BASICS) model. Successes, challenges, and lessons learned will be highlighted, and integration of these strategies within an overall campus public health framework will be addressed.
WE1-221. Student Health Advisory Councils: A Student Leader’s Perspective

Primary Presenter: Paula Klasek, BSBA (University of Missouri-Columbia)

This presentation will help college health staff who advise student organizations and student leaders to define goals for their Student Health Advisory Council (or similar student-led organization). It will suggest that empowerment of students is a best practice for the effective implementation of those goals. Attendees will have the opportunity to discuss scenarios and their own personal experience to then develop a plan to improve an existing Council or create a new Council at their institution.

WE1-226. Bedsider.org: An Intervention to Reduce Unplanned Pregnancy in College Students

Primary Presenter: Danielle Lapierre, MS, MA (The National Campaign to Prevent Teen and Unplanned Pregnancy)

Almost nine in 10 college students say that an unplanned pregnancy would make it harder to achieve their educational goals, yet there is poor awareness of the full complement of birth control methods available. This session will discuss how Bedsider.org, an evidence-based intervention, is being used on campuses to help students better manage their birth control, avoid getting pregnant until they are ready, and achieve their educational goals.

WE1-280. Wellness Care: How Integrating Complementary and Alternative Medicine (CAM) with Health Services Creates a More Comprehensive Health Care System

Primary Presenter: Jennifer Bolton, LMT (Arizona State University)

This presentation will discuss the importance of integrating Complementary and Alternative Medicine (CAM) in with student healthcare. Participants will learn about different types of CAMs, the variety of conditions they treat, and the appeal for non-prescription treatments for diverse students. After defining the importance of CAM, the presentation will outline the process used at Arizona State University for implementing an integrated model involving multiple campus locations. Graphs will show the increase in CAM services and how the treatments can stay affordable for clients while covering department costs. Participants will leave with an understanding of how integrating CAM services supports comprehensive healthcare.

WE1-285. Enhancing Quality Improvement, Enhancing Student Wellbeing: A Report From The Symposium on Quality Improvement in College Health

Primary Presenter: Carlo Ciotoli, MD, MPA (New York University)

This session will detail the findings of The Symposium on Quality Improvement in College Health, which brought together 150+ college health professionals in October 2015 to focus on improvement capability and capacity within college health. Attendees provided information regarding QI efforts through pre-participation surveys; an action planning worksheet; and structured conversations with Symposium leadership. This data informed the development of a report identifying recommendations to enhance QI efforts throughout the field of college health.
WE1-296. Using Text Messages to Increase Influenza Vaccine Rates

Primary Presenter: Catherine Sharbaugh, DNP, MN, BSN (Haverford College)

The CDC recommends an annual influenza vaccine for all persons; yet, a disappointing rate of only 26% of adults over 18, and an estimated 40% of college students vaccinate for seasonal influenza. These vaccine rates are far from the Healthy Campus 2020 goal. Students must consider an annual influenza vaccine to avoid academic regrets and health setbacks. Use of e-Health Technology with text messages linked to Student Health Portal has promise to improve campus vaccination rates.

WE1-299. Supporting International Student Academic Success and Mental Health at UC Berkeley

Primary Presenter: Jung Yi, PsyD (University of California-Berkeley)

This presentation provides an overview of international initiatives at UC Berkeley Counseling and Psychological Services. Presenters will discuss practices and programming including international student outreach, and campus partnerships and points of integration that support the goals of counseling centers and staff to increase multicultural competence and promote understanding of student counseling and mental health challenges on-campus.

WE1-314. Acute Care of the Anxious Patient in the Primary Care Setting

Primary Presenter: Marta Hopkinson, MD (University of Maryland)

Anxiety is the number one mental health concern in college students. Many students present first to primary care, and access to psychiatric consultation can often take weeks to schedule. This workshop will discuss the common causes and presentations of student anxiety, assessment of severity, and intervention techniques that can be applied in the primary care setting.
WE2-115. Implementation of an Evidence-Based Initiative to Increase HPV Vaccination Rates

*Primary Presenter: Kimberly Daly, DNP, APRN, FNP-C (Salem State University)*

Human Papillomavirus (HPV) is the most common sexually transmitted infection and affects nearly every person at some point in their lifetime. HPV causes serious health problems including cancers of the cervix and oropharynx. Despite the proven safety and efficacy of an available vaccine, rates of vaccination in the U.S are poor. Racial and ethnic disparities exist. This program highlights an effective quality improvement project at Salem State University to increase local HPV vaccine rates.

WE2-145. Understanding Consensual Non-Monogamy and Implications for College Health Professionals

*Primary Presenter: Heath Schechinger, MS, MEd (The University of California, Berkeley)*

Some college students are involved in consensual non-monogamous relationships and/or incorporating consensual non-monogamy (CNM) into their sexual identity. Understanding types of and social biases related to CNM provides context for students’ hesitation to reveal such information. This presentation will provide an overview of these issues and how students’ health intersects with CNM practices. Additionally, original research with CNM individuals will be presented as a basis for practical implications for college health professionals.

WE2-158. Engaging Faculty in Creating Conditions for Well-Being in Learning Environments

*Primary Presenter: Tara Black, MSc, BSc (Simon Fraser University)*

Learning environments have a significant impact on student health and well-being, yet they are rarely targeted for settings-based health promotion action on campuses. This session will share an innovative Well-being in Learning Environments project that identifies key conditions for well-being within formal learning settings and successfully engages faculty in creating these. Strategies to engage faculty members, educational experts and academic units will be shared as well as examples of teaching practices to improve student well-being.

WE2-171. What Makes a Good College Health Center: The Students’ Perspective

*Primary Presenter: Molly Kurth, (Texas A&M University)*

Medical and mental health clinicians, as well as health center staff all work toward providing quality, evidence –based care and programming, but does this meet all the needs of the student? Does the patient satisfaction survey truly reflect how students feel about your health center? Come find out from students to determine what truly makes a good health center from their perspective.

WE2-198. Boots to Backpacks and Vet Camp: Enhancing the Success of Student Veterans

*Primary Presenter: Col. Gerald Smith, (USMC) Ret. (Texas A&M University)*

Boots to Backpacks and Vet Camp are two programs that offer comprehensive information about services available to veteran and military students, designed to support their academic success at Texas A&M University. This session will outline the history of the development and evolution of these programs, the collaborative nature of the programs and the evidence of the success currently demonstrated by the veteran students who attend these events.
WE2-202. Challenges and Lessons Learned from a Five-Year ECG Study on Incoming Student Athletes

Primary Presenter: Cheryl Hug-English, MD, MPH (University of Nevada, Reno)

Although studies have shown that including an electrocardiogram significantly improves the sensitivity of detecting athletes at risk for sudden cardiac death, there is concern and confusion about whether ECG results may also inappropriately screen athletes from participation. This presentation will focus on how to incorporate an ECG as part of athletic screening, discuss challenges, and will report the results of a five year ECG screening study in student athletes at the University of Nevada, Reno.

WE2-224. Breaking Down the Silos of Prevention

Primary Presenter: Crystal Burnette, MS (Clemson University)

We all strive for a healthy and safe campus environment. Alcohol and other drug misuse, interpersonal violence, mental health and suicide prevention are concerns for our students. Many programs fail to address all levels of the social ecology and do not integrate the related prevention focus areas. We will share our experience breaking down the silos of prevention through collaborative research and the implementation and evaluation of a comprehensive approach.

WE2-225. Stellenbosch University Mental Health Service Provisions -- Towards Integrated Care for Student Success

Primary Presenter: Munita Dunn-Coetzee, MPhil (Stellenbosch University)

In South Africa, an integrated approach to delivering primary medical care, merged with counselling and developmental services on campus, is non-existent. We will look into how the past has influenced the existing model at Stellenbosch University, what challenges us presently and how these factors will determine the future, in the success of our patients. We will also address the gap that exists worldwide in the unification of these services and the administration of the integration.

WE2-240. Evidence-Based Contraceptive Counseling

Primary Presenter: Gulielma Fager, MPH (Planned Parenthood Federation of America)

Effective contraceptive counseling helps patients choose a method of birth control that meets their needs and decreases gaps in contraceptive coverage that can increase the risk of unplanned pregnancy. This research presentation will review the implementation of an evidence-based contraceptive counseling program at 20 Planned Parenthood health centers across the US and describe the benefits of a brief contraceptive counseling intervention based on 10 best practices developed using decision science.

WE2-245. Supporting a Community through Grief and Loss - The Experience of Seven Student Deaths in One Academic Year

Primary Presenter: Scott Tims, PhD (Tulane University)

During 2014-15, Tulane experienced seven student deaths resulting from accidents, murder and suicide. These tragedies occurred during a leadership transition period, with new individuals in the roles of President, Vice President, and Directors of Student Health, Counseling, and the Wellness Centers. Units were exceedingly taxed by the extraordinary service and postvention needs, while contending with local and national scrutiny. This presentation will share the responses to the first student death through the last, and the evolution of an effective multidisciplinary approach.
WE2-291. Comprehensive Care of the Sexual Assault Victim

*Primary Presenter: Wendy Bledsoe, RN (UNCW)*

In this program we will discuss care of the sexual assault victim in the student health setting. We will define the SANE nurse role and how they collaborate with the SHC team and other campus and community resources. Recognizing the sexual assault victim, proper interview techniques, and post exposure prophylaxis will be discussed. Addressed also will be; working with the non-traditional sexual assault victim, date rape drugs, and sex trafficking.

WE2-321. Acute Psychopharmacology

*Presenter information and abstract to come.*
Wednesday, June 1

4:45 pm – 5:45 pm

WE3-104. Understanding the “Paleo Lifestyle” – How the Paleo Diet, Exercise, and Sleep Practices Can Benefit Our Students

Primary Presenter: Sharon Sperling-Silber, RN, ANP-BC, GNP-BC (Columbia University)

A growing trend, the “paleo” or “caveman diet,” is now gaining traction in the medical community and evidence-based research is showing that a paleo lifestyle reduces weight, improves stress levels and may manage symptoms of chronic illness. However, there is also a great deal of mis-information and, while there may be great benefits, there are also potential risks for malnutrition and for physical injury.

WE3-122. The Outcomes of Medical Marijuana Policies on College Students

Primary Presenter: Alexis Blavos, PhD, MEd, MCHES (SUNY Cortland)

The purpose of this study was to evaluate the outcomes medical marijuana laws have within the college student population. A secondary data-analysis was conducted from a national dataset (n=34,135). Descriptive statistics, odds-ratios, and logistic regression were used to analyze the data. Results revealed that students in states with medical marijuana laws were more likely to have used marijuana and experienced more negative consequences than students in states without laws.

WE3-138. Directly Observed Three Month Therapy to Treat Latent Tuberculosis Infection

Primary Presenter: Mary Manton, MD, MPH (University of Connecticut)

Isoniazid plus Rifapentine administered once a week via directly observed therapy for 3 months is the newest treatment option for LTBI. LTBI is common in students from areas of high TB incidence. Standard therapy with INH self-administered daily for 9 months is often unacceptable to students and compliance is poor. College health offers an ideal setting for this new regimen. We review this regimen and our experience using it in our health service.

WE3-165. Interprofessional Approach to Supporting Competitive Recreational Student Athletes: Medical Care and Nutrition

Primary Presenter: Jennifer Stromberg, MD (Duke University)

Many students coming to college seek out competitive sports opportunities to stay well, manage their weight and to seek a challenge. Students seeking to “up their game” in recreational and competitive sports may not always be aware of the importance of nutritional changes as they go through this progression. This session will help health care providers support this emerging class of student athletes, from both a nutritional and medical perspective.

WE3-176. An Evidence-Based Approach to Wound Care that Improves Patient Outcomes and Satisfaction

Primary Presenter: Camelia Sutorius, RN, MSN (Stanford University)

Wound care comprises about 25% of medical visits at Vaden, Stanford University’s student health center. In 2011, two Vaden nurses conducted a six-month research study evaluating medical honey to treat all wounds. Results demonstrated that wounds treated with medical honey healed faster with minimal scarring. Students reported higher satisfaction with their wound care. Nurses also reported greater satisfaction with delivering wound care. Wound care costs were reduced.
WE3-201. Where Do Religion and Spirituality Fit in a Comprehensive Campus Health and Wellness Program?
Primary Presenter: Gina Firth, MA (University of Tampa)
Most people instinctually recognize that there is some type of relationship between spirituality, religiousness and wellbeing, but often do not realize the extent of the correlation or utilize practices to enhance this mind-body-spirit connection. The purpose of this presentation is to present current research data on the connection between spirituality, religion and wellbeing, as well as provide information on promising practices with specific co-curricular programmatic examples from The University of Tampa.

WE3-205. First Generation College Student Pilot Discussion Group
Primary Presenter: Jill Kapil, PsyD (California State University, Fullerton)
As students who identify as ‘first generation’ increase access to higher education, there appears to be limited resources available to help them understand their unique experience. Highlighting collaborative care between mental health providers and academic services, a pilot first generation student discussion group was created to increase students’ understanding of gender, race/ethnicity, cultures, identities, identifying resources on campus, and practicing emotional support. Presenters hope to share their experience of this pilot program.

WE3-242. Planned Parenthood Chat/Text Program: A Science-Based Prevention Program for Students in the Digital Age
Primary Presenter: Nicole Levitz, MPH (Planned Parenthood Federation of America)
Planned Parenthood’s Chat/Text program provides youth with a digital conduit to ask their sexual and reproductive health questions and have them answered by a health educator immediately. Chats are conducted following an outline grounded in behavioral science to set intentions and create behavior change. Within chats immediate concerns are addressed first, but then each chatter is introduced to methods of contraception and STD testing and prevention. This is unique for programs geared at college youth.

WE3-267. Identifying and Defining Success: Implementing a Data-Driven Process for Improvement
Primary Presenter: June Hu, MA (University of California Los Angeles)
As part of The Ashe Center’s initiative to promote an organizational culture that focuses on continuous process and quality improvement we discovered our staff was not adequately trained in the data collection and analysis component and needed training to confidently lead improvement initiatives. We will share the training program along with specific examples we developed to empower administrative and clinical staff to make data-informed decisions and finally, measure the success of implementation.
WE3-290. LiveWellNYU: Mobilizing Student Leaders to Engage the Unengageable

Primary Presenter: Allison Smith, MPA (New York University)

Framed as a for-students-by-students movement, LiveWellNYU is built around opportunities, information, and experiences that all students view as enriching their quality of life. This presentation will review three years of data demonstrating the impact of this strategy, which uses a behavioral economics and grassroots approach to mobilize diverse student leaders across campus in creating healthier communities for their peers and facilitate the overall student body in taking action to improve their own wellbeing.

WE3-322. Creating a Community of First Responders: Increasing Resilience and Survivability in a Campus Emergency

Primary Presenter: Tim Stoecklein, MS (University of Colorado Colorado Springs)

Active shootings and other emergency incidents are on the rise on college campuses, and yet many staff and students feel ill-prepared to handle such situations. Attendees will learn why there was a higher survival rate at Fort Hood versus Virginia Tech based on basic survival strategies that can be taught on campuses to faculty, staff, and students. Additionally, participants will be provided tools to increase situational awareness, more quickly assess critical incidents, apply viable options for action, increase resilience and survivability during campus emergencies, and better understand how the whole community can be positioned as first responders.
TH1-105. Holistic Student Success: Collaborative Programming to Address Mental, Physical and Academic Well-Being Throughout the Student Life Cycle

Primary Presenter: Emily Rosenthal, MPH, MSW (Southern Connecticut State University)

SCSU has launched a multi-disciplinary Holistic Student Success Collaborative to provide integrated student support programming. Coordinated and centralized programming brings adjacent offices together to reach student more efficiently, while embedding messages about health and wellness into academic success programming. Coordinated workshops focus on themes throughout the student life cycle. Holistic workshops that address challenges when students are most likely to experience stress can help them achieve balance and success across several areas.

FR1-137. PrEP and PEP: HIV Prevention for Students in the Era of "Getting to Zero"

Primary Presenter: Carolyn Chu, MD, MSc (University of California at San Francisco)

Student health clinicians play a key role in the care of sexually-active students, including preventing HIV. Antiretroviral medications that are well-tolerated as HIV treatment can also be used as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP). However, not all clinicians are familiar with the biomedical concepts behind their use and/or comfortable managing PrEP/PEP. This presentation will increase PrEP and PEP awareness and encourage the incorporation of these interventions into the routine care of eligible students.

TH1-141. Implementation of a Comprehensive, Public Health Approach to Suicide Prevention: Experiences from Two Universities

Primary Presenter: Harry Rockland-Miller, PhD (University of Massachusetts-Amherst)

Suicide is the second leading cause of death among college students and a major concern for the entire college community. Counseling directors from a private and public university will present collaborative suicide prevention programs based upon a comprehensive public health framework. Each campus developed its own unique combination of strategies based upon the needs and culture of the campus. Specific examples will be presented, with discussion around implementation at participant’s home campuses.

TH1-177. Working to the Top of Your License: Modernizing Nursing Protocols with Evidence-Based Practice

Primary Presenter: Courtney Holzheimer, RN, MSN, FNP-BC (Case Western Reserve University)

This presentation and interactive activity session will enable participants to craft strong, well-written, evidence-based nursing practice protocols. Lecture content will include a process for updating nursing protocols based on the use of evidence based practice, the nursing process, and individual state law and practice considerations. The program will include an interactive session for participants to work individually or in groups to develop their own nursing protocol based on techniques learned during the session.
TH1-212. Enhancing Health Outcomes Through Contemplative Practices -- An Integrated Approach
Primary Presenter: Terry Wilson, MEd, RN (University of Missouri)
This model received the Counseling Services 2015 Best Practices in College Health Award by the American College Health Association. Participants will gain new insights into the development and implementation of a comprehensive health model using skills-based contemplative practices as adjunct wellness services for primary care, behavioral health and health promotion. Empirical evidence including original research will be described showing positive physical and mental health outcomes. Participants will identify concrete strategies for replication on their campus.

TH1-218. Intrauterine Devices 101
Primary Presenter: Noa’a Shimoni, MD MPH (Rutgers University)
In this presentation and hands-on session we will describe the IUDs currently on the US market (Liletta, Mirena, ParaGard and Skyla). We then assess appropriate candidates and insertion practices using the CDC’s Medical Eligibility Criteria and Selected Practice Recommendations and practice IUD insertion and removal. Difficult insertions, problem management and billing will also be covered.

TH1-241. How Do You Know if Someone Wants to Have Sex With You? Using Consent Videos to Model Respect and Communication
Primary Presenter: Gulielma Fager, MPH (Planned Parenthood Federation of America)
Teaching consent and sexual communication skills is an important component of sex education. Videos modeling consent offer a new and compelling way to show teens what healthy and respectful communication look like when young people are in sexual situations. This session will review videos and a lesson plan that can be used to model and teach consent to college students.

TH1-263. 2016 ACHA Advocacy Update
Primary Presenter: Jake Baggott, MLS, 1SG (R) USAR (University of Alabama, Birmingham)
ACHA leadership remains focused on key national advocacy issues, with the intention of expanding advocacy efforts related to college health. ACHA further seeks to provide resources to membership to enable engagement in local and state-level advocacy efforts. This past year, with the assistance of outside council, ACHA has continued to monitor the Affordable Care Act (ACA) how it impacts college health programs as well as federal developments in addressing sexual violence on campus, and privacy protection of student medical records. This session will review ACHA activities to date and discuss plans for the future.

TH1-264. Using a New International Charter to Guide Systemic Health Promotion Action on Campuses
Primary Presenter: Judith Burgess, RN, PhD (University of Victoria)
This presentation introduces The Okanagan Charter: An International Charter for Health Promoting Universities and Colleges (2015) that provides an action framework to guide and enable post-secondary institutions in developing strategic plans to embed health into all aspects of campus culture, across the administration, operations and academic mandates, and to lead health promotion action and collaboration locally and globally. A panel of BC university representatives shares exemplar practices relevant to and guided by the Charter.
TH1-275. Student Health Insurance -- Self Funding 101

*Primary Presenter: Valerie Lyon, MHA (Cornell University)*

The presentation will take participants step by step through one school's experience in transitioning a fully insured student health plan to a self funded plan. Audience members will be provided with an overview of areas of consideration ranging from executive oversight, fiduciary responsibility, financial management, regulatory compliance and plan operation.

TH1-283. Moving for Well-Being: Unique Evidence-Informed Approaches to Challenging Sedentary Behavior and Promoting Physical Activity for the Whole Campus Community

*Primary Presenter: Suzanne Jolly, MEd (University of British Columbia)*

New evidence-informed initiatives have been implemented at the University of British Columbia to challenge sedentary behaviors and promote physical activity to students, staff, and faculty as part of a university-wide strategy. Such initiatives include: a social club uses peer mentoring and social media to lower barriers to accessing physical activity programs; an interdisciplinary professional development program focuses on inclusion in recreation; an analysis of recreational print and web content focused on equity issues in communications.

TH1-340. Not All Germs are Bad: The Microbiome and Health

*Primary Presenter: Alexandra Hall, MD (University of Wisconsin-Stout)*

In the past decade, a flurry of research has begun to elucidate the previously overlooked microorganisms that normally colonize our bodies and their impact on human health. In this session, we will explore what the microbiome is and our current understanding of how it impacts not only our digestive but also our immune, mental, metabolic, and cardiovascular health.
**TH2-112. Identifying and Preventing Adverse Drug Events Associated with Psychotropic Medications**  
*Primary Presenter: Jolene Bostwick, PharmD (University of Michigan Health System and College of Pharmacy)*

This session will provide an overview of key adverse drug events associated with the use of psychotropic medications, with a focus on antidepressants, benzodiazepines, and stimulants. Case studies exploring topics including drug interactions, medication misuse, and medication side effects will be examined. Strategies to mitigate adverse events will be discussed, including interdisciplinary collaboration, patient education, and use of pharmacists.

**TH2-113. Anaphylaxis in the Community**  
*Primary Presenter: S. Shahzad Mustafa, MD, FAAAAI (Rochester Regional Health System)*

This talk defines anaphylaxis and discusses common causes of anaphylaxis in the community. The talk discusses the timely recognition and treatment of anaphylaxis. It is emphasized that epinephrine is the treatment of choice for anaphylaxis. The talk touches upon the need for patients at risk for anaphylaxis to carry two epinephrine auto-injectors. Lastly, there are two cases discussed to consolidate the teaching points.

**TH2-128. Promoting a Strengths-Based, Trauma-Informed Perspective on a Campus Student-of-Concern Team: The Role of the Mental Health Clinician**  
*Primary Presenter: SuEllen Hamkins, MD (University of Massachusetts-Amherst)*

Mental health clinicians can play a pivotal role in bringing a strengths-based, trauma-informed perspective to their consultative role within multi-departmental campus student-of-concern teams. Such an approach supports students’ well-being and dignity and promotes a caring and culturally-sensitive campus climate, enhancing the ability of partners such as deans, police, and faculty to respond to students in distress with hope and respect. Trauma-informed care is promoted by SAMHSA as a best-practice across educational, judicial and mental health contexts.

**TH2-164. Deans for Wellness: An Innovative Approach to Campus-Wide Wellness**  
*Primary Presenter: Kim Ruliffson, MPA (University of North Dakota)*

Wonder how to involve more faculty in wellness activities? The Deans for Wellness Program at the University of North Dakota brings wellness programming into the academic enterprise. Deans promote and model wellness with central goals and local programming. Total campus participation is up, along with faculty and staff ownership of wellness innovations. This interactive session will illustrate how the program was developed. Takeaways include a roadmap with action steps for implementation at your own campus.

**TH2-175. Smoke/Tobacco-Free College Campuses: Policy Rationale and Trends**  
*Primary Presenter: Kimberlee Homer Vagadori, MPH (California Youth Advocacy Network)*

During the past three years, the number of colleges and universities that have implemented a 100% smoke/tobacco-free policy has dramatically increased. At the same time, the evidence base detailing the need and benefits for these policies on campus communities has expanded considerably. This session highlights the business case for colleges to adopt a smoke/tobacco-free policy, explores the benefits of these policies, and discusses challenges and solutions for campuses as they adopt and implement new policies.
TH2-180. Collaboration is Key: The Successful Collaboration Between Health Administrators and Students

Primary Presenter: Martha Dannenbaum, MD (Texas A&M University)

Health administrators are faced with the difficulty of communicating their value to students and upper administration alike; often times students are the very best resource to do this. Come see how a successful collaboration can compound your value to those who matter.

TH2-196. Implementing a System-Wide Immunization Requirement at the University of California

Primary Presenter: Regina Fleming-Magit, MD, MSPH (University of California)

Recent outbreaks of vaccine-preventable infectious diseases on college campuses has increased awareness of the need for strategies to increase vaccination rates amongst college students. The most recent NCHA results indicate that self-reported vaccination rates for students are lower than targeted by Healthy Campus 2020, and there is a practice gap between the intention to promote these primary prevention strategies and implementation of immunization requirements. The University of California’s 11 campuses have begun a 3-year phased in plan to require vaccinations, as recommended by the California Department of Public Health for College Students, for all incoming students. This presentation will focus on the results of the initial education phase (2015-2016), and will review and discuss the plans for making these vaccines a requirement for registration by fall 2017.

TH2-303. ADHD: A Focus on Comprehensive Care for Students through Guideline Development

Primary Presenter: Mariann Carle, MD (University of Washington)

Our large university health clinic identified a need for more comprehensive care for our students with ADHD; and a need for more guidance, education and support for our providers caring for these patients. We reviewed charts and prescriptions, and surveyed providers. We developed an evidence based guideline for care for our patients with diagnosed ADHD. This guideline has helped us to better serve our students with ADHD and support our providers caring for these students.

TH2-313. Evaluation and Treatment with Hormonal Therapy of Transgender Patients

Primary Presenter: Madeline Deutsch, MD (The Center of Excellence for Transgender Health)

Abstract to come.

TH2-317. Hot Topics in Sexually Transmitted Infections

Primary Presenter: Ina Park, MD, MS (California Department of Public Health, STD Control Branch/University of California San Francisco)

Updated CDC STD treatment guidelines and best practices for screening/treatment will be presented in a format combining didactic lecture and some case-based interactive learning using an audience response system. The conditions most commonly encountered in college health will be highlighted, including management of STD syndromes (urethritis, cervicitis, and PID).
TH2-319. Balancing Fidelity and Adaptation in Applying Evidence-Based Practices for Health Promotion

Primary Presenter: Lawrence Green, DrPH (University of California at San Francisco School of Medicine)

Health promotion practitioners face pressure to implement evidence-based practices; however, the supporting research is often based on specified settings, populations, or circumstances that do not mirror the campuses implementing the strategies. As a result, even when the program is implemented with strong fidelity, the outcomes may not meet expectations based on these varying factors. This presentation will address how to adapt and implement evidence-based practice to assure a balance between evidence-based guidelines and the characteristics and needs of the local practice-based setting.
TH3-133. Food Allergies: Updates in Trends, Treatment and Accommodations on Campus

*Primary Presenter: S. Shahzad Mustafa, MD, FAAAAI (Rochester Regional Health System)*

Managing food allergies while in a new environment can be difficult for a student. Three to four percent of adults have a food allergy diagnosis, while 25% of adults self-report food allergies. Come learn the difference between immune and non-immune-mediated food allergies, diagnosis, treatment and management. Understand what accommodations are appropriate and when a request may just be based on preference.

TH3-135. Emergency Contraception: Updates and Dispelling Myths

*Primary Presenter: Rachel Selinger, PharmD (University of North Carolina-Chapel Hill)*

Emergency contraception, its mechanism of action, and its appropriate role in therapy are often misunderstood. For this reason, emergency contraception is often underutilized or inappropriately utilized or recommended for women of childbearing potential. The purpose of this discussion is to clarify common misperceptions of emergency contraception and review appropriate use.

TH3-178. An Interdisciplinary Team Approach to Opt-Out, Rapid HIV Testing in a Student Health Center

*Primary Presenter: Seirra Fowler, MPH (Louisiana State University Student Health Center)*

The CDC has called for routine HIV testing to all who present for general medical care. Opt-out, rapid HIV testing allows for patients to receive results same day, allowing for better continuity of care; ultimately reducing stigma, morbidity and mortality. This presentation describes the implementation of an identified best practice; the integration of opt-out, rapid HIV testing in a Student Health Center setting in which positive patients are streamlined into care by an interdisciplinary team.

TH3-195. Refresh Sleep Program: A Cognitive Behavior Therapy Online Sleep Program’s Impact on University Students

*Primary Presenter: Katie O’Connell, MPH, CHES (University of Chicago)*

University students across the nation are suffering from poor sleep quality and behaviors, however there are little effective cost-efficient programs known to student affairs professionals on how to address student sleep concerns. This presentation will review the application and preliminary results of an online cognitive behavior self-help sleep program aimed to improve sleep quality and decrease students’ feelings of sleepiness during usual waking hours due to poor sleep.

TH3-210. Tobacco-Free College Campuses: Lessons Learned from Japan and the United States

*Primary Presenter: Sarah Van Orman, MD, MMM (University of Wisconsin-Madison)*

Tobacco use is a leading cause of premature and preventable death throughout the world. Tobacco addiction almost always begins in youth and young adults. This gives institutions of higher education throughout the world a critical role to play. Through the Tobacco Free College Campus Initiative (TFCCI), U.S. institutions have made significant progress over the past five years. Similarly, Japanese universities have made success in increase of smoking ban and decrease of student’s smoking rate. A panel presentation of representatives from U.S. and Japanese universities will share their experiences and opportunities for global collaboration on this important issues.
TH3-248. Engaging and Supporting Veteran Students Through Peer Mentoring

Primary Presenter: Martha Dannenbaum, MD (Texas A&M University)

Veteran students can face various challenges as they adapt to the academic setting. Peer advising and service/support animals are frequently utilized to assist veterans in their transition to civilian life. This program will highlight three student led efforts that are significantly impacting the lives of veteran students on the Texas A&M campus.

TH3-255. Aiming for Success with NIAAA CollegeAIM

Primary Presenter: Michael McNeil, EdD, CHES (Columbia University)

The NIAAA recently released CollegeAIM, which includes a website, strategy matrices, a planning worksheet, and other alcohol resources aimed at the higher education community. This session combines experts involved with the development of the tools along with college health practitioners that will help explore how to apply the matrices to improve evidence- and theory-informed practice on campus.

TH3-274. The Importance of Oral and Dental Health in College Students

Primary Presenter: Lori Dewald, EdD, ATC, MCHES, F-AAHE (American Public University System)

Oral/dental health promotion is a vital part of general health. The benefits of oral/dental hygiene awareness and oral/dental health literacy help reinforce positive health behaviors, life-long practices, positive outcomes, and overall well-being. College students tend to engage in riskier behaviors that can compromise their oral/dental health and they are in need of oral/dental health promotion. This session will discuss dental/oral health. Specific focus will be on (1) dental injuries, (2) dental conditions, (3) prevention and education programming ideas, (4) best practices, and (5) share areas needing further study.

TH3-302. Expanding Campus Health Services: A Mental Health Resiliency Program for College Students on a Leave of Absence

Primary Presenter: Dori Hutchinson, ScD, CPRP (Center for Psychiatric Rehabilitation at Boston University)

In this session, we will provide an overview of a new model of a campus-based mental health resiliency program for college students on leave for mental health-related reasons and preliminary data suggesting the program’s efficacy. The program provides students with opportunities to develop the supports, health, and academic skills they need to successfully transition back to college. Attendees will discuss how the intervention can be adapted to meet the needs of various higher education environments.

TH3-315. The Implementation of LEAN Process Improvement at UCLA and University of Toronto, Scarborough

Primary Presenter: Laura Boyko, MSW, RSW (University of Toronto, Scarborough)

In student health, and healthcare nationwide, complexity of care and volume of cases have been increasing steadily. Resources for meeting these needs have remained flat or declined. To address this problem, hospitals and clinics have been applying LEAN principles to improve quality and reduce waste for years, but student health has been slow in adopting LEAN. Through LEAN process improvement, UCLA and at the University of Toronto, Scarborough have seen dramatic improvements in many areas. This presentation will provide an overview of LEAN methodology, outline implementation, and share the experiences of both campuses.
TH3-318. A Multidisciplinary Team Approach to the Mental Health and Medical Evaluation of Transgender Patients for Hormone Initiation

Primary Presenter: Marta Jean Hopkinson, MD (University of Maryland)

The prevalence of transgender individuals is documented to be at least 1 in 30,000 transwomen, and 1 in 100,000 transmen. This figure is thought to be an underestimate due to under-reporting. The prevalence of gender non-conforming individuals self-identifying at the University of Maryland mental health service is 1.5%. This presentation will describe the multidisciplinary team approach to transgender care at the University of Maryland Health Center, including the evaluation and initiation of hormone therapy.

TH3-320. Hot Topics for Advanced Practice Clinicians: Quality Improvement and Social Media

Primary Presenter: Kimberly Daly, DNP, APRN, FNP-C (Salem State University)

Quality improvement (QI) provides college health centers with the opportunity to evaluate systems and processes with an intent on measurable improvement. Many fear QI as a daunting task that requires highly specialized training. This program seeks to provide college health staff with basic knowledge of how to perform QI using the Model for Improvement. Real world examples will demonstrate how this model can be readily applied to improve outcomes and drive effective change. Social media is continually changing how we communicate. There has been an explosion of social media use in healthcare surrounding how social media can transform practice. Despite this surge in the use of social media, there remains a relative critical silence regarding how providers can most effectively understand and engage social media while following FERPA and HIPAA. The aim of this presentation is to help college health professionals navigate this critical issue.
TH4-126. Naloxone for Opioid Overdose  
*Primary Presenter: Miranda Gottlieb, BA (University of Tennessee)*

Overdose related death is an increasingly prominent issue on college campuses around the country. The program seeks to teach all backgrounds in college health about overdose as it pertains to diverse and young populations. The session seeks to address overdose concerns for college populations, identifying the signs of an overdose and how to administer Naloxone, and discusses strategies for mobilizing access to Naloxone on different campuses.

TH4-127. Electrocardiographic Interpretation for the College Health Practitioner  
*Primary Presenter: Donald Kreuz, MD, FACC (Columbia University)*

This presentation will use a case-based approach to review basic ECG interpretation skills and highlight important ECG findings associated with either common or life threatening conditions that may be encountered in a college population.

TH4-131. “Below the Belt”: Issues in Male Reproductive Health  
*Primary Presenter: David Reitman, MD, MBA (American University)*

This 90-minute overview of male reproductive health will focus on non-acute concerns frequently expressed by college-aged males. Using an interactive format, the learner will review the male genitourinary exam in a comprehensive, step-wise approach. Cases will then be used to discuss some of the concerns -- both developmental and pathologic -- that the provider may experience in a clinical setting. These concerns may include, but are not limited to, sexual dysfunction, scrotal pathology, and testicular cancer.

TH4-148. College Counseling Group Programming: A Multi-Disciplinary Wellness Center Approach  
*Primary Presenter: Colette McLean, MSW (Rowan University)*

This presentation will feature a research-driven model of a multidisciplinary approach to college counseling group programming that takes into consideration increased demand for services, diversity of needs, limited resources, and resistance to groups as a viable treatment option. Presentation content will include discussion related to integration of prevention, intervention and postvention services to maximize a student’s personal, professional and academic success.

TH4-184. Addressing Microaggressions Within a University Community  
*Primary Presenter: Rachel Knopf, MPH, RDN (The New School)*

Microaggressions are the brief and commonplace verbal, behavioral, or environmental indignities, whether intentional or not, that communicate a hostile, derogatory, or negative slight or insult toward a targeted group. Learn how to identify microaggressions, how continuous exposure to microaggressions impact health, and how to engage your university community in addressing them to support student health and learning outcomes.

TH4-197. Preparing for the Next Generation of College Health RNs  
*Primary Presenter: Paula Jessen, RN, BC, BSN, MPA (University of Connecticut)*

Nurses who are new to college health nursing will benefit from an orientation that has the application of knowledge with specific outcomes and is based on the self-directed adult learning concepts. Adapting a structured framework of a consistent process and content promotes consistency of practice for the newer nurse to our specialty. A dynamic
orientation for the non-novice nurse is one in which the orienteer and preceptor are engaged; it assists to build upon the competencies of each and recognizes the experience of the orienteer who may come from another specialty. The outcome is a new employee who has a strong core of competencies and also feels challenged to meet the changing healthcare needs of today’s student.

**TH4-199. Integrating the ACHA-National College Health Assessment with Academic Records: A Successful Research Design, and the Data Driven Strategies that Result**

*Primary Presenter: Todd Misener, PhD, MPH, CHES (Western Kentucky University)*

This presentation will describe the research methods and results from a stratified random sample of 1000 college students (79.2% response rate without incentives) who completed the ACHA-NCHA in 2014 and granted access to their academic records. The presenters will describe in detail the study design and sampling procedures used, as well as data analysis results describing the relationship between student health, retention and success. The presentation will conclude with a discussion about data-driven program planning strategies.

**TH4-258. Comprehensive Initiatives: Applying SAMHSA’s 8 Dimensions to Faculty and Staff Health and Wellbeing**

*Primary Presenter: Robert A. Winfield, MD (University of Michigan)*

Many employee based health and wellbeing efforts focus primarily on activity, exercise and sleep. This presentation reviews the application of the SAMHSA 8 Dimensions of Wellness model to faculty and staff health and wellbeing programming. The historical basis of the multiple dimension model is reviewed, followed by discussion of actual university based programs, including stress and coaching, financial competency, and the built environment.

**TH4-269. Leveraging Student-Athletes to Increase Student Engagement in Health Promotion and Clinical Services**

*Primary Presenter: Jennifer Jacobsen, MA (Grinnell College)*

A major challenges facing health and wellness practitioners is how to effectively engage students in prevention programming and build their relationships with health and wellness providers on campus. One strategy is collaborating with student-athletes with a motivational enhancement approach, ultimately demonstrating a benefit in how campus health and wellness resources can help improve not only athletic performance (the hook), but also academic performance and mental well-being. We will also address how to leverage student-athletes' positive experience with prevention programming and clinical services to better serve the general student body.

**TH4-271. De-Escalating Challenging Interactions with Students: A Review of the Literature**

*Primary Presenter: Dorje Jennette, PsyD (University of California, Santa Cruz)*

The disruptive behavior of some students can be reduced through an understanding of the relevant research-driven literature. PCP, pharmacist, nurse, psychiatrist, psychotherapist, technician, medical assistant, health promotion, and other roles all involve some risk of engagement with a disruptive student. What does a review of the literature reveal about approaches that help to minimize the risk of conflict with a student who is accessing our services? If conflict arises, how can we respond effectively?

Primary Presenter: Timothy Dowling, DO (University of Delaware)

Review of the diagnosis and treatment of elevated blood pressure including JNC 8 guidelines. We will outline the comprehensive team approach employed at the University of Delaware.

FR1-132. Making the Case for Health Promotion to Senior Leadership

Primary Presenter: Stacy Andes, EdD (Villanova University)

Health promotion professionals must effectively articulate their scope of practice, as well as the theories and evidence that inform their practice, to senior leadership. Accepted standards of practice provide grounding and the Vision Into Action (VIA) website offer a number of tools to make the case for health promotion. This session aims to bridge the gap between knowing what to do and how to make the case for health promotion to senior leadership.

FR1-168. Framework for a Comprehensive College Health Program

Primary Presenter: Jean Chin, MD, MBA, FACP (University of Georgia)

In 2014, ACHA President Sarah Van Orman charged a nine-member task force to rewrite the out-of-print “Guidelines for a Comprehensive College Health Program.” The task force members will review the body of that work and discuss the role and value of college health and the components, qualities, and leading/promising practices of a comprehensive college health program.

FR1-188. Post-Travel Fever: Protecting Your Patients, Your Institution, and Yourself

Primary Presenter: Julie Richards, MS, MSN, FNP-BC, WHNP-BC, CTH™ (Stanford University)

Student health clinics must be prepared to assess potentially life threatening illnesses; including malaria, enteric fever, dengue, MERS, and avian influenza. Yet, many clinics are ill-equipped to recognize and manage them. Stanford’s Vaden Health Center developed a systematic approach to caring for returning travelers to ensure high quality care. Our interventions include training for all staff, EHR enhancements, and evidence based recommendations for evaluation of travel-related illnesses.

FR1-220. Comprehensive Collaborative Training at Point of Care: Joint Medical/Mental Health Appointments

Primary Presenter: Alan Lorenz, MD (University of Rochester)

Over the past three years, psychology doctoral interns and a staff physician have conjointly seen a routine panel of patients as they collaborate in the room to care comprehensively for patients on the schedule. This provides firsthand experience for both professionals about the others’ way of interacting, skill set, and approach to the patient. The staff physician, the director of training who supervises the psychology interns, and one of the psychology interns will describe and discuss this experience.
FR1-223. Grand Rounds: Intoxications and Poisonings  
*Primary Presenter: Sara Lee, MD (Case Western Reserve University)*  
College is a time of experimentation, and many college students will choose to take drugs in an attempt to alter their state of consciousness or improve their academic performance. These drugs have unique medical complications, and students can present with symptoms that are difficult to diagnose. This presentation will review the medical complications of three common drug ingestions.

FR1-230. Financial Tools Used to Support Service Line Expansion to Generate Revenue in College Health Services  
*Primary Presenter: LeAnn Gutierrez, PhD, MBA (The University of Texas at Austin)*  
Since 2010, University Health Services at University of Texas at Austin has been consistently utilizing financial tools used in non-college health settings to aid in the decision-making process and in proposals for expansion of health center services. These tools have been used to implement and monitor nutrition, physical therapy, and ultrasound services at our campus health center. This presentation will share the financial tools used and lessons learned from recent service line expansions.

FR1-273. Translating ACHA-National College Health Assessment II Data into Clinical Practice, Outreach, and Collaboration  
*Primary Presenter: Steph Walters, MD, MPH (Macalester College)*  
All arms of college health services (counseling, health education, medical, etc.) have common goals of improved community and individual health, but different lenses in their approach. We will provide ideas for how to be more collaborative in these overlapping efforts, using ACHA-NCHA II data as a common language for all college health professionals. We will illustrate ways that clinicians can use the data to impact best practices, as well as sharing back (with health educators/researchers) 1:1 examples of that they are seeing in clinical setting so that all may be consistent in their efforts toward improved student health, advocate to the wider community for increased resources and collaboration, and set campus goals parallel to Healthy Campus 2020.

FR1-292. Recommendations for Responsible Prescribing of Opioids  
*Primary Presenter: Jessica Higgs, MD (Bradley University)*  
There has been a significant increase in prescriptions for pain medications over the past 15 years. This increase has been paralleled by an increase in opioid addiction and overdose death. The Task Force for ACHA Guidelines for Opioid Prescriptions on College Health will present their recommendations to help curb these trends in the college population.

FR2-107. Resilience and the Student Experience: Building Grit and Perseverance in Our Students  
*Primary Presenter: Keith Anderson, PhD (Rensselaer Polytechnic Institute)*  
Resilience is a characteristic that has the potential to influence our students, not only during their higher education experience, but throughout their lives. This presentation will describe the characteristics of the resilient student and explore the impact of resilience on academic success, athletic performance and work experiences. We will discuss existing programs designed to enhance resilience as well as instruments used to measure resilience.
FR2-155. Medical Grand Rounds: Case Presentation and Discussion

*Primary Presenter: Saara Schwartz, MD (Florida International University)*

Present and discuss unusual cases that can occur in the student health setting. Work through the decision making process to evaluate and manage care while enhancing clinical reasoning skills.

FR2-200. Creating a Comprehensive Culture of Care: Promoting Mental Health through Wellness Coaching

*Primary Presenter: Todd Gibbs, MA (The Ohio State University)*

Student mental health has been identified as one of the most critical issues facing higher education. Because treatment-centered services are overwhelmed with demand, universities may benefit from developing complementary responses. Wellness coaching is a preventative approach grounded in positive psychology that promotes mental health and student success. This session will discuss how coaching equips students with skills to support themselves and others while strengthening the continuum of care across student services.

FR2-262. 2016 ACHA-National College Health Assessment Update: Moving Towards the NCHA III

*Primary Presenter: Mary Hoban, PhD (American College Health Association)*

Data from the ACHA-National College Health Assessment is used to assess needs, develop and evaluate programs, and allocate resources at more than 700 campuses across the country. The purpose of this program is to share results of new items added to the survey, update ACHA-NCHA users about the development of the ACHA-NCHA III, and allow attendees to share strategies around boosting ACHA-NCHA participation, disseminating results to stakeholders, and using the data to advance their missions.

FR2-284. Concussion Management: From Return to Learn to Return to Play

*Primary Presenter: Jessica Higgs, MD (Bradley University)*

Concussion is a diagnosis that can affect any student, not just student-athletes. In addition to returning to physical activity appropriately, it is important to address the cognitive aspect of concussions as well. This presentation will review the clinical signs of concussion and the pertinent parts of the physical exam. In addition, it will address return to learn and return to play guidelines. Finally, it will review medication management and accommodations for those with severe or prolonged symptoms.

FR2-300. Community-Based, Comprehensive and Collaborative Approaches to Suicide Prevention

*Primary Presenter: Melissa Halter, PhD (University of San Diego)*

The University of San Diego and Rowen University have developed successful comprehensive community-based prevention programs to mitigate the risk of suicide. As SAMHSA Garrett Lee Smith Grantees the campuses increased collaboration, enhanced social connectedness opportunities, implemented gate-keeper trainings and other educational interventions to reduce the risk suicide during a time when mental health concerns continue to increase and resources are limited. Program implementation processes, successes, and sustainability efforts will be shared during the session.
FR2-305. Using the Socio-Ecological Framework to Create an Alcohol Awareness Campaign  
*Primary Presenter: Niranjani Radhakrishnan, BSPH (University of North Carolina-Chapel Hill)*  
UNC Student Wellness piloted a campaign called "Alcohol &..." based on the socio-ecological framework. The goal of the campaign was to better promote alcohol-related policies and resources on campus and in the community. In this presentation, we will outline the background of our campaign, highlight some campaign materials, and talk about our evaluation process.

FR2-308. CDC Immunization Update 2016  
*Primary Presenter: Donna Weaver, RN, MN (Centers for Disease Control and Prevention)*  
This presentation will provide participants with an update on CDC’s Advisory Committee on Immunization Practice (ACIP) recommendations across the lifespan and related resources.

FR2-325. Health Promotion Hot Topic: Creating Health Equity on College Campuses  
*Primary Presenter: Myesha Williams, MSW (Prevention Institute)*  
Institutional racism, along with other systemic injustices on college campuses, lead to disproportionately negative health and safety outcomes for students. Health promotion professionals can play a critical role in addressing inequities and overcoming community-level trauma. This session discusses a health equity framework and shares promising strategies for communal healing and increased health promotion can apply to help transform campus communities.

FR2-336. Roles of the University Psychiatrist: How to Get the Most Bang for Your Buck  
*Primary Presenter: Susan Kimmel, MD (Case Western Reserve University)*  
Across the U.S., psychiatrists play multiple roles within Health and Counseling Services. In some, they are only consulted at a distance (they are not part of the full or part time staff). They may work exclusively with one group OR the other—or they may be a bridge between health and counseling. Psychiatrists may play a significant role in consulting about students of risk/concern. No single model of care dominates the field. As demand for psychiatry services increases, we need innovative ideas and collaboration.
FR-304. Why College Health Professionals are Well-Suited to Pioneer Innovative, Integrated, Comprehensive Care

Primary Presenter: Susan McDaniel, PhD (University of Rochester Medical Center)

With healthcare reform, we search for models that put the patient at the center of care and emphasize prevention, early intervention, and treatment that integrates emotional, relational, and physical aspects of human experience. The funding of many college health centers, the values of its professionals, and the flexibility and innovativeness of student trainees and patients make these settings ideal for overcoming traditional barriers to integrated care such as differing theories, working styles, and disciplinary tribalism.

FR3-119. What Do They Really Know? Assessing and Measuring Student Learning Outcomes

Primary Presenter: Kimberly Chestnut, MEd, PhD (Temple University)

Higher education is experiencing growing and consistent pressure to prove the value of a college degree. Measuring and assessing learning outcomes has become a requisite way to do this for all college educators, including college health professionals. This presentation will discuss varied approaches to measuring and assessing student learning outcomes, including examples from student affairs and academic settings. Participants will consider practical applications at their own institutions.

FR3-124. Assessing Food Insecurity Among Students in a State-Wide University System

Primary Presenter: Suzanna Martinez, PhD, MS (University of California Nutrition Policy Institute)

This original research aimed to characterize the prevalence of food insecurity among university students from a large statewide university system in the U.S. Data were obtained in Spring 2015. On each campus, a random sample of students was emailed an invitation to complete an online survey (ACHA-National College Health Assessment or an independent survey) which included items about food insecurity and food access. Summary statistics were calculated to estimate the prevalence of food insecurity and to describe potential correlates.

FR3-209. Creating Guidance for Addressing Sexual Assault: Task Force Year in Review

Primary Presenter: Mary Wyandt-Hiebert, PhD, MCHES, CWHC (University of Arkansas)

A review of activities of the task force will be presented. Particular emphasis on the ACHA Position Statement Addressing Sexual and Relationship Violence on College and University Campuses and a toolkit developed for addressing sexual assault, domestic violence, dating violence, and stalking will be addressed. A question and answer session will follow the presentation.
FR3-236. An Update in the Clinical Care of Women: Beyond Paps, Periods, and Pills  
*Primary Presenter: Vanessa Britto, MD, MSc (Wellesley College)*  
Caring for women and women’s health are not always interchangeable terms. Using a case-based approach, this presentation will examine how several common clinical diagnoses seen in primary care and college health may be seen more commonly in women, may present differently in women, and may need to be managed differently in women compared to men. The audience will learn that caring for women goes beyond considering Pap smears, periods, and the use of contraceptive pills.

FR3-261. Counseling and Health Services Survey Collaborative: A Review of Initial Approach and Findings  
*Primary Presenter: David Reetz, PhD (Rochester Institute of Technology)*  
After eight years of survey data collection focusing on counseling center directors’ assessment of counseling and health collaboration and integration trends, the Association for University and College Counseling Center Directors (AUCCCD) partnered with ACHA to incorporate the health services director point of view. This session will present the initial method and results of the newly developed collaborative survey for counseling and health service directors.

FR3-268. Collaboration and Creativity as a Framework for Delivery of Health and Safety Advice to Students Traveling Abroad  
*Primary Presenter: Kathlene Waller, MD, MPH (Colorado State University)*  
As the number of students choosing to study abroad increases dramatically, we are challenged to use creative methods for delivery of pre-travel health and safety advice. Collaborative efforts on our campus have yielded solutions such as group travel consultations, a podcast for study abroad to low-risk countries, and site-specific podcasts. This presentation will be interactive, with participants encouraged to share creative and collaborative solutions that have worked in their own student health settings.

FR3-278. An HIV and Substance Abuse Prevention Program on an HBCU Campus  
*Primary Presenter: Desi Hacker, PhD (Norfolk State University)*  
HIV continues to be a health issue for minority young adults between the ages of 18-24 years of age. Project C.H.O.I.C.E (Choosing Healthy Options in Challenging Environments) is a SAMHSA supported initiative that provides education, HIV and STI testing, and an evidenced based intervention designed to educate African American young adults on the impact of high risk sexual behaviors and substance abuse. Data on high risk behaviors, risk perception and protective factors will be presented.

FR3-281. Nano-Interventions for Insomnia: Brief Primary Care Introductions to CBT-i for Cascading Benefits  
*Primary Presenter: Dorje Jennette, PsyD (University of California, Santa Cruz)*  
PCPs, nurses, pharmacists, psychiatrists, and psychotherapists interested in providing very brief ("nano") interventions for insomnia can become well-versed at introducing students to smartphone-based interventions, such as the free CBT for insomnia app (CBT-i Coach). Technology can help bridge the insomnia treatment practice gap and promote CBT-i as a first-line treatment by delivering research-driven interventions directly to students. The challenge of engaging students with the interventions can be addressed with efficient specialist follow-up to nano-interventions.
FR3-294. Healthy Campus 2020: The Midcourse Review

Primary Presenter: Allison Smith, MPA (New York University)

This presentation will look at where Healthy Campus 2020 stands at this point in the decade and the direction we are headed. We will review data trends for 2020 objectives and discuss the spread of initiatives and practices that advance Healthy Campus goals on campuses across the nation.

FR3-306. Psychiatry Availability at College Counseling Centers: A National Study and a Discussion of Potential Solutions

Primary Presenter: Rahul Patel, DO, FAPA (The Ohio State University)

There is a national shortage of psychiatrists. Little is known about psychiatry availability on college campuses. Our study examines psychiatry availability at colleges nationally and the practice set-up and variables such as student body size, number of full time equivalent psychiatrists, whether the counseling center was integrated with student health center or not, etc. Having added two full-time psychiatrists in two years, we also discuss possible solutions to meet the shortage.

FR3-310. Prescription Drug Abuse and the Role of "Dirty" Practitioners

Primary Presenter: Steve Smith, BS (Drug Enforcement Administration)

An overview of controlled prescription drug abuse in the U.S. and how the Drug Enforcement Administration’s Tactical Diversion Squads target medical practitioners involved in prescribing opioids without medical necessity and outside the usual course of professional practice.

FR3-326. CDC Immunization Best Practices

Primary Presenter: Donna Weaver, RN, MN (Center for Disease Control and Prevention)

This presentation will provide participants with an update on CDC’s recommendations for best practice standards for the storage, handling, and administration of vaccines and related resources.
FR4-117. Using Social Media to Meet Them Where They Are: Tar Heel Wellness Challenge

Primary Presenter: Niranjani Radhakrishnan, BSPH (University of North Carolina, Chapel Hill)

The Tar Heel Wellness Challenge (THWC) began in 2013 through collaboration among Student Wellness and multiple campus partners. Based on a 2013 survey by UNC-CH Student Wellness, most participants seek health information online and through their peers. THWC is a social media-based initiative that ‘meets students where they’re at’ to encourage them to incorporate wellness into their lives by participating in monthly fun and creative challenges around eight dimensions of wellness.

FR4-118. An Innovative Model to Address Campus Sexual Assault: The CORE Blueprint Program

Primary Presenter: Allison Tombros Korman, MHS (Culture of Respect)

In an effort to address campus sexual assault comprehensively and holistically and to ultimately shift the culture on college campuses, Culture of Respect has launched a research-based Pilot Program on fourteen diverse campuses across the country. This presentation will provide an overview of the CORE Blueprint Pilot Program and explore the experience of and impact to participating Pilot schools.

FR4-130. Skin and Soft Tissue Infections: CDC Guidelines

Primary Presenter: Dorothy Trimmer, FNP-BC, MSN, RN (Arizona State University)

A five-year retrospective study was completed comparing prescribing patterns and CA-MRSA/MSSA rates at a large public university health center. MRSA specific prescriptions increased during the three periods from 38% (pre-education), 54% (after implementation of CDC prescribing guidelines), to 70% (during the reinforcement period) (p≤0.0001). MRSA positive cultures declined however, the relationship between provider prescriptions and cultures was determined not significant. A quality improvement study was performed to further monitor MRSA and MSSA from 8/2006-6/2015.

FR4-139. New Faces on the College Campus: Stress and Nontraditional Student Mothers

Primary Presenter: Denise Demers, PhD (University of Central Arkansas)

More women than ever before are entering college. Women with families are among the fastest growing populations at the university level. When these women attend colleges they often experience stress and coping challenges resulting from the multiple demands put upon them. This session will provide recent original data about the lives of student mothers and will offer an opportunity to engage in a discussion about how to best serve this population.

FR4-193. Piloting a Screening Tool for Disordered Eating with Students Seeking Nutrition Counseling in a College Health Center

Primary Presenter: Maureen Molini, MPH, RDN, CSSD (University of Nevada Reno)

Prevalence of disordered eating is higher in the college population and misidentification of eating disorders exists among college healthcare providers. Registered dietitians in student health centers can facilitate improved identification and assist with disordered eating care for students. Pilot data from an eating disorder screening tool administered prior to nutrition counseling will be discussed, along with exploring the benefits and challenges of better identifying disordered eating on college campuses to help enable more comprehensive care.
FR4-232. A Vitamin Sea of Supplements: Evidenced-Based Recommendations for Vitamin and Supplement Use in College Students

*Primary Presenter: Jenna Heller, MS, RD (Arizona State University)*

With a large variety of supplements readily available at any drugstore or sports nutrition store, students are likely to try supplements and/or ask providers and health educators about supplement use. However, the supplement industry has little oversight, and many popular supplements have limited evidence of their efficacy. Providers and health educators should be aware of popular supplements and any evidence to support or dispute their use in the college population.

FR4-256. The Impact of Stalking on College Campuses

*Primary Presenter: Mark Kurkowski, (St. Louis, Metropolitan Police Department)*

This session seeks to inform participants of the prevalence of stalking among college students, with a special focus on the use of technology in stalking. By introducing the multi-faceted tools used in stalking behavior, participants will be able to better understand how to educate and protect students, as well as direct prevention education. They will also understand the VAWA definition of stalking and their Clery reporting obligations.

FR4-259. Screening and Treating TB Infection

*Primary Presenter: Jennifer Flood, MD, MPH (California Department of Public Health)*

This presentation will describe the frequency of TB infection and disease in young adults and specific strategies for TB risk assessment, testing and treatment.

FR4-260. Sleep Disturbances in Mental Illness and Sleep Practices for Mental Wellness

*Primary Presenter: J. Roxanne Prichard, PhD (University of St. Thomas)*

This presentation will use data from the ACHA-National College Health Assessment II and current neuroscience research to review sleep disturbances in anxiety, depression, and attention deficit/hyperactivity disorder; how sleep deprivation can manifest in cognitive and mood disturbances that imitate these disorders; how medications for these disorders impact sleep, and how consistent, restorative sleep promotes mental wellness.

FR4-312. Travel Medicine: Emerging Threats and Advice for Travelers

*Primary Presenter: Angelle Desirée LaBeaud, MD, MS (Stanford University)*

“Exotic” diseases are now much more common in college health because of traveling students, globalization, and increasing migration. Almost all of the illnesses contracted by travelers are preventable. This presentation will focus on what college health providers need to know about how to advise traveling students and how to manage returning travelers.
**FR4-316. A Legal Perspective on the Interplay of FERPA and HIPAA in University and College Health Centers**

*Primary Presenter: Nancy Tribbensee, JD, PhD (Board of Regents, Arizona Public Universities)*

The presentation will compare key elements of the Family Educational Rights and Privacy Act (FERPA) and the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule as they relate to the use and disclosure of information. The topics to be discussed will include the privacy rights protected, the persons or entities covered, the information or records protected, permitted access to, use of and disclosure of protected records and information.

**FR4-329. HEMHA's Guide on Distance Counseling**

*Primary Presenter: Leigh Anne White, MD (Michigan State University)*

The Higher Education Mental Health Alliance (HEMHA) is an interdisciplinary partnership providing leadership to advance college mental health. HEMHA representatives will present the Post-vention Guide and its distance counseling guide (in process). The decision to treat students who are home for the summer, studying abroad, at satellite campuses, or involved in online learning is complex. This interactive session will describe the purpose of the distance counseling project, preliminary findings and solicit input and feedback for the final draft of the guide.
FR5-114. Developing an Effective Collaboration Model Between University Counseling Center and Student Affairs Case Management

*Primary Presenter: Erica Kelsey, PhD (University of Notre Dame)*

Integration and collaboration between departments on campus is crucial to student care. This presentation will focus on the methods utilized to bridge gaps in services between academics, counseling, parents, health needs, disability services and students. Best practices for new and emerging issues and case studies will be presented. Participants will gain practical knowledge on how to integrate and collaborate services of case management and counseling centers to better serve the mental health needs of students.

FR5-187. Wake Up to Better Sleep: A Campus-Wide Public Health Initiative

*Primary Presenter: Margaret Jasinski, MPH (University of Missouri)*

College students are not attaining sufficient quality sleep, indicated by the ACHA-National College Health Assessment II 2014 data. The Wake Up to Better Sleep public health initiative increased the awareness of the importance of sleep and the amount of resources for sleep information and skills. This multi-pronged initiative included strategic marketing, skills-based education, innovative resources, health coaching and small group Sleep Solutions classes to foster student well-being, academic performance and retention providing students with improved comprehensive care.

FR5-191. Evaluating the Impact of the STD Self-Test by University Students

*Primary Presenter: Robin Oliver, MD (Pennsylvania State University)*

The University Health Service at Pennsylvania State University sought to increase the rate of STD testing for their university population through a Chlamydia/Gonorrhea (CT/GC) self-testing program. Work to date has focused on evaluating students’ acceptability of the self-test and evaluating whether the self-test program has impacted the rate of STI testing on campus. Presenters will discuss the STD self-testing model used in their health care setting, share evaluation data, and discuss lessons learned and next steps.

FR5-219. Utilizing Campus Partners to Decrease Race-Based Barriers and Increase Access to Health Care

*Primary Presenter: Jada Hamilton, MD (Cornell University)*

Inspired by the American Public Health Association’s webinar series, “The Impact of Racism on the Health and Well-Being of the Nation,” this program will review the webinar’s relevance to our best practices. Participants will engage in an informative and interactive dialogue that explores how health care center staff and campus partners can collaborate to identify, address and reduce race based barriers to health care and improve access to high standards of care. Program presenters will lead participants through a facilitated conversation about how race impacts both care as well as students perceived access to care. Finally, participants will be encouraged to develop realistic action plans they may implement within their respective organizations.
FR5-227. Sexual Aggression and Participation in Greek Organizations

Primary Presenter: Jeffrey Kingree, PhD (Clemson University)

This presentation will be based on two original research studies conducted with students at a large university in the southeastern United States. The first study used a cross-sectional design to examine sociodemographic and behavioral variables in relation to sorority membership and sexual aggression victimization among 720 female students. The second study used a prospective design to examine sociodemographic and behavioral variables in relation to fraternity membership and sexual aggression perpetration among 424 male students.

FR5-231. Effectiveness of Acupuncture Therapy on Stress in a Large Urban College Population

Primary Presenter: Stefanie Schroeder, MD (Arizona State University)

We conducted an original prospective single blinded, controlled clinical trial at Arizona State University’s Health Services to test the efficacy of acupuncture in reducing stress and/or the perception of stress, using Cohen’s Global Measure of Perceived Stress. Our findings show that both sham and real acupuncture therapy have negative effects on stress initially, but that real acupuncture provides a statistically significant higher reduction in stress 3 months post treatment when compared to sham acupuncture. We believe that acupuncture therapy should be part of a comprehensive approach to decreasing stress and increasing wellness in college health.

FR5-239. Effective Health Promotion Strategies for Working with the Transgender Student Population

Primary Presenter: Michelle Segall, MPH (Georgia Institute of Technology)

Transgender students face unique health issues and encounter barriers to accessing inclusive and affirming health education services. Health promotion practitioners on college campuses are positioned to help create environments that are welcoming to transgender people in their communities. In this session, participants will learn about approaches for creating transgender inclusive and affirming environments, transgender specific sexual health considerations, and locating transgender health resources.

FR5-249. Implementation and Results of a Multi-Modal Contact Center in a College Health Facility

Primary Presenter: Ronald Anderson, BA (University of Southern California)

When Student Health Services at the University of Southern California moved into its new facility in January 2013, a Contact Center was created to improve customer service for incoming calls and appointment scheduling. Building on initial successes, the Contact Center has expanded its scope to assist with immunization compliance, insurance waivers, and email correspondence. Performance benchmarks are being established that may be helpful for other college health organizations considering this model.
FR5-272. To Send or Not to Send? The Role of Urine Cultures in Uncomplicated UTIs

*Primary Presenter: Patricia Moriarty, MSN, FNP-BC, APRN (University of Connecticut)*

Research confirms a urine culture is NOT indicated for the vast majority of urinary tract infections (UTIs). An uncomplicated UTI does not require a urine culture unless a female patient has experienced a failure of empiric therapy. Urine cultures are indicated for patients with recurrent UTI (1-6 months) or in the presence of comorbidities or other complicating factors. Inconsistencies amongst providers at the University of Connecticut Student Health Services ordering urine cultures was proposed and confirmed during audit processes as part of UCONN’s quality assurance studies.

FR5-287. Today’s Work Today: Implementing Open Access Scheduling in a University Primary Care Clinic

*Primary Presenter: Charis Baz Takaro, BS (University of California-Berkeley)*

Open Access scheduling reduces waste and satisfies the desire to be seen today. It is a powerful tool to increase access in a Medical Home. Implementing this in Student Health requires balancing needs of students who have to plan ahead and want to future book with those who prefer to be seen now. Same day booking and future booking involve tradeoffs for clinic operations as well. Come learn how to plan your Open Access implementation.

FR5-327. Pharmacy Hot Topics

*Primary Presenter: F. Heidi Gierie, PharmD (University of North Carolina-Wilmington)*

The Hot Topics panel discussion offers an opportunity for Pharmacy section members to discuss the challenging clinical and business issues facing pharmacists practicing in college health. Participants should leave with new information and resources for identifying emerging strategies and best practices for managing these issues.


*Primary Presenter: Ryann Miller, RD, CSSD (University of California, Davis)*

Two programs provide food access to college students on campus with a primary focus on those identified as food insecure with collateral inclusion of food and nutrition education. Texas A&M’s food The 12th Can Food Pantry provides students with no cost access to foods. University of California, Davis’ program Fruit & Veggie Up! provides free produce to students and education topics including nutrition density, food safety, and cooking skills.
SA1-120. Tools to Develop a Comprehensive Travel Clinic in a Student Health Center

*Primary Presenter: Anjali Silva, MD, CTH (University of Virginia)*

Travel Health Clinics in a college setting are vital to the coordinated delivery of preventive health care for students planning to travel internationally. They can have a significant impact on the quality and success of our students’ experiences abroad. We hope to provide a range of tools useful in establishing a comprehensive travel health program within a college health setting, and to provide a springboard for further collaboration among professionals from multiple disciplines in college health who work with traveling students.

SA1-134. Creating a More Comprehensive Gender Inclusive Environment

*Primary Presenter: Andrea Prum, DO, FAAFP (Florida State University)*

To create a more trans-inclusive environment at Florida State University, we have created resources for current and future students. We have established a standard-of-care gender transitioning policy for healthcare providers to follow, a gender neutral safer sex booklet, educational programming and Trans Ally trainings. These were created with the collaboration of faculty, staff, students, and community members.

SA1-142. LGB Health -- An Evidence-Based Review

*Primary Presenter: David Reitman, MD, MBA (American University)*

While LGB adolescents and young adults have many of the same health concerns and personal struggles as their non-LGB peers, they sometimes present with concerns specific to this population. This presentation will examine the medical literature as it relates to LGB health issues so that health practitioners can provide this community with the most updated practices. STI screening, mental health concerns and drug use will be included in this discussion.

SA1-156. Mind the Gap: The Disparate Impact of ACA on International Students

*Primary Presenter: Karen Kline, MS, RHIA (The Pennsylvania State University)*

The Affordable Care Act passed six years ago. While most major components of the law have gone into effect, the student health insurance market continues to rapidly evolve. Are you aware of how Obamacare is affecting your student health plan? Do you know how international students are impacted differently by ACA? We’ll share insights from institutions across the nation and provide best practice tips for supporting the health of your student population.

SA1-194. College Pet Program’s Impact on Students’ Stress Levels and Feelings of Connection

*Primary Presenter: Katie O’Connell, MPH, CHES (University of Chicago)*

Assisted Animal Activity programs are becoming a popular method to improve the well-being of students across the nation. In this session, Student affairs professionals at University of Chicago will present their findings from a research study, funded by the NASPA IV-East Research and Assessment Grant Award, conducted to evaluate the impact our pet program had on our students’ stress levels and feelings of connectedness.
SA1-207. Transforming Data into Action: Using Your ACHA-National College Health Assessment II Datasets to Propose, Pass, and Implement Policy

*Primary Presenter: Scott Tims, PhD (Tulane University)*

With the help of ACHA-NCHA II data, Tulane University Campus Health led efforts to propose, pass, and implement new university-wide tobacco and alcohol policies. This presentation will share the experiences and processes involved in identifying health-related issues, acquiring campus-partner buy-in, and creating change through policy. Discussions will highlight the variety of ways to use ACHA-NCHA II data as well as the ways to use this data to foster stakeholder relationships.

SA1-238. Learned Leadership: Developing and Implementing Quality Standards and Values to Improve Quality Service and Employee Satisfaction

*Primary Presenter: Saara Schwartz, MD (Florida International University)*

Learn about different models leaders use to adapt and create change to improve service. We will discuss the importance of creating a purpose and values for your health clinic. Then develop quality standards to help guide employees in what they are expected to do.

SA1-250. Success and Challenges of a Bloodborne Pathogen Exposure Care Program at a Research University

*Primary Presenter: Jennifer Kidd, MD (Case Western Reserve University)*

Exposures to bloodborne pathogens are an unfortunate but common occurrence in students working with patients, the tissues of patients and research materials containing infectious agents. Pre-exposure education, identification of exposures, Post-exposure treatment (if indicated), monitoring of infection status and minimization of future exposure risk are all important factors to be addressed. The CWRU program and case studies will highlight some challenges encountered at our institution and solutions will be presented.

SA1-252. Developing and Implementing a Fully Integrated Health and Counseling Center

*Primary Presenter: Alan Kent, PhD (University of Denver)*

Integrated health care has been promoted in the public and private healthcare sector for nearly twenty years. It has gradually been adopted by student health centers in higher education. This program will describe a highly successful, fully integrated model of student health. We will provide the rationale for such a model, discuss strategies for implementation, as well barriers to success. Finally we will present data to support the effectiveness of this model of care.

SA1-288. Evidence Supporting Exercise-as-Medicine for Young Adults

*Primary Presenter: James Jacobs, MD, PhD (University of Southern California)*

The admonition to “get more exercise” is ubiquitous in medicine, but what are we hoping to accomplish, and how might we best support our patients with specific recommendations? The purpose of this presentation is to review the literature describing exercise and movement as a therapeutic modality, with emphasis on young adults. We will also discuss practical techniques to incorporate exercise-as-medicine in the clinical practice of college health and wellness promotion.
SA2-342. Presidential Session: The Neurobiology of the Hidden Strengths and Weaknesses of Adolescence

Primary Presenter: Frances Jensen, MD, FACP (University of Pennsylvania)

Recent neurobiology from experimental as well as human research has revealed much about the enhanced capacity of the teenage brain, as well as debunking myths about their developmental stage. Stronger synaptic plasticity allows teens and young adults to be more efficient learners than in later life. Research also offers insight into their differential sensitivity to addiction, stress, sleep deprivation and even head injury. Relatively lower frontal lobe connectivity in part explains the propensity of the adolescent to be impulsive and also risk taking.