ACHA 2017
Austin, TX May 30 - June 3
IGNITING INNOVATION

General Session and Workshop Abstracts

American College Health Association
advocacy • education • research
Tuesday, May 30

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

9:00 am – 12:00 pm

TU1-137. Pit Appointments – Student Psychiatric Consultations With Both a Psychiatrist and a Family Doctor: An Innovative, Efficient, Collaborative Care Approach

Presenter(s): Marilyn Thorpe, MD, FRCPC, Helen Monkman, MA, Oona Hayes, MD, and James Felix, MD, CCFP (University of Victoria)

To address long wait times for psychiatric consultation, innovative "pit appointments" were successfully implemented at the University of Victoria in British Columbia, Canada. Pit appointments are characterized by a general practitioner and psychiatrist meeting simultaneously with a student. Implementing pit appointments has increased capacity and decreased wait times. This workshop will describe pit appointments and their benefits, outline factors that facilitate and impede them, define the roles of participants, and provide guidance on how to conduct these appointments.

TU1-166. Sexual Health Hot Topics: Sexual History Taking, Screening, and Treating STIs

Presenter(s): Karen Wendel, MD (Denver Public Health and Denver Prevention Training Center); Cornelis Rietmeijer, MD, PhD, Allison Finkenbinder, MSN, WHNP-BC, and Teri Anderson, MT, ASCP (Denver Prevention Training Center)

This STI pre-conference workshop will highlight the national trends in common STDs, review the updated STD screening and treatment guidelines, and review best practices in sexual history taking. Content includes: national epidemiology for STDs, screening recommendations, sexual history taking, best practices in STD management, PrEP, nPEP, and STD testing, and treatment after sexual assault.

TU1-184. The Basics of Wound Repair: Suturing, I&D, and Beyond

Presenter(s): Tammy Ostroski, DNP, FNP-BC, and Rita Wermers, MSN, ANP-BC (Arizona State University)

Wound closure and abscess management are skills that can easily be performed in most clinics, though require training for safe and effective management. This 3-hour hands-on workshop will introduce clinicians to these skills and cover the basics of anesthetic choices, simple wound closure techniques, simple incision and drainage (I&D), infection management, and the components of a comprehensive procedure note.

TU1-206. Essential and Advanced SBIRT: Improving Our Multi-Disciplinary Intervention Skills in Managing Alcohol and Other Health Risks in College Students

Presenter(s): Paul Grossberg, MD (University of Wisconsin-Madison, retired); Jason Kilmer, PhD (University of Washington); James Schaus, MD (University of Central Florida)

This interdisciplinary workshop features national evidence-based guidelines (including NIAAA’s CollegeAIM) on screening and behavioral motivational interventions, case-focused role-plays, and active engagement of participants in learning creative techniques to help students change risky behaviors. With multidisciplinary examples (including presenters’ research), we’ll practice integrating brief intervention skills into everyday clinical, advising, and student affairs conversations, ‘igniting innovation’ to deal with challenging issues. Participants leave with a toolbox of strategies to respond to student resistance/ambivalence in changing behaviors.
TU1-247. Enacting the Okanagan Charter for Health Promoting Universities: Challenges and Opportunities

*Presenter(s): Melissa Feddersen, BSN, Casey Hamilton, BSc, RD (University of British Columbia, Okanagan Campus); Judy Burgess, RN, MSN, PhD (University of Victoria); Martin Mroz, MSc, CPA, CMA, and Tara Black, MSc, and Alisa Stanton, MPH (Simon Fraser University)*

The Okanagan Charter for Health Promoting Universities provides a call to action for universities and colleges to take their place as a leader in health promotion within a context that provides an excellent opportunity for theory testing of what constitutes best practice in healthy community development. Participants in this workshop will hear about the development process of the charter, as well as early implementation processes and challenges.

TU1-292. Stalking 2.0: Digging Deeper into the Impact of Cyberstalking and Stalking on College Campuses

*Presenter(s): Mark Kurkowski, AS (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. This session will particularly focus on the potential dangers of dating apps, popular social media amongst our students, and specific risk reduction strategies. Participants will be able to better understand how to educate and protect students, as well as direct prevention and risk reduction education. Participants will also understand the Violence Against Women Act (VAWA) definition of stalking and their Clery reporting obligations.

TU1-305. Advocacy Skills Training for College Health Professionals *(also offered in the afternoon)*

*Presenter(s): Stephanie Maddin Smith, JD (American College Health Association); Randy Nuckolls, JD (Dentons)*

ACHA members are leaders and role models within the association and their campus communities. Participants in this pre-conference training will build or enhance advocacy skills in order to effectively influence college health priorities on campus, in the community, as well as with stakeholders at the local, state, and federal policy levels.

TU1-337. College Health and Wellness Leadership Training: ACHA’s New Leadership Institute

*Presenter(s): Jamie Davidson, PhD (University of Nevada-Las Vegas); Alan Glass, MD (Washington University in St. Louis); Jenny Haubenreiser, MA (Oregon State University); Mike Huey, MD (Emory University); Devin Jopp, EdD (American College Health Association)*

ACHA is embarking on the creation of a Leadership Institute with the goal of providing training to rising and existing college health professionals and leaders. This half-day leadership training event marks the first training program of a series and will provide an overview of key issues across the college health and wellness landscape and will also explore the unique value of college health and wellness programs. Additionally, this session will provide college health and wellness professionals with an understanding of management and leadership techniques that can be used to enhance your own leadership skills and drive organizational outcomes. Participants in this program will receive credit towards the completion of a new college health and wellness designation that is expected to launch in 2018.
TU2-105. A Structured Approach to Post-Travel Illness: Fever, Diarrhea, and Dermatological Concerns

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

The number of student travelers continues to increase worldwide. More American students are going abroad and more international students are coming to the U.S. While campus health centers frequently encounter students with travel-related illnesses, the majority are ill-prepared to provide appropriate care. Significant, perhaps even life-threatening illnesses can get missed unless staff screen all patients for travel and have a systematic, evidence-based approach for addressing these concerns.

TU2-141. Musculoskeletal Splinting Workshop

Presenter(s): Christopher Nasin, MD, CAQSM (University of Rhode Island)

Participants will learn to properly select and fabricate splints used for common orthopedic injuries seen in the college health environment. During the workshop, participants will learn to create and apply splints. Participants should leave the workshop feeling comfortable applying splints commonly used in the care of sports injuries seen in college health.

TU2-151. Reorienting Student Affairs to Health Promotion and Prevention

Presenter(s): Stacy Andes, EdD (Villanova University); Jessica Greher Traue, EdM (Bentley University); Kelly Hogan-Stewart, MPH (University of Notre Dame); Delynne Wilcox, PhD, MPH, CHES, CIC (University of Alabama)

Health promotion professionals must effectively articulate their scope of practice, translate theories, and evidence that inform their practice to senior leadership. Too often, tactical decisions are made in lieu of strategic planning, communication, and systems that promote healthy communities. This workshop will enhance professionals’ ability to engage and sustain strategic processes with health promotion staff, colleagues, and senior administrators through application of the Institute of Medicine protractor to the structure/function of student affairs departments.

TU2-168. Using Positive Psychology to Develop a Resilience Training Program

Presenter(s): Keith Anderson, PhD (Rensselaer Polytechnic Institute); Peter Forkner, PhD (Bentley University)

This presentation will focus on the information needed to create a resiliency training (RT) program. We will describe the rationale for developing this type of program, the assessment instruments needed to measure progress, and the history of RT on other campuses. We will also discuss the use of positive psychology concepts in developing these programs.

TU2-289. Preparing for the Inevitable — A Practical Exercise for Infectious Disease Outbreak and Continuity of Your Operations

Presenter(s): Tim Stoecklein, BBA, MS, and Stephanie Hanenberg, MSN, FNP (University of Colorado-Colorado Springs)

This session will present a hands-on learning opportunity in the form of tabletop exercises, with a focus on planning and response as it pertains to an infectious disease outbreak, as well as the need for continuity of operations planning. Key aspects: Planning, internal/external relationships, memorandums of agreement, service contracts, and continuing services following disaster.

Presenter(s): Michael Mackert, PhD, MA, Mackenzie Greenwell, MA, Jessica Hughes Wagner, MPH, MCHES, Elizabeth Glowacki, MA, and Erin Donovan, PhD, MA (The University of Texas at Austin)

From marketing services to promoting behavior change and communicating risk in the event of a public health crisis, college health professionals are often responsible for health communications without professional preparation or formal training to do so effectively. This session will provide an overview of health communication including designing effective messages, best practices in social media, and interpersonal health communication. The session will also offer perspectives on leveraging academic partnerships with communications faculty.

TU2-334. Advocacy Skills Training for College Health Professionals (repeat of morning workshop)

Presenter(s): Stephanie Maddin Smith, JD (American College Health Association); Randy Nuckolls, JD (Dentons)

ACHA members are leaders and role models within the association and their campus communities. Participants in this pre-conference training will build or enhance advocacy skills in order to effectively influence college health priorities on campus, in the community, as well as with stakeholders at the local, state, and federal policy levels.

TU2-335. Beyond ACHA-NCHA Report Documents – Basic Techniques for Evaluating and Analyzing Your Campus Data

Presenter(s): Mary Hoban, PhD, MCHES, and Christine Kukich, MS (American College Health Association); Patricia Ketcham, PhD, CHES (Western Oregon University); Alyssa Lederer, MPH, CHES (University of Indiana School of Public Health-Bloomington)

This workshop will teach novice ACHA-NCHA users basic techniques for getting more from their data. As a result of this hands-on workshop, participants will learn how to determine confidence intervals and whether their institution’s sample represents their campus population, manage SPSS data files, conduct basic SPSS analyses, and compare campus data with the Reference Group. To get the most out of this workshop, participants are encouraged to bring a laptop with SPSS software installed and a copy of their campus data file.
**WE-340. Opening General Session/Keynote Address**

The keynote speaker will be **William McRaven**, chancellor of the University of Texas system and a retired U.S. Navy four-star admiral. *(program details pending)*

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**WE1-104. Providing a Conceptual Framework for the Development, Implementation, and Evaluation of an Academic-Based Peer Health Education Program**

*Presenter(s): Kari Pratt, PhD (Oklahoma State University)*

This presentation will provide a conceptual framework for the development, implementation, and evaluation of a peer health education program. Two successful peer health education programs will be highlighted. It will also include information on assessment, student learning outcomes, and evaluation.

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**WE1-118. Concussion in Sport**

*Presenter(s): Christina Paul, MD, CAQSM (University of Pennsylvania)*

This 1-hour talk about sport-related concussion is intended for health care providers who are involved in the care of varsity and/or recreational athletes, and will cover concussion evaluation, management, return to academics, and return to physical activity. This talk will provide guidelines for the evaluation, diagnosis, and management of concussion, including the latest developments. The University of Pennsylvania’s concussion program will be used as a model for managing student-athletes in an academic setting.

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**WE1-147. Sleep Disturbances Across Sexual Orientations and Gender Identities in College Students: Implications for Mental Health and Academic Success**

*Presenter(s): J. Roxanne Prichard, PhD (University of St. Thomas); Amanda Goddin, BS (Bristol Place Corporation)*

This presentation will include original research on sleep disturbances in LGBTQ students, and will discuss comorbidities, including depression, anxiety, and substance abuse, that explain some of the increases in sleep disturbances observed in this population. We will discuss risk factors for insufficient and non-restorative sleep, including relationship status, abuse, discrimination, and substance use. The presentation will conclude with a discussion on techniques for fostering LGBTQ-inclusive health promotion strategies.

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**WE1-163. A Proactive Approach to Students with Chronic Health Conditions Using a Continuity of Care Nurse**

*Presenter(s): Catherine Crawford-Swent, RN, MPA (Stanford University)*

This session will describe an innovative program to assist students to proactively manage their chronic health conditions. The program includes identification of incoming students with chronic/complex health care conditions, uses multiple strategies to assist students to plan ongoing care prior to arriving on campus, and provides resources for disease management. Evaluation of the program will include analysis of the use of services and health outcomes.
Wednesday, May 31

1:45 pm – 2:45 pm (cont)

WE1-183. Friend2Friend: Developing Student Skills to Responding and Referring Friends in Distress

*Presenter(s): Alicia Czachowski, MPH, EdD, CHES (Columbia University)*

There is a focus on preventing crises from occurring on college campuses. However, could professionals train students to recognize signs that a friend is experiencing distress? Could a student prevent a situation from escalating to the crisis level? Friend2Friend, a pilot program at Columbia University, was developed to meet this need. The session will describe the need, the application of primary and secondary prevention to mental health, and how similar approaches may be developed on other college campuses.

WE1-211. Shared Care: Integrating Psychiatrists With Primary Care Clinicians to Increase Student Access

*Presenter(s): Andrea Levinson, MD, MSc, FRCPC, and David Lowe, MD, CCFP (SEM) (University of Toronto)*

Problem addressed: family physicians lack access to mental health care on campus. Objective: to develop a coordinated, shared care model of service delivery where family physicians have greater access to consultation and collaboration in care delivery. Program Description: Interdisciplinary care is delivered in the family practice setting. Service utilization, efficacy of the model and satisfaction from students and care providers is evaluated. Conclusion: Shared care is evaluated on efficacy, efficiency, student and care provider satisfaction.

WE1-222. Patient Safety: Fall Risk Screening – Prevention of Falls

*Presenter(s): Kerry Aguillon, RN, BSN (The University of Texas at Austin)*

Fall risk screening and the prevention of falls is a standard health care safety topic for patients 65 years and older. Is there a risk for the student population using university student health center? The University of Texas at Austin believes so and has identified the target population as those who experience dizziness and fainting (syncope) during injections, phlebotomy, and local surgical procedures. This presentation reviews the components of a risk management initiative focused on patient safety: fall risk screening and prevention of falls.

WE1-236. The Whole Student: Innovations in Student Health Center Design

*Presenter(s): Deborah Beck, EdD, MPA (University of South Carolina)*

The University of South Carolina embarked on a process to seek approval, design, plan, and program a new student health care facility utilizing evidenced-based architectural designs that inspire an integrated structure for delivering a wide-spectrum of high-quality, patient-centered services. USC consolidated wellness, prevention, advocacy, and the comprehensive patient care functions in one centrally located building complex, advancing the student health center into an approachable destination that improves student life and academic performance and lifelong wellness.

WE1-315. Self-Care and Over-the-Counter Products – The Landscape in 2017

*Presenter(s): Renee Acosta, MS Pharmacy (The University of Texas at Austin College of Pharmacy)*

Self-care has become a major focus of today’s health care environment. With that, the use of over-the-counter (OTC) medications has increased. Many OTC consumers do not realize that the OTC market can change in the blink of an eye. This program will focus on self-care and the OTC market of 2017. What’s new? What do you need to know to navigate the OTC market for yourself and others?
WE1-325. Minding the Gut: The Relationship Between the Brain, the Intestinal Tract, and Overall Health

Presenter(s): Lynn Gill, MS, RD, LDN (Southern Illinois University); Dawn Null, PhD, MS, RD, LDN (Southern Illinois University)

The GI tract has often been referred to as the “second brain,” partially due to the influence gut bacteria exerts on brain function, resulting in physical and mental changes. This is of particular relevance to the academic system since ACHA-NCHA data show the major impediments to academic success are related to both mental and physical health issues. The challenges associated with the mind-gut connection have the potential to impact college professionals at all levels of the health care system and beyond.

WE1-326. College Health as Public Health: Beyond the Flu Shot

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

Health care for young adults is changing rapidly following the full implementation of the Affordable Care Act. Higher education is facing unprecedented new challenges to articulate its value and relevance in a rapidly changing environment while addressing the critical issues such as racism and campus climate, sexual violence, and growing mental health needs of students. Through a holistic public health model, college health is uniquely situated to advance the health of young adults and support the mission of the institution.
**Wednesday, May 31**

**WE2-103. Fertility Preservation for Delaying Pregnancy**

*Presenter(s): Deborah Mathis, BSN, MSN, CRNP (University of Pennsylvania)*

The age which women are planning to conceive is getting older. Many college women are delaying starting a family until they have finished a graduate degree and/or are established in their careers. This can take them into their 30s or beyond. Students are asking about preserving fertility by egg or embryo freezing. How do we counsel them?

**WE2-108. Healthy Campus Initiative: One Campus’ Journey Toward Health and Wellness Campus Culture Change**

*Presenter(s): Julie Weissbuch Allina, MSW, and Dana Tasson, MD (Portland State University)*

This session will describe the process in which Portland State University started and continues its Healthy Campus Initiative. During this session participants will:

- be exposed to a steering committee/task force structure
- understand the value of the socioecological framework and social movement theory
- learn how to move health and wellness priorities by encouraging culture change
- learn how to effectively use data to move health priorities.

**WE2-126. Decision Making Tools: Personalized Quizzes for Sexual and Reproductive Health**

*Presenter(s): Deborah Levine, MAT, MSW (Planned Parenthood Federation of America)*

Planned Parenthood Federation of America will present seven new interactive digital quizzes to help people make healthier decisions around sexual and reproductive health, including choosing a birth control method, getting tested for STDs, emergency contraception, and what to do if you missed your pill, patch, or ring.

**WE2-143. Harnessing the Power of Social Marketing to Increase Behavior Change Among College Students**

*Presenter(s): Rita DeBate, MPH, PhD, FAED, FAAHB (University of South Florida)*

Through the application of commercial marketing strategies, social marketing, is an invaluable program planning framework for promoting behavior change among college students. This session will cover social marketing planning stages with specific emphasis on content, skills, and outcomes at each stage of the social marketing process. Special attention will be placed on identification of population segmentation and the four “Ps” of the marketing mix.

**WE2-185. Enteroviral Meningitis Outbreak: A Case Study of a Coordinated Response in Support of the College Health Center**

*Presenter(s): Sharon McMullen, RN, MPH, Matthew Leiszler, MD, and Phillip Johnson, MBA (University of Notre Dame)*

Over the July 4th weekend of 2016, our campus experienced an outbreak of enteroviral meningitis, which was unusual in the severity of illness it produced. In addition to reviewing the pathophysiology, presenters will describe the outbreak, which affected student-athletes, and mitigation efforts. We will discuss health center collaboration with campus and public health partners amid sometimes competing interests. This session will demonstrate a National Incident Management System (NIMS) approach to a communicable disease outbreak on campus.
WE2-198. Assessing Tobacco-Free Campuses in the United States
Presenter(s): Lisa Augustine, PhD (Lorain County Community College); Tavis Glassman, PhD, MPH, MSED, MCHES (The University of Toledo)

Results from a national study which assessed the policies, procedures, and practices of 100% tobacco-free campuses and the extent to which they adhere to the American College Health Association, (ACHA) guidelines to promote tobacco-free environments will be discussed. Rogers’ Diffusion of Innovations (DOI) theory was used as the theoretical framework to assess diffusion and enforcement of tobacco-free policies. The results may help administrators consider how best to develop, implement, maintain, and enforce successful policy change.

WE2-223. Defining Patient Complexity for the Collegiate Health Population: A View from UT’s Integrated Behavioral Health Program
Presenter(s): Karl Chiang, PhD, and Carolyn Tucker, BSN, MSSW, LCSW (The University of Texas at Austin)

With increasing student health clinic needs and limited resources, patient complexity addresses situations when usual care fails to adequately address patients’ presenting conditions. Operationalizing community primary care screening measures and complexity tools fails to adequately capture and address the unique needs in student health. In this presentation, we will discuss patient complexity from the University of Texas at Austin’s integrated behavioral health program perspective and potential ramifications for patient care and behavioral health training.

WE2-244. Designing, Defining, and Measuring: How to Create a Culture of Success
Presenter(s): 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 have completed various projects, from small to big, that have challenged and pushed our creativity. 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, how to define and measure success.

WE2-265. Campus Concussion Protocol Implementation: Strategies for University Health and Recreation Department Collaboration
Presenter(s): Christopher Barlow, MHA, and Jason Linsenmeyer, PhD, MS (Oklahoma State University)

Walk on to any college campus and pay a visit to the campus recreation center and you’d be hard pressed to not stumble upon an active intramural or club sports program. These athletes play for the pure love of competition and are often of at risk for concussion-related symptoms from the intensity of play. Sadly, many of these injuries go untreated and undiagnosed due to lack of structure and follow up. Concussion-related symptoms can lead to missed class as well as the chance of severe complications. This presentation provides the framework on how to build a collaborative effort between a university health center and a department of recreational wellness to address concussion protocol.
**WE2-306. Pharmacy Reimbursement in the Age of PBM: Credentialing, Enrollment, and Implementation at a University Health Center**

*Presenter(s): Gregg Wendland, RPh, PhC (University of Oregon)*

The modern landscape of pharmacy reimbursement can be very challenging, especially in a large university setting where the pharmacy is a unique department but still part of an enormous administrative structure. The goal of this presentation is to navigate some of the ‘alphabet soup’ of pharmacy reimbursement and to describe the strategy, process, and lessons learned during online billing implementation at the University of Oregon.

**WE2-313. From Dorms to Dog Houses? Navigating the Path of Service and Assistance Animals**

*Presenter(s): Susan Kimmel, MD (Case Western Reserve University)*

Requests for the accommodations for service and assistance animals is on the rise. However, the criteria for when this accommodation is appropriate is unclear. This presentation will review the Americans with Disabilities Act and Fair Housing Act that applies to these requests. In addition, the recent court cases related to requests for service animals will be reviewed. Discussion regarding the role of both service and assistance animals is encouraged.
WE3-109. We Are Where You Are: Health and Wellness as an Innovative Living Learning Community

Presenter(s): Alicia Baker, MA, MPH, CHES, and Mary Jordan, MA (University of Florida)

This session focuses on the innovative application of health promotion as a Living Learning Community (LLC) core concept. LLC’s are campus residential communities immersing students in a specific theme. Participants will define an LLC, describe differences in theory and practice between health promotion and residence life, discuss strategies that have been applied within GatorWell’s LLC, and identify innovative and realistic methods for creating a health and wellness LLC at their institution.

WE3-114. Integrating Peer Review and Quality Improvement to Enhance the Health of Our Students

Presenter(s): Ronald Bradshaw, MD, CPA, and Sharon Stern, MD (Baylor University)

Maintaining a productive peer review process can be challenging in the college health environment. A lack of well-defined clinical performance indicators for college health contributes to this challenge. Peer review is often perceived by clinicians as a punitive process with limited benefit in improving outcomes. This presentation demonstrates a model for integrating peer review and quality improvement that emphasizes an evidence-based and educational approach to peer review that is well received by clinicians.

WE3-134. Sports Dermatology In the College Setting

Presenter(s): Christopher Nasin, MD, CAQSM (University of Rhode Island)

A potpourri of common dermatologic conditions found in college athletes will be presented along with evidenced-based treatment approaches. Return to play and competition decision-making, prevention of recurrences and spread where applicable, and NCAA guidelines will be discussed. All of the dermatologic conditions discussed will be applicable to routine college health care in all students, not just NCAA athletes.

WE3-159. Welcoming All Students: How to Incorporate Inclusive Language into Trainings, Policies, and Procedures

Presenter(s): Emily Matson, MPH, MCHES, Sarah Sevcik, MPH, MEd, and Laurie Lucachick, MPH (University of Minnesota)

Language around identity is constantly evolving. Participants will hear about the Rothenberger Institute’s activities, successes, and lessons learned in implementing inclusive language in their trainings, policies, and procedures. Participants will have an opportunity to develop an action plan to increase use of inclusive language in their own work in college health.
**WE3-191. Evidence-Based Mindfulness for Boosting Well-Being**

*Presenter(s): Viviane Ephraimson-Abt, MSEd, MEd, LPCC (Colorado State University); Tracy George, MPH, CHES (Yale University)*

Interested in finding an evidence-based mindfulness workshop curriculum for emerging adults (ages 18-29) that can be easily adapted for your campus? Session participants will learn how Duke University’s innovative Koru Mindfulness curriculum was implemented with success at Yale and Colorado State University, and will directly experience aspects of the curriculum through skills practice. A 2014 randomized controlled trial of Koru Mindfulness showed the program to boost students’ wellbeing, improve sleep, increase self-compassion, and reduce stress.

**WE3-197. Promoting Prevention: Initiatives to Address Student Alcohol Use from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)**

*Presenter(s): Marion Cornelius Pierce (U.S. Substance Abuse and Mental Health Services Administration); Jenny Haubenreiser, MA (Oregon State University)*

Negative effects of student alcohol use—noise, property damage, costs of law enforcement, and medical care—undermine health and wellbeing on and off campus. SAMHSA sponsors multiple initiatives to educate campuses and communities about harmful drinking and to promote proven prevention strategies. Attendees will learn how to access and adapt SAMHSA resources—research summaries, web materials, videos, and town hall meeting support—in campus health promotion plans, policies, practices, and partnerships.

**WE3-199. Immunization Innovation: Transforming Compliance for Matriculating Students**

*Presenter(s): Brian Halstater, MD, and Kevin Welch, MS (Duke University)*

Ensuring incoming students are compliant with state, institutional and program immunization requirements, while a very labor intensive and time consuming process, is a core function of student Health Services. In this general session, the presenters will review how the immunization compliance process was restructured to ensure that all incoming students met immunization requirements with improved efficiency using a multi-pronged approach.

**WE3-221. Developing Your Student Health Advisory Committee: A Resource for College Health Centers**

*Presenter(s): Tristan Ford, BS (University of Rochester)*

Student health advisory committees (SHACs) provide college health centers with feedback directly from students. They communicate student concerns to health center staff, offer advice for improving health promotion programs, and participate in interviewing new staff. This presentation reviews the different management structures of SHACs at different college campuses, examples of how they’re frequently used as a resource, and how institutions can start or grown their own SHACs.

**WE3-286. Best Practices to Optimize Student Care Within Your Budget**

*Presenter(s): Scott Woodside, MSN, MBA, RN (Rowan University)*

Aimed for smaller to mid-size universities, this presentation will review best practices and engage participants to explore local resources that will support your mission while keeping costs down. Ideal for centers with growing enrollment and stagnant budgets.
WE3-302. Zika Virus and the College Health Response

Presenter(s): Timothy Moody, MD (California State Polytechnic University-Pomona); Michael Deichen, MD, MPH (University of Central Florida); Philip Huang, MD, MPH (Austin/Travis County Health and Human Services Department); Howard Anapol, MD (University of Miami)

Zika virus, a newly emerging pathogen in the Americas linked to birth defects and neurologic sequelae, began to circulate in local mosquito populations near Miami, Florida, in the summer of 2016. This panel will review the current knowledge regarding Zika virus, including epidemiology, spectrum of human disease, and similarity to other circulating mosquito borne viral diseases, such as dengue, West Nile Virus, and chikungunya. Panel members will discuss their respective institutional responses to both domestic and imported Zika virus, as well as the activities undertaken by local public health agencies to prepare for possible outbreaks.

WE3-317. How to Develop a Mandatory Insurance Program

Presenter(s): David Rousmaniere, MBA (University of North Carolina-Charlotte)

This session will discuss campus mandatory insurance requirements and the program needed to make one successful. This includes determining the need for a program, how to create the RFP, resources needed for the program, how to publicize the requirement and encourage students to enroll or waive. Unlike voluntary insurance programs which affect only those students who purchase insurance, mandatory programs affect all students due to the waiver. It is a challenging task.
Thursday, June 1

8:00 am – 9:30 am

TH1-122. Generational Differences: Communicating with College Students as a Health Care Provider

Presenter(s): Pamela Golub, BSN, APRN, WHNP-BC (Texas A&M University)

Program will provide information and techniques to improve communication between the provider and the student in a nonjudgmental atmosphere. Student health will have an improved outcome, as the student will be able to feel safe, non-judged, and adequately cared for. The provider will be able to listen and use communication skills to determine and care for the needs of the young adult student.

TH1-124. A Multidisciplinary Approach to the Treatment of Eating Disorders and Body Image Concerns With Unique and Culturally Diverse College Populations

Presenter(s): Sara Asberry, MS, MBA, RD, and Jenna Temkin, PsyD (University of Texas at Dallas)

In order to facilitate a more comprehensive approach to the treatment of eating disorders on college campuses, a multidisciplinary approach is imperative. This presentation provides guidance on taking a collaborative approach from the perspective of a mental health practitioner and a registered dietitian. Particular emphasis is placed upon understanding the ways in which eating disorders and body image concerns present across cultures and unique populations; treatment recommendations around these populations will also be addressed.

TH1-140. A Slice of Sunbelt

Presenter(s): Lynn Tabor, BBA, MBA, FACHE (University of Georgia); Michael Deichen, MD, MPH (University of Central Florida); Katrin Wesner, PhD (University of North Carolina-Wilmington); Cecil Price, MD, and Darren Aaron, MSHA (Wake Forest University)

Join the Southern College Health Association (SCHA) Board of Directors for a “Slice of Sunbelt” a two-part session to experience a very special format for sharing college health service issues, concerns, and solutions with other knowledgeable, experienced, and talented colleagues across ACHA. Participants will learn about the Sunbelt model and how to replicate it and get to participate in an actual Sunbelt style session.

TH1-144. Recent Topics on Campus Mental Health Services in Japan and the U.S.

Presenter(s): Katsuhiro Yasumi, PhD, MD, and Toshiyuki Marutani, PhD, MD (Tokyo Institute of Technology); Mayumi Yamamoto, PhD, MD, and Akihiro Nishio, PhD, MD (Gifu University); Yasuko Fuse-Nagase, PhD, MD (Ibaraki University); Eiichiro Iwai, MA (Ritsumeikan University); Craig Rooney, PhD (University of Missouri); Bryant Ford, PhD (Dartmouth College)

Addressing mental health problems on campus has become increasingly significant also in Japan. Presentations from Japanese universities will share practices, such as group therapy for pre-social withdrawal and support for students with developmental disabilities, and research of the Japanese National University Council of Health Administration Facilities. Through a discussion between Japanese and U.S. professionals, mental health support services on campus are expected to improve their quality.
Thursday, June 1

8:00 am – 9:30 am (cont)

**TH1-156. Unveiling the National Faculty and Staff Health Assessment (NFSHA) Pilot Results**

*Presenter(s): Nikki Brauer, MS, CWPM, COEE (Illinois State University); Faith Denardo, PhD, CHES, and Karyn Smith, MPH, (Bowling Green State University); Lori Dewald, EdD, ATC, MCHES, F-AAHE (Walden University); Holly Levin, MPH, CHES (Boise State University)*

The first pilot of ACHA’s National Faculty and Staff Health Assessment results were collected in fall 2016. This tool is modeled after the ACHA-NCHA and is the equivalent for surveying the behavioral health of faculty, staff, and graduate students. The tool will mark the first benchmarked survey of its kind. Topic areas: general wellness, work performance, work culture, safety/violence, physical activity, weight/nutrition, alcohol/substance use, demographic/employment status. Results, instrument feedback, and next steps will be presented.

**TH1-177. Collaborating for A Healthy Campus: Lessons Learned from Athletics Partnerships**

*Presenter(s): Mary Wilfert, MED, and Jessica Gonzalez, MPH, BSN (National Collegiate Athletic Association)*

College professionals addressing health and safety issues are challenged with staffing issues, varying organizational cultures, resistance to change, attitudes, and limited resources. Interdisciplinary approaches can help achieve more successful results when addressing culturally diverse student groups. Results from various NCAA projects will inform participants of successful, innovative, grounded, and collaborative approaches. Tips from seasoned and new professionals, from individual, team, and environmental perspectives about engaging campus counterparts, will inspire and enhance skills of participants.

**TH1-200. Antibiotic Resistance and Overuse: Strategies for College Health**

*Presenter(s): Courtney Holzheimer, RN, MSN, and Sara Lee, MD (Case Western Reserve University)*

Antibiotic resistance is a significant health concern. One contributing factor to antibiotic resistance is over-prescription of antibiotics for common self-limiting, often viral illnesses. This presentation will provide a historic summary of and an overview of the microbiology of antibiotic resistance, and will review the management of common college health scenarios where overprescribing may occur.

**TH1-208. Clinical Pearls: Case-Focused Skills in Brief Motivational Interventions for Behavior Change in Alcohol and Other Health Risks**

*Presenter(s): Paul Grossberg, MD (University of Wisconsin-Madison, retired)*

Initial Motivational Interviewing workshops provide concept familiarity but not sustained skills; clinicians often feel they “already learned it,” yet lack effective techniques to help patients actually change behaviors. This case-focused-workshop (including presenter’s research) provides creative, guided practice utilizing participants’ most challenging clinical conversations, ‘igniting innovation’ to help patients modify behaviors. Respecting clinical time pressures/challenges, participants leave with a ‘practical strategies toolbox’ of essential/advanced techniques to more effectively engage students in planning their own behavior change.
TH1-259. Synergy Between Campus AOD Prevention, Health Promotion, Wellness and Collegiate Recovery Programs

Presenter(s): Beth DeRicco, PhD (Drexel University); Delynne Wilcox, PhD, CHES, CIC (University of Alabama); Stacy Andes, EdD (Villanova University); Karen Moses, EdD, MS, CHES, RD (Arizona State University); Tom Hall (University of Central Florida)

This session will provide an opportunity to hear from a panel of veteran campus professionals involved in AOD prevention and health promotion at the director level. Each is also on a campus with a developing collegiate recovery program. Panelists will provide an overview of current programmatic efforts on their campus, including: the theoretical model, areas of health promotion addressed, linkages with AOD prevention, and strategies to create synergies between collegiate recovery and other programs.

TH1-287. Surviving an Active Shooter: Prevention, Preparation, Response, and Recovery

Presenter(s): Tim Stoecklein, BBA, MS, and Stephanie Hanenberg, MSN, FNP (University of Colorado-Colorado Springs)

Active shooter, or violent encounter situations, seem to be a daily headline these days. Learn strategies for preventing, preparing for, responding to, and recovering from such an incident on your campus. We will discuss lessons learned, best practices, and real-world application of strategies which can lessen the impacts of the unthinkable.

TH1-336. Health Promotion Hot Topics: Advocating for Health Promotion – Perspectives From Campus Decision-Makers Who Have a Health Promotion Background

Presenter(s): Alyssa Lederer, PhD, MPH, CHES (Tulane University School of Public Health and Tropical Medicine); Scott Tims, PhD (Tulane University); Jenny Haubenreiser, MA, FACHA (Oregon State University); Kimberly Chestnut, PhD (West Chester University); Michael McNeil, EdD, MS, CHES (Columbia University)

The Health Promotion (HP) Section needs assessment repeatedly identifies advocating for HP as a top concern. This session will showcase a panel of former HP professionals, now working in college health positions that make them primary stakeholders in campus decision-making. Through this combination of understanding the work of HP and the increased leadership and wisdom of years in the field, the panel will address advocacy from their unique and valuable perspectives.
TH2-100. RO-DBT: Treating Over-Thinking and the Plight of Perfectionism in College Students

Presenter(s): Lindsay Mason, MSEd, LPC, ACS, and Amy Hoch, PsyD (Rowan University)

As society continues to praise perfectionism and extreme self-control, individuals are impacted by a desire for flawlessness. Radically-Open Dialectical Behavior Therapy (RO-DBT) treats individuals suffering from emotional over-control who tend to avoid risks and lack interpersonal connections. They often live with diagnoses resistant to tradition therapy such as chronic depression, anorexia nervosa, and OCD. RO-DBT encourages flexibility and teaches skills to reduce rigidity and improve social functioning.

TH2-153. Reexamining What We Know About African American College Student Alcohol Use and Perceptions

Presenter(s): Alicia Battle, PhD, MCHES (Governors State University)

The lack of African American voices among student populations responding to national alcohol studies designed for and targeted to college students is problematic because their findings suggest that there are differences along racial lines regarding alcohol use. This program will highlight research that examined alcohol use, perceptions and attitudes held by African American college students. The session will encourage interactive discussion about reframing the conversation about African American college students’ use patterns by dispelling myths.

TH2-169. Promoting Well-Being Through Physical Spaces

Presenter(s): Kelly Hogan Stewart, MPH (The University of Notre Dame); Tom Szigethy, MA (Duke University)

Well aligned with the theme “Igniting Innovation,” this riveting presentation will discuss unique and trending philosophies, research, and application related to environmental psychology. The discussion will cover a range of concepts underlying the complex interaction between people and the physical environment on health and sustainability. Two health promotion departments will highlight how public health principles are being applied and evaluated while creating unique physical spaces for students to thrive and be authentic.

TH2-174. Achieving AAAHC Accreditation – A Focus on Quality Improvement, Peer Review, and Benchmarking

Presenter(s): Joy Himmel, PsyD, PMHCNS-BC, RN, NCC, LPC (Ross University School of Medicine); Ray Grundman, BSN, MPA (University of Wisconsin–Milwaukee)

Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will focus specifically on some of the areas that can pose difficulties or challenges for organizations as they either prepare for accreditation or re-accreditation. The program will be experiential with numerous examples, worksheets, and opportunities for discussion. It will present practical information on how to be successful in your quality improvement, and peer review program in the college health clinic and in merged centers (counseling and health clinic). Strategies focused on quality and process improvement, essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement studies, peer review options and bench-marking examples.
Thursday, June 1

10:00 am – 11:30 am (cont)

TH2-186. Tinea Infections in Young Adults
_Presenter(s): James Jacobs, MD, PhD (Stanford University)_
Tinea represents a group of dermatophyte and, in the case of tinea versicolor, nondermatophyte skin infections and is the most prevalent among the three major classes of superficial skin, hair, and nail infections. The purpose of this presentation is to review diagnosis, differential diagnosis, complications, prevention, and treatment of common and uncommon tinea infections in young adults. Evolving pharmacological treatment options will be emphasized.

TH2-205. Stalking 2.0: Digging Deeper Into the World of Cyberstalking
_Presenter(s): Mark Kurkowski, AS (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. This session will particularly focus on the potential dangers of dating apps, popular social media amongst our students, and specific risk reduction strategies. Participants will be able to better understand how to educate and protect students, as well as direct prevention and risk reduction education. Participants will also understand the Violence Against Women Act (VAWA) definition of stalking and their Clery reporting obligations.

TH2-300. College Health Policy Advocacy
_Presenter(s): Jamie Davidson, PhD, FACHA (University of Nevada, Las Vegas); Randy Nuckolls, JD (Dentons); Stephanie Maddin Smith, JD (American College Health Association); Katie Vandenabeele, MBA (Harvard University); Mary Wyandt-Heibert, PhD, MCHES, CWHC (University of Arkansas-Fayetteville)_
Session attendees will learn about recent federal regulatory and legislative developments impacting the field of college health. Session will serve as a review of recent ACHA advocacy efforts and an opportunity to share details about upcoming advocacy opportunities. ACHA leadership, national office staff, and the association’s Washington counsel will serve on the panel.

TH2-301. A Preview of the ACHA-NCHA III
_Presenter(s): Pat Ketcham, PhD, CHES (Western Oregon University); Mary Hoban, PhD, MCHES (American College Health Association)_
Data from the ACHA-NCHA 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 unveil the newly revised ACHA-NCHA III with attendees.

TH2-311. Anaphylaxis in the Community
_Presenter(s): S. Shahzad Mustafa, MD, FAAAAI (Rochester Regional Health System)_
The 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 the 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-injections.
TH2-318. A Slice of Sunbelt Part II
Presenter(s): Lynn Tabor, BBA, MBA, FACHE (University of Georgia); Michael Deichen, MD, MPH (University of Central Florida); Katrin Wesner, PhD (University of North Carolina-Wilmington); Cecil Price, MD, and Darren Aaron, MSHA (Wake Forest University)

Join the Southern College Health Association (SCHA) Board of Directors for a “Slice of Sunbelt” a two-part session to experience a very special format for sharing college health service issues, concerns, and solutions with other knowledgeable, experienced, and talented colleagues across ACHA. Participants will learn about the Sunbelt model and how to replicate it and get to participate in an actual Sunbelt style session.

TH2-331. Reframing the Dialogue: Racism and Police Violence as Public Health Issues
Presenter(s): Rupa Marya, MD (University of California at San Francisco)

Our role as health advocates for vulnerable students is to provide healing and safeguarding. Structural racism codified within the United States shows young men of color are 3.4 times more likely to be killed unarmed by police than their white counterparts. Systematic criminalization, results in one in three young black men serving prison time. On multiple occasions college students have been victims of or impacted by police violence. Mental health anxiety has been realized and this perception of an unsafe environment has impacted the experience of students. This session explains police violence as public health issue that warrants attention by college health professionals.
TH3-106. An Update on Allergy Immunotherapy: Various Types, Indication, Effectiveness, and Safety

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

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

TH3-165. Shaping Technology for Student Well-Being

Presenter(s): Janelle Patrias, MSW (Colorado State University); Kathryn Redd, MSW, MPH (The University of Texas at Austin)

Learn about the innovative digital tools two schools are using to engage their students to promote positive mental health, enhance well-being and encourage help seeking behaviors. Explore the different paths that led each school to the front lines of these cutting edge new digital strategies. Although both platforms are new, analytics and early evaluations demonstrate that these tools are well received by students and show strong promise in influencing health behaviors.

TH3-281. A Scalable, Customizable Bystander Intervention Program: Beavers Give a Dam

Presenter(s): Michelle Bangen, MPH, CHES (Oregon State University)

While most institutions are implementing some form of bystander intervention training for students, there is little published evidence of effectiveness. Readily available model programs are often costly and rarely customized to meet campus and sub-populations’ unique needs. Explore the process of creating customized curricula, develop a plan for scaling your bystander strategy to have broad campus reach and multiple touch-points over a students’ time at the institution, and consider how best to measure program impacts.

TH3-290. What Makes a Good College Health Center: The Students Perspective

Presenter(s): Jazmin Felix, BA, CNA, HUC (Florida International University); Chauncey LaBoo, BS (Texas A&M University); Tristan Ford, BS (University of Rochester); Sarah Song, BSA (The University of Texas at Austin)

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 what truly makes a good health center from their perspective.

TH3-295. Improving Access to Quality Services to Prevent Sexually Transmitted Infections: RN-Run STI Screening Clinic

Presenter(s): Dian Peavey, RN, BSN (The University of Texas at Austin)

15 to 24 year olds account for half of all new sexually transmitted infections. The magnitude of the problem of STIs, and the strong association with HIV transmission, highlight the need to explore new and innovative approaches to prevent and control their spread. This session will discuss some of the challenges and successes of a new program to increase access to quality STI services at a student health center.
TH3-304. Student Health Insurance in Lieu of Medicaid – A Policy Initiative to Improve Access to Care for Low-Income Students

Presenter(s): Valerie Lyon, MHA, and Jada Hamilton, MD (Cornell University); Katie Vandenabeele, MBA (Harvard University)

This presentation will guide participants through advocacy efforts that resulted in New York State paying for SHP coverage for Medicaid eligible NYS resident students attending Cornell University through a premium payment assistance program. Three years of experience will be shared, including before and after measures of improved access to care.

TH3-310. The Ethics and Issues on Coordinating Care Between Mental Health and Health Services: A Panel Discussion

Presenter(s): Joy Himmel, PsyD, PMHCNS-BC, RN, NCC, LPC (Ross University School of Medicine); Marcus Hotaling, PhD (Union College); Chris Flynn, PhD (Virginia Tech); Anita Sahgal, PsyD (University of Florida-St. Petersburg); Paul Polychronis, PhD (University of Central Missouri); Craig Rooney, PhD (University of Missouri)

A growing trend in healthcare today is the integration and coordination between medical and mental health services. With more emphasis on performance and value-driven care, healthcare leaders are looking to integrate behavioral health into traditional settings, drive efficiency, reduce costs, and improve patient outcomes. While the big picture changes and transitions are important to a successful integration, the real areas that will determine success or failure can be found in the details such as resource management, organizational structures, policies and procedures, treatment planning, and coordination of care. The two issues that seem to be rising to the surface in college health seem to be conflicting expectations among accrediting bodies related to the protocols for the sharing of pertinent health-related information, coordination of care, methods of collecting informed consent, administrative autonomy and resource management for counseling directors, and the merging of two very different cultures represented by medical providers and behavioral health providers.

TH3-312. LGB Health -- An Evidence-Based Review

Presenter(s): 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.

TH3-316. Using Clinical Data and Research Collaborations to Establish the Link Between Health and Success in College

Presenter(s): Susan Hochman, MPH, Jamie Pennebaker, PhD, and Rita Thornton, MEd (The University of Texas at Austin)

College health programs are often challenged to demonstrate how they are contributing to student success. Likewise, campus administrators are working to identify key factors impacting student success and redefining how students interact with the university and learn. This session will highlight ways to partner with faculty and campus administrators to bridge clinical data with other large datasets and include health as an essential indicator in the discourse on student success.
TH3-327. Supporting the Health and Wellbeing of International Students in the U.S. and Abroad

Presenter(s): Halah Ibrahim, MD, MEHP, and Verdrana Mladina, PhD (New York University-Abu Dhabi); Jung Yi, PsyD, and Paula Jung, MA (University of California, Berkeley)

Both students and universities are branching out internationally. This globalization of higher education has created many additional challenges for health care provision. This panel presentation provides an overview of innovative international programming both in the U.S. and abroad. We will discuss professional development and training of the health care team to support the medical and mental health needs of a diverse student body, including practices and campus partnerships that support the goals of student health centers and staff to increase multicultural competence and cross-cultural communication skills. Case studies will highlight some challenges and interventions and approaches will be presented.

TH3-333. Pharmacy Hot Topics

Presenter(s): Amy Sauls, PharmD, BCACP, CPP (University of North Carolina at Chapel Hill); Diane Lamotte, BS Pharm (University of California, Santa Cruz); Laura Tipton, MS, MBA, BS Pharm (University of Florida)

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.
TH4-128. Working with Parents in College Health Service Settings

Presenter(s): Sujata Patel, MD, and Bina Patel, MD (Stanford University)

Thoughtful communication between clinicians and parents can lead to more effective student engagement in care and better long-term outcomes without compromising students’ autonomy and independence. Drawing from our own experience, we will consider the possible benefits and challenges of communicating with the parents of college students who are receiving services, using a developmental perspective and case scenarios.

TH4-158. Ignite Your Travel Clinic: Virtual Travel Education

Presenter(s): Sara Stahlman, MA, and Amy Sauls, PharmD, BCACP, CPP (University of North Carolina at Chapel Hill)

Online education is the way of the future for travel clinics, allowing for students to access travel health information at a convenient time and place while also being able to revisit content while traveling. This presentation will cover pros and cons of transitioning travel clinic education to an e-learning environment and lessons learned from designing and implementing. Attendees will also discuss how they might incorporate these lessons into an e-learning travel clinic on their campus.

TH4-182. Identifying and Addressing Mental Health Concerns in Student Athletes

Presenter(s): David Edwards, MD (Texas Tech)

Student athletes on collegiate campuses face unique challenges on and off the playing field. Injury is often the catalyst for mental health and psychological concerns in this population. The presentation will equip learners to recognize signs and symptoms of common mental disorders in athletes, efficiently obtain a psychosocial history from an at-risk student, and implement “best practices” in preparing for mental health emergencies using a multi-disciplinary approach.

TH4-187. Evaluation of Chest Pain in the Young Adult

Presenter(s): Donald Kreuz, MD (Columbia University)

In college health primary care, chest pain is a frequent cause for seeking medical attention. The goal of this talk is to review the more common causes and those that are less common but high risk for morbidity and or mortality, delineate the symptoms and signs that distinguish these and present a systematic approach to the evaluation of a young adult presenting with chest pain. A case-based approach will be used.

TH4-192. ACHA Toolkit for Addressing Sexual and Relationship Violence on Campuses

Presenter(s): Mary Wyandt-Hiebert, PhD, MCHES, CWHC (University of Arkansas); Kim Webb, MA (Washington University in St. Louis); Deborah Stewart, MD (California State University, Chico); Jen Jacobsen, MPH, MA (Grinnell College); Stephanie Hanenberg, MSN, FNP-C (University of Colorado-Colorado Springs)

A review of ACHA’s newly developed toolkit for addressing sexual and relationship violence will be presented. With emphasis on public health and trauma-informed approaches, the toolkit focuses on addressing and responding to sexual assault, domestic violence, dating violence, and stalking. Participants will gain insight of the toolkit’s development and applications across campuses.
TH4-203. Polycystic Ovary Syndrome – The Spectrum of Evaluation and Management in the College Health Setting

Presenter(s): Martha Dannenbaum, MD, Meghan Windham, MPH, RD, LD, and Joe Dannenbaum, MS, ATC, CSCS (Texas A&M University); Gladys Gibbs, MD, MS (The Ohio State University)

Polycystic ovary Syndrome (PCOS) has become increasingly common in college age women. The diagnosis and treatment of the condition is predicated by the long- and short-term goals of the patient. This session will review the clinical presentation, diagnosis and management of PCOS along the spectrum of the needs of female patients. This includes the various treatment plans for menstrual regulation, physical appearance, and fertility management.

TH4-245. Brand Management and Reputational Equity: Strategies to Help our Student Health Services Thrive and Survive

Presenter(s): James Jacobs, MD, PhD (Stanford University); Sarah Van Orman, MD, MMM (University of Wisconsin-Madison)

College health services often see themselves as fulfilling a mission somehow distanced from the messiness of running a business, but when faced with crisis management, budget prioritization, divisional restructuring, and sometimes even individual job security, it becomes clear that our ability to weather negative events and advance our objectives is determined in part by the reputational equity that we have built among senior administration, students, media, parents, and other constituents. If we do not actively manage our brand, we will not have enough reputational equity to thrive or sometimes even to survive.

TH4-273. Strength in Numbers: An ACHA-NCHA II Consortium Survey of Small Women’s Colleges

Presenter(s): Vanessa Britto, MD, MSc, and Claudia Trevor-Wright, JD, MA, MCHES (Wellesley College); Mary Joan Murphy, PNP-BC, MSN, MPH (Barnard College); Karen Engell, MS, RN-C, WHNP (Mt. Holyoke College); Kay Kerr, MD (Bryn Mawr College)

Six small women’s college asked the separate and collective questions: what about the experiences of the women on our campuses are the same and which experiences are unique? Further, how does the experience of women at a single sex institution compare to that of college women’s experiences at co-ed institutions. Utilizing the NCHA II Survey, the cohort examined the health needs of college age women across different higher education environments.

TH4-307. The Impact of Unconscious Bias on Students' Health and Wellbeing

Presenter(s): Rene Salazar, MD (The University of Texas at Austin)

Unconscious bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. A large body of compelling research has demonstrated how these unconscious, automatically activated, and pervasive mental processes can be manifested across a variety of contexts yielding significant impacts. This session will review the state of the science on unconscious bias and provide attendees with strategies to assess and address bias.

Presenter(s): M. Dolores Cimini, PhD, Abigail Dubovi, BA (University at Albany, SUNY); Amy Versnik Nowak, PhD, Janell Lindberg, Oscar Mata, Megan Brenny, and Shannon Murphy (University of Minnesota-Duluth)

The use of peer-delivered health coaching is an innovative approach for facilitating healthy lifestyles and reducing risk among college students. Research indicates that peer educators, when well-trained and supervised, can deliver evidence-based coaching interventions just as well, if not better, than trained professionals. This workshop will explore peer health coaching models implemented on two university campuses and will identify successes, challenges, and recommendations for effective and safe implementation. The benefits of engagement in health coaching for students who are both delivering and receiving health coaching interventions will be highlighted.

TH4-338. Cannabis on Campus: Practical Approaches to Prevention

Presenter(s): Andrea Coryell, MS (Colorado State University); Matt Vogel, MA (Southern Oregon University); Jennifer Summers, MHS (University of Oregon)

The changing legal landscape of cannabis requires professionals across many areas of student health to reexamine their current approach to education and prevention. Working from a social-ecological lens, presenters from Colorado and Oregon will share practical approaches and lessons learned from their respective institutions and communities. Examples of both individual and environmental strategies will be shared, to include harm reduction messaging, town-gown collaborations, retailer partnerships, and pre- and post-legalization trends.
FR1-101. Student Learning Outcomes in the Clinic: Innovative Ways to Tie Clinical Quality Improvement to University Driven Assessment

Presenter(s): Pamela Stokes, MHCA, MSN, RN (Oklahoma State University)

The Higher Learning Commission and the Association of American Colleges and Universities (AACU) place importance on being able to demonstrate, share, and assess student accomplishment of progressively more advanced and integrative learning (AACU, 2016). Often Universities identify areas that are to be assessed and reported on. The AACU identifies VALUE rubrics as key areas to demonstrate that growth and life-long learning has occurred. Although these areas once guided the academic arena primarily, they are now guiding programming in student divisions. The documentation of assessed programs is becoming an emerging requirement. In the face of this national movement, college health clinics face their own requirements with accrediting bodies where assessment is often quality improvement, meaning the data is qualitative in nature. Student learning outcomes (SLOs) doesn’t traditionally guide college health care. The two however, can be merged and student health clinics can be a driving force in assessment.

FR1-139. Hot Topics and Clinical Pearl Cases for the Advanced Practice Clinician

Presenter(s): Elke Zschaebitz, DNP, FNP-BC (University of Virginia); Joanne Brown, DNP, FNP-C, WHNP-C, CTTS (University of Kentucky)

This session includes three clinical cases uncommon in daily student health practice yet not uncommon in the young adult population. The goal of this presentation is to review these clinical presentations and provide insight and clinical pearls of wisdom relating to the management of these unique conditions in the College Health setting. Presentations will include clinical guidelines and interdisciplinary collaborative practices and insight gained that could be useful for other advanced practice clinicians working in the college health setting.

FR1-160. Ethical Principles and Practices Applied to College Health

Presenter(s): Barbara Tyler, MD, MPH (Texas A&M University); Michael Daley, BSN, MSN, FNP (Landmark College); Lori Dewald, EdD, ATC, MCHES, F-AAHE (Walden University); Mary Beth Katitus, BSW, MPA (Case Western Reserve University); Dessa Mrvos, BSN (Duquesne University); Tanya Tatum, MHA (Texas A&M University); Janet Weatherly, MPH (Indiana State University); Kathryn Prediger, BSN, MA, RN, CPHQ (University of Iowa)

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.

FR1-180. HealthyhornsTXT: Implementing and Evaluating a Text Messaging Campaign to Promote Student Health and Academic Success

Presenter(s): Susan Kirtz, MPH, and Elizabeth Glowacki, MA, PhD (The University of Texas at Austin)

HealthyhornsTXT is an innovative text messaging campaign aimed at supporting the health and academic success of students at The University of Texas at Austin. This program outlines campaign development, student recruitment, and process measures. Presenters will also describe the results of three studies aimed at optimizing message dose, timing, and framing. Text messaging offers a valuable opportunity to connect with students at critical moments in their health and social decision making processes.
FR1-188. Latent Tuberculosis Screening, Diagnosis, and Treatment: PPD, IGRA, CXR. . . Then What?

Presenter(s): Michael Huey, MD (Emory University)

We waited decades for a blood test to help us diagnose latent tuberculosis, something better than trying to determine the millimeters of induration on a PPD skin test. Surely, a blood test would solve all of our problems. Now the IGRA blood tests are here, and things remain murky. Using a case-based approach and focusing on CDC guidelines, the presenter will try to sort out the screening, diagnosis, and treatment of latent TB in 2017.

FR1-207. Postvention Planning in a Combined Health and Counseling Model

Presenter(s): Eleanor Davidson, MD, and Sara Lee, MD (Case Western Reserve University); Jennifer Muehlenkamp, PhD (University of Wisconsin-Eau Claire)

Emergency disaster planning on college campuses has become standard best practice. Planning for unexpected student death, particularly a death by suicide, is one important kind of emergency planning. The goals of such a plan would include reducing the negative effects of exposure to suicide and facilitating the process of healing from a suicide loss. Campuses that have experienced suicide clusters can help us all improve planning for such potential outbreaks.

FR1-291. Wellbeing of Transgender College Students: Innovative Strategies to Increase Equity and Reduce Disparities

Presenter(s): Jenna Messman, MEd, NCC, CWC (University of Maryland)

ACHA’s Guidelines for Trans-Inclusive College Health Programs specifically charge campuses with developing prevention strategies to address health issues disproportionately affecting transgender students. This charge is difficult for many because the unique needs and experiences of transgender college students are generally undocumented and unknown. Secondary analyses of the NCHA Fall 2013 data demonstrate valuable findings in better understanding the experiences of trans students so that campus health professionals can better meet their needs and reduce disparities. Innovative programs, considerations, and a Mid-Atlantic Trans Health Collaborative Network will be discussed.

FR1-294. Our Stories: Recruiting and Retaining Professionals of Color in Health Promotion

Presenter(s): Shawnte Elbert, MA, MCHES, TTS (Indiana University-Purdue University Indianapolis); Joi Alexander, MA, CHES, RHEd (Florida State University); Betria Stinson, MPH, CHES (University of North Carolina-Charlotte)

Professionals of Color remain underrepresented in health promotion and senior leadership positions, thus, it is important to create opportunities to recruit and retain professionals of color. The experiences of current professionals via storytelling will be used as a method of exploring how they have navigated the higher education landscape. The presenters will provide an opportunity for self-reflection, discussion of current trends, data, and other implications for barriers and best practices for professionals of color. The facilitators aim to create a space for open dialogue, and how to build support for these professionals after a successful recruitment process.
FR1-303. Cultivating Health Information Technology Staff’s Role in Strategic Planning and Quality Improvement

Presenter(s): Judd Moody, BS (Texas A&M University)

As health center leadership is being asked to promote and demonstrate strategic planning and quality improvement initiatives, they become increasingly reliant on meaningful data and technology solutions provided by health information technology (HIT) staff. Through purposefully engaging HIT staff early and often, college health can gain substantially more from these two initiatives. This also allows HIT to better align their own projects in support of these strategic goals and expand their overall health center knowledge.

FR1-314. Headaches: Types and Treatments

Presenter(s): Sweta Andrews, PharmD, MBA, and Jacquelyn Navarrete, PharmD (University of Texas at El Paso)

Headaches are a serious problem in the U.S. and burdensome to the individual and society. Headaches affect a large number of people and some types of headaches are disabling conditions. Barriers associated with headache treatment are misconception of headache type, ineffective treatment, and medication overuse. The focus of our presentation is to promote awareness of the different types of headaches and provide information on effective and efficient therapy.

FR1-320. Outsourcing: History and Experiences in College Health

Presenter(s): Scott Tims, PhD, MS (Tulane University); Kevin Charles, DEd (University of New Hampshire); Debbie Blair, BS (University of Tennessee); Catherine Rinehart, BSN (Stetson University)

Outsourcing is an often discussed term in college health, usually linked with trying to reduce the cost of an on-campus health clinic. Additionally, an increasing number of student health centers are under review or have been transitioned to an outsourced model of care. There is little research on the impact of outsourcing a student health center and there are a variety of models that are used including concession and specialty services to complete “corporate takeover” models. This presentation will share a brief history of outsourcing in college health, along with the experience of several student health centers that have either been partially, fully, or are in review for outsourcing some part of their service.
FR2-102. Creating a Medical Home Away from Home - Implementing a Collaborative Care Model for Students with Complex Medical Needs on a College Campus

Presenter(s): Laurie Anderson, APRN, MS, BC-Pediatrics, Kristie Sullivan, MHA, BSN, RN, CPEHR, and Angela Dziok, RN, BSN, RRT, CPEN (Brown University)

Students with chronic illness face many challenges when transitioning to college. Leaving family and specialists can create gaps in health care at a time when both academic and social stressors are high. We implemented WeCARE, a collaborative model, to proactively identify students and begin care coordination before arriving on campus. We help promote a sense of belonging by providing an adjunct medical home, help navigate the many on-campus and community resources, and optimize wellness to avoid academic disruptions.

FR2-119. Diagnosis and Treatment of Clinical Sleep Disorders

Presenter(s): David Reitman, MD, MBA (American University)

Adolescent college students frequently demonstrate sub-optimal sleeping habits. However, the clinician needs to be able to differentiate between poor sleep hygiene from a true sleep disorder. This interactive presentation will provide an overview of the most common disordered sleep diagnoses seen in older adolescents and young adults. Attendees will be able to develop a differential between normal sleep variations and sleep abnormalities. The use of psychopharmacology to treat specific sleep disorders will be discussed.

FR2-135. A Primer on Musculoskeletal Examination Technique and Commonly Missed Injuries in Student Health

Presenter(s): Christopher Nasin, MD, CAQSM (University of Rhode Island)

A variety of both upper and lower extremity orthopedic injuries that are commonly missed in the primary care setting will be reviewed. These injuries typically require urgent specialty treatment and will result in permanent disability if missed by the primary care provider. All of the injuries reviewed in this lecture are seen in a college health setting and proper recognition and referral will generally result in improved patient outcomes. Special attention will be paid to evaluation and proper techniques to perform orthopedic exams on shoulders and knees. Participants will be provided the opportunity to practice these skills with other attendees.

FR2-189. Creating an HIV Pre-Exposure Prophylaxis (PrEP) Clinic at a College Health Service

Presenter(s): Michael Huey, MD (Emory University); Sterling LaBoo (Texas A&M University)

In 2014, the CDC published guidelines for prescribing HIV Pre-Exposure Prophylaxis (PrEP) in primary care settings. Data has shown a 92% reduction in HIV incidence in men who have sex with men (MSM) adhering to a daily Truvada regimen. So if your students have not already asked you for a PrEP program at your student health service, they will soon. Is it a good idea? The speakers will review the CDC’s data and guidelines and describe the creation of a student health service PrEP program.
FR2-193. Cell Phone Use: A Mediating Factor of Undergraduate Health and Wellness

Presenter(s): J. Roxanne Prichard, PhD, Chris Hornung, Lesley Scibora, PhD, DC, and Birdie Cunningham, MA (University of St. Thomas)

Recent research shows a positive correlation between the total amount of time students use their cell phones and anxiety, and an inverse relationship between cell phone use time and sleep quality, physical activity, and academic performance. In this presentation, we will describe our original research, which used objective phone use data to establish patterns of cell phone use by time and phone application, and compare these data to measures of health and wellness. We will also discuss the efficacy of existing health-based cell phone applications and health promotion strategies to promote mindful use of cell phones.

FR2-213. Improving Adult ADHD Assessment

Presenter(s): Paul Marshall, PhD (Hennepin County Medical Center); James Hoelzle, PhD, MA (Marquette University)

This presentation will review original research on the development of a streamlined adult ADHD assessment battery consisting of the fewest number of ADHD behavior rating scales, neuropsychological tests, and performance validity tests necessary to supplement a clinical interview and diagnose adult ADHD with the highest degree of accuracy possible. The research focuses on the diagnosis of adult ADHD in college and university students in particular.

FR2-231. Assessing the LGBTQ+ Climate and Curriculum on a Health Professions Campus

Presenter(s): Justin Laird, PhD, Jane Bogart, EdD, MCHES, and Stephanie Rozen, MSW, LCSW, CASAC (Columbia University)

This session will provide insight into the development, implementation and application of a survey assessing the LGBTQ+ climate and curriculum at a major health professions institution. This session will offer strategies on how to utilize data obtained for environmental and curriculum changes and will conclude by providing recommendations for working with campus stakeholders and senior administration to forward a supportive and an inclusive environment informed of LGBTQ+ identities.

FR2-252. Getting It Together: Using CAS Guidelines to Organize and Integrate Varying Sources of Guidance to Support Strategic Planning

Presenter(s): Kimberly Chestnut, PhD, MEd, MS (West Chester University); Paula Adams, MA (Washington State University); Stacy Andes, EdD, MA (Villanova University); Alicia Czachowski, EdD, MPH, CHES (Columbia University); Dugeidy Ortiz, MA (Lehman College/CUNY)

Strategic planning is a process that professionals should engage in to determine how to best serve their population. There are tools available to assist, including the CAS standards, Healthy Campus 2020, Standards of Practice for Health Promotion in Higher Education, and the Okanagan Charter. It is not always clear how these can or should be used. Join us to learn how practitioners can use these tools for effective strategic planning and practice.
FR2-283. Effective Collaboration Among Counseling and Health Services: An Examination of Relevant Research, Models, Practices, Values, and Ethics
Presenter(s): Jamie Davidson, PhD (University of Nevada, Las Vegas); Micky Sharma, PsyD (The Ohio State University)

The leadership of the Association of University and College Counseling Center Directors (AUCCCD) and the American College Health Association (ACHA) recently meet together for the first time to discuss the importance of collaboration. The presidents of AUCCCD and ACHA will present data from the AUCCCD survey on collaboration; examine models of collaboration; and discuss how to navigate factors such as differences in training, professional culture, ethics, and turf issues to enhance collaboration on campus.

FR2-323. Using Data to Inform Decision Making
Presenter(s): Jamie Shutter, MSEd, CHES (The University of Texas at Austin); David Lynn Tabor, MBA (University of Georgia); Judd Moody, BS (Texas A&M University); LeAnn Gutierrez, PhD, MBA (University of Oregon); Nancy Ranum, BSN, MS, CPHIMS, CPHQ (University of Wisconsin-Madison); Carlo Ciotoli, MD, MPA (New York University); Gabe Garcia, MBA (The University of Texas at Austin)

With the advent of electronic health records (EHRs), the sophistication of financial information systems and the proliferation of online surveys, data is more accessible than ever before. We’ve put together a panel of staff from various health centers who regularly collect and use data to make decisions about the operation of their health center. Each panelist will outline the types of reports they run and data they collect and will provide examples of decisions they have made as a result of their review of the data.

Presenter(s): Amy Thompson, PhD, CHES (University of Toledo)

This session will discuss the current status of guns on college campuses. Special emphasis will be placed on policy implications and ways to help prevent or identify at-risk students.
Friday, June 2

12:00 pm – 1:15 pm

FRI-120. Dorosin Memorial Lecture: Discovering Bias – Challenges and Opportunities for Organizational Diversity

Presenter(s): Keith Maddox, PhD, MA (Tufts University)

Many of us believe that we evaluate and treat people fairly. However, despite our best intentions, we often show bias – racial, gender, and otherwise – in our thoughts, feelings, and actions. We will explore the concept of implicit bias, discuss the challenges it presents for leveraging organizational diversity, and consider strategies to mitigate its impact. An informed approach to bias can bring our thoughts, feelings, and actions in line with our organizational – and personal – egalitarian goals.

1:45 pm – 2:45 pm

FR3-132. Going Beyond a Memorandum of Understanding: Creating a Best Practice Sexual Violence Team with a Co-Located Rape Crisis Center on an Urban University Campus

Presenter(s): Alma Olson, DNP, FNP (University of Akron); Amina Hall, BA (Rape Crisis Center of Summit and Medina County)

Sexual violence is present in all communities. Research shows that one in five women, and many men, experience attempted or completed acts of sexual violence during their college years. Rape crisis centers across the country have the experience and subject matter expertise to help campuses become safer environments. The University of Akron has partnered with the Rape Crisis Center of Medina/Summit County to create a unique collaboration that is more than just a memorandum of understanding.

FR3-133. Building Strong Collegiate Recovery Communities: Integration and Synergy Between Counseling Services, Health Services, and Health Promotion

Presenter(s): Luciana Silva, PhD, LMFT, Lisa Oestreich, DO, Mandy Parente, MEd, and Taylor Milam, AS (University of Alabama at Birmingham)

This presentation will introduce the concept of the collegiate recovery movement in the country. Presenters will use The University of Alabama at Birmingham’s collegiate recovery community (CRC) as an example of how and why integration between departments, from the very beginning, ensures strong communities of support for students embracing long-term recovery from addictions and other co-occurring mental health disorders. Participants will have time to brainstorm with their own teams to begin or continue to develop their own programs.

FR3-173. Are You Serving Student Athletes? NCAA Policies on Medications and Supplements

Presenter(s): Mary Wilfert, MEd (National Collegiate Athletic Association)

NCAA policies related to drugs and supplement products intend to promote health and safety and to deter use of substances that may confer an unfair advantage and/or may be harmful to health. In addition, some medications are banned for athlete use unless there is documented medical need. This session will assist campus health service providers and educators with policy and practice information to equip them when advising collegiate athletes about medications and supplements.
FR3-194. Exercise Rx: An Interprofessional Approach to Increasing Student Physical Activity

Presenter(s): William Mupo, MPA (The University of Texas at Austin); Brittany Yates, DNP, MSN, APRN, FPMHN-BC (University of Colorado-Denver); Katrina Kaufman, Med, CHES (University of Louisville)

UT Austin and the University of Louisville are implementing Exercise Rx programs to link student patients to physical activity services and resources during their patient visit. These two programs build on the American College of Sports Medicine Exercise is Medicine model through the use of motivational interviewing coupled with referrals to exercise instruction and/or peer supports. The University of Louisville program focuses on an innovative approach to helping students incorporate exercise into their depression treatment plans through collaboration with a university wellness coaching program, while UT Austin’s program target population is sedentary students and links them to informational and peer supports. These program bridge a divide between clinical and health promotion worlds within college health centers.

FR3-202. Students with Diabetes: A Tool Kit for Supporting Health and Wellness

Presenter(s): Sara Lee, MD (Case Western Reserve University); Jennifer Lynn Saylor, PhD, MSN, BSN (University of Delaware); Charles Riley (Ohio University)

In July 2016, ACHA participated in the College Diabetes Network (CDN) Campus Advisory Committee meeting to undertake a comprehensive assessment of the unmet needs of college students with diabetes and develop a plan to meet those needs. The resulting multi-disciplinary tool kit contains recommendations specific to students with diabetes, as well as guidance that can be used to advance the health and wellness for all students with chronic illnesses.

FR3-204. Emerging Infections

Presenter(s): Robert Leggiadro, MD (Villanova University)

The Zika virus pandemic in progress reinforces the concept that urban crowding, international travel, and other human behavior, including impingement on the ecologic balance, can cause infectious diseases to emerge unexpectedly. Newly emerging infectious diseases are diseases that are recognized in the human host for the first time (e.g., HIV/AIDS). Re-emerging infectious disease are diseases that historically have affected humans but continue to reappear either in new locations, (e.g., West Nile virus in the United States), or after apparent control or elimination (e.g., polio in parts of Africa), or under unusual circumstances (e.g., deliberately released agents). Pathogens recently increasing in incidence or geographic range will be discussed, including Zika, chikungunya, dengue, West Nile virus, plague, and tularemia, in addition to meningococcal serogroup B outbreaks on college campuses. The epidemiology of these infections, including modes of transmission, distribution of vectors, clinical features, complications, diagnostic tools, treatment and prevention strategies will be presented. Implications for travelers, college students and pregnant women will be addressed where appropriate. Linked to human activity, pathogens continually evolve and adapt within ecologic niches that are increasingly disturbed by humans. An understanding of the complex ecosystems in which agents of future outbreaks are aggressively evolving is imperative in order to prevent, diagnose, and treat these emerging infectious disease challenges.

FR3-240. Progressive Uses of Student Leaders to Maximize Student-Centered Administration

Presenter(s): Sarah Song, BSA (The University of Texas at Austin)

This presentation will be a look into the progressive efforts of the student health advisory committee at The University of Texas working in partnership with student government, senate, and other student leaders on campus to advocate for the student body interest and UHS in university administration.
FR3-255. Mental Health Nursing: An Innovative Bridge in Collaborative Care

Presenter(s): Deb Shill, ADN, Beth Gallegos, MSW, LISW, LCSW, Sarah Newell, BSN, RN, and Janice Grimes, BSN (Grinnell College)

Many colleges are currently pressed in offering quality mental health care, including within the context of an integrated health and counseling services model. One strategy is to employ a mental health registered nurse, who can offer efficiency in assessment, more coordinated care, case management, and flexibility in staffing. This session will address how this innovative role was developed and advocated for at Grinnell College as well as its positive impact on our students.

FR3-293. Cultural Competency and Diversity: Recruiting and Retaining Students of Color to Health Promotion Programming and Peer Education

Presenter(s): Shawnte Elbert, MA, MCHES, TTS (Indiana University-Purdue University Indianapolis); Joi Alexander, MA, CHES, RHEd (Florida State University); Betria Stinson, MPH, CHES (University of North Carolina-Charlotte)

Student affairs professionals know the importance and subsequent effects that peers have on one another, and peer education is a proven initiative that is included in many campus wellness, health promotion prevention programs. Peer education programs often have recruitment strategies, but lack diversity and cultural competency components. Diverse peer education groups, require staff to consider socio-cultural, socio-economic and perceptions from students, on why there is a lack of interest in becoming a peer educator.

FR3-297. Vaccine Hesitancy: Why it Occurs and Strategies to Overcome It

Presenter(s): C. Mary Healy, MD (Baylor College of Medicine)

Vaccine hesitancy is driven by misconceptions about vaccines – vaccines are “unnatural,” not effective, contain harmful ingredients, “overwhelms the immune system,” and is inferior to immunity from natural infection. These fears are exacerbated in the modern era by an under-appreciation for the dangers posed by vaccine-preventable diseases. In addition, logistical barriers contribute to under-immunized populations especially in adolescent and adults. This presentation will address some causes of vaccine hesitancy and suggest techniques to overcome them.

FR3-319. Is Third Party Billing the Answer?

Presenter(s): Diane Norris, BSN (Georgia Southern University)

Many university health centers continue to have financial challenges and are asking the question, "Should we be billing insurance plans for our services?" Several steps will be outlined to assist in making this critical operational decision. In some cases, it is the answer and a strategy for implementation will be discussed. In others, it is not the answer and other revenue generating alternatives will be outlined. Either way, health centers can maximize fees for services to secure their financial future.
FR4-154. Integrating Medical, Counseling and Health Promotion Services: Implementing SBIRT as the Foundation for Improved Health Outcomes

Presenter(s): Melissa Griffin, MA, CAGS, Carol O’Saben, PhD, MS, Susan Bigley, MS, FNP, and Julie Ryan, MA, MAdm, BSBA (Northern Arizona University)

If you have ever wished that your health center were more integrated, you should attend this session. Participants will explore the journey from co-location to full integration. The SBIRT model will be discussed as a starting place for integration along with options for broadening the scope of behavioral health integration. Participants will identify barriers and solutions to achieving full integration and outline the role of medical, counseling and health promotion in the process. Participants will also have time to create an action plan for their own clinic and ask questions of our multidisciplinary panel.

FR4-179. Marketing a Campus Health Center: Lessons Learned from Years of Experience

Presenter(s): Alyssa Barigian, MBA, and Christopher Swenning, BS (Texas A&M University)

Marketing a campus health center is a necessity in today’s competitive healthcare industry. During this session, the Texas A&M Student Health Services marketing team will discuss lessons learned from their combined years of experience, focusing on the importance of maintaining professionalism and showcasing competency within a campus health center environment. This presentation will focus on lessons learned by trial/error, student questionnaires, social media, and more.

FR4-228. Fueling Students for Success – What Providers and Health Educators Should Know About Popular Diets

Presenter(s): Jenna Heller, MS, RD, and Tammy Ostroski, DNP, FNP-BC (Arizona State University)

There is currently a broad range of diet plans and diet philosophies that are popularized by media and social media. College students may subscribe to some of these plans or philosophies, or may have questions regarding a specific diet philosophy. Providers and health educators should be aware of popular diets and any evidence to support or dispute their appropriateness for groups or individuals, and address areas of concern.

FR4-230. Sexual Literacy: A Strengths-Based Approach

Presenter(s): Amanda Ayers, MPH, Ramsey Champagne, MA (Harvard University)

What does it mean to be truly sexually literate? In this session we will go in depth into Harvard’s Sexual Literacy Program, which is a collaboration between the Department of Health Promotion & Education and the Office of Sexual Assault Prevention & Response. You will learn how to create your own program guided by a strengths-based approach to foster skill building in students around the areas of sex, sexual health, relationships, and consent.
FR4-242. A Perfect Storm: A University’s Response to a Public Health Crisis Less than Ten Miles from Two Zika Hot Zones

Presenter(s): Eileen Egan-Hineline, MS, RN, BC (Barry University)

Early 2015 an outbreak of Zika began in Brazil. This “new virus” caught the world’s attention. In late July and August, in two areas that are known for its fine dining, art, and night life, in Miami, Florida, the first locally transmitted cases of Zika were diagnosed. With Zika being the first mosquito borne illness that is a STI, there is a major concern for students’ attending college less than 10 mile from both locations.

FR4-250. An Innovative Redesign of Mental Health Delivery in a Diverse Institution to Enhance Mental Health Collaboration with Primary Care

Presenter(s): Joseph Kithas, MD, Jamie Davidson, PhD, Phoebe Kuo, PhD, Kathy Underwood, MSN, ARPN, Luke Jensen, PsyD, and Susan Estijoy, BSN (University of Nevada, Las Vegas)

Panelists will highlight the process taken by a multidisciplinary committee to create an innovative mental health team housed within both the counseling and health centers that is geared towards increasing availability of mental health resources to primary care providers, the monitoring of psychiatric medications prescribed to students, and efficiency of psychiatric services. This innovative strategy preserves the benefits and identity of two highly collaborative departments while gaining significant treatment outcomes.

FR4-260. Increasing Human Papillomavirus (HPV) Vaccinations in the International Student Population

Presenter(s): Angela Long, MS, MPH (RightInsight); Craig Roberts, PA-C, MS (University of Wisconsin-Madison)

HPV vaccine coverage in college students typically reflects rates in U.S. 17-year-olds, an age cohort similar to entering freshmen. International students often have lower HPV vaccine coverage, however, as the vaccine may not be available in their home countries. We initiated a peer-to-peer outreach effort to promote HPV vaccination among international students who were seeking influenza vaccine. International students contributed to an increase in overall HPV vaccine provided through the student health center.

FR4-274. Reuse Reduce Recycle: Managing Your Carbon Footprint

Presenter(s): Lovesimrjit Sandhu, BS (The University of Texas at Austin)

As providers of health-related services it is ingrained in our culture to “do no harm.” This tenet is broad and applies to all operations at a student health center from the provision of health care to promotion of community health. In order for student health centers to achieve this goal we must be good stewards of our environment and work toward reducing our environmental impact. This presentation reviews the process undertaken at The University of Texas at Austin, using funds allocated by a “Green Fee” grant, to create a sustainable system for reducing waste generated in our clinics.

FR4-277. Using Community-Based Participatory Research Methods to Address Campus Health Disparities

Presenter(s): Patricia Atwater, MPH (University of Washington)

Health disparities are systematic differences in health status between groups. Because these differences are rooted in social advantage, the effort to understand and ameliorate them can be linked to campus social justice movements such as Black Lives Matter. We will discuss a pilot project to equitably engage students in the work of understanding and ameliorating health disparities.
FR4-299. What's Happening in College Health: An Update from the ACHA Benchmarking Committee
Presenter(s): Carlo Ciotoli, MD, MPA (New York University); Cheryl Flynn, MD (University of Vermont)
This session will discuss opportunities to leverage ACHA benchmarking tools to support college health professionals in assessing system performance and achieving your institution’s goals. Data from the most recent Clinical Benchmarking Survey and Utilization Survey will be presented. The efforts of college health benchmarking will be contextualized within the national landscape. Session attendees will be encouraged to provide feedback on future projects of the ACHA Benchmarking Committee.

FR4-308. Skin Conditions That Sometimes Require an Emergency Room
Presenter(s): James Jacobs, MD, PhD (Stanford University)
Most skin conditions that present to college health centers are not dangerous, often do not require a precise diagnosis, and can usually be well managed by primary care resources available in our clinics. There are, however, some skin conditions that require advanced techniques or medications, specialist evaluation, or emergent care. The purpose of this presentation is to review recognition and disposition of several organ- or life-threatening skin conditions that might present in college health.
FR5-112. Evidence-Based Preventive Screening Using a Tablet Device That Will Impact the Health of Your Campus Community

Presenter(s): James Schaus, MD (University of Central Florida)

This is an overview of current evidence-based recommendations for routine screening of students presenting to a college health clinic to prevent STI’s, depression, high-risk drinking, and intimate partner violence by utilizing a screening questionnaire on a tablet device. The presentation will focus on practical methods to transition from positive screening to effective intervention programs that are based on national guidelines developed by the U.S. Preventive Services Task Force and original research that validates screening in a college population.

FR5-167. An Exploration of the Relationship Between Stressors, Psychological Capital, and Depression

Presenter(s): Dorothy Bakker, MD, MA, CCFP, FCFP (University of Guelph)

Psychological Capital (PsyCap), the psychological resources of hope, self-esteem, resiliency, and optimism, have an impact on depression. Research at the Ontario Veterinary College showed that several common stressors were positively associated with depression, while PsyCap scores were negatively associated. Students with higher PsyCap were more adaptive than struggling. This presentation will consider ways to address culture and programming to promote PsyCap.

FR5-172. The Female Athlete Triad: Identification and Treatment

Presenter(s): Catherine O’Neil, MD (Bucknell University/Geisinger–Evangelical Hospital LLC); Tanya Williams, MS, RDN, LDN, CSSD (Bucknell University)

This presentation will define the female athlete triad and its components. It will discuss both short-term and long-term complications directly linked to the condition. It will also address the warning signs of the female athlete triad to help providers identify the condition. Finally, it will provide some strategies for early identification and ultimately prevention.

FR5-176. Educating and Engaging Students in Self-Care of Minor Illness and Injury through a Self-Care Station

Presenter(s): Kristina Blyer, DNP, RN, NE-BC, and Veronica Whalen Jones, MS, CHES, ACSM, EP-C (James Madison University)

This presentation will describe a newly developed program designed to educate and engage students on self-care. Objectives of the self-care program are to educate students on the symptoms related to self-limited illness/injury, how to select appropriate self-treatment methods, how to limit spread to others, and to understand when it is appropriate to see a medical provider. Original research results on initial student use of the program and 10-day outcomes will be reported.
FR5-220. Sleep Success! Using ACHA-NCHA II Data to Identify Need, Build a Campaign, and Create Measurable Change for Students

Presenter(s): Kathleen Braunlich, MBA, and Erica Phillipich, MA (Michigan State University)

Not sure how to use ACHA-NCHA II data to improve student success? We’ll show you how we used multiple data points to identify what our students really needed to improve academic success. Sleep was the issue and we set out to change the university environment through education, set realistic Healthy Campus goals, and then waited impatiently for the next round of ACHA-NCHA II data to see if we had measurable results.

FR5-261. The Student Worker Nursing Assistant – A Symbiotic Asset in the Clinical Setting

Presenter(s): Tonya Cochran, BSN (Texas A&M University)

There are varied opinions on student workers providing direct patient care in an on campus clinic setting. However, college health clinics are continually faced with old and new challenges every year for which a symbiotic relationship with the student worker can become a true asset. Hear and discuss with professionals and students, what has been learned with advantages, disadvantages, and considerations when developing a student worker nursing assistant program.

FR5-262. Using Student Feedback to Improve College Health Practice: Promoting Innovation Across the Organization

Presenter(s): Michael McNeil, EdD, CHES, FACHA, and Melanie Bernitz, MD, MPH (Columbia University)

Students represent the primary stakeholder group served in college health though their voices and input are not always included in the development, implementation, evaluation, and improvement of programs and services. This session will address the why and how of including student stakeholder voices to improve college health practice. Participants will have examples, strategies, rationale, and planning cycle approach to apply when returning to campus.

FR5-275. #FLUSHOT: Using Social Media and “Selfies” to Normalize Influenza Vaccination

Presenter(s): Adam Troy, MPH, CPH (University of Miami)

Influenza vaccination rate on U.S. college campuses are strikingly low and often fall short of the ACHA Healthy Campus 2020 target of 43.9%. Innovative marketing and outreach has shown promise in increasing vaccination rates by engaging influencers and peers in normalizing health behaviors. This presentation explores the use of social media as a tool for leveraging the resonance and impact of campus influencers to reach larger portions of the campus population and drive increases in vaccination rates.
FR5-298. Healthy Campus 2020: Sharing Implementation Strategies
Presenter(s): Allison Smith, MPA (New York University); Scott Tims, PhD (Tulane University)

The Healthy Campus 2020 framework, with national 10-year objectives and an evidence-based action model, provides a roadmap for improving the health of all students, staff, and faculty on your campus and campuses nationwide. This session will feature campus examples to demonstrate practical applications and innovations in the use of the Healthy Campus framework to improve health outcomes.

FR5-328. Implementing ACHA Guidelines for Sensitive and Effective Drug Awareness, Student Recovery Support, and Overdose Prevention Efforts on the College Campus
Presenter(s): Lori Holleran Steiker, PhD, Lucas Hill, PharmD, BCPS, BCACP, Sierra Castedo, BA, and J. Nile Barnes, PharmD, EMT-P, BCPS (The University of Texas at Austin)

This session provides an overview of opioid use, risks, interventions, and re-entry solutions. The ACHA Guidelines: Opioid Prescribing in College Health is reviewed with suggestions for implementation. Operation Naloxone, a local collaboration, is detailed as a case study in proactively addressing the opioid overdose epidemic through strategic academic partnerships. Social justice, stigma, and shifting cultural norms are explored in the context of campus substance recovery engagement mechanisms and student groups.
SA1-171. Hydration and Heat Disease: Challenging Beliefs

Presenter(s): Keith Williamson, MD (Midwestern State University)

This lecture will challenge the prevailing understanding of the effects of dehydration, the concept of chronic dehydration, and the linkage of dehydration to cramps, heat disease, and physical performance. It will offer guidelines for promoting proper hydration for both elite and avocational athletes.


Presenter(s): Brian Hainline, MD, and Mary Wilfert, MEd (National Collegiate Athletic Association)

The NCAA Sport Science Institute was established in 2013 to promote and develop safety, excellence, and wellness in college student-athletes, and to foster life-long physical and mental development. NCAA’s first Chief Medical Officer, Brian Hainline, MD, will describe a collaborative public health strategy that has led to the seminal NCAA-DoD Grand Alliance concussion study, plus interassociation best practice documents in concussion, independent medical care, cardiac health, mental health and sexual assault.

SA1-225. Challenges and Special Considerations When Addressing Students of Concern/High-Risk Students with Mental Health Difficulties

Presenter(s): Allison Drew-Hassling, MEd, and Catharine Munn, MD, MSc (McMaster University)

There are several challenges and special considerations that ‘Students of Concern’ teams need to respond to in order to strike a balanced approach to the development of implementation plans. There are several special considerations that teams need to consider, some of which include: balancing the rights of the student with the rights of the campus community; risk management considerations while upholding human rights; preventing conflicts of interest and responding to ethical dilemmas (e.g. fitness to study; involuntary leaves of absence); best practice considerations including policy and case law.

SA1-235. Faculty as the Missing Link: Infusing Mental Health in the Classroom

Presenter(s): Kelsey Lammy, MSW, and Marian Trattner, MSW (The University of Texas at Austin)

This session will illustrate how one campus infuses mental health in the classroom through involving faculty in primary prevention activities as part of a comprehensive mental health approach. Through discussing evidence-based domains of mental health and data on the need for faculty interventions, the presenters will discuss how to start a faculty-led primary prevention initiative on a large urban campus in order to raise the overall emotional health of their student body.
**SA1-248. Wellness Agents: Building a Theory-Driven, Comprehensive Peer Wellness Program; Oregon State University's Process and Outcomes**

*Presenter(s):* Sara Caldwell-Kan, MPH, Jenny Haubenreiser, MA, Michelle Bangen, MPH, CHES, and Meghan Fitzgerald, MPH (Oregon State University)

There is little evidence that peer education programs have lasting campus impact. Many of these programs are anachronistic and have not been revamped with contemporary public health frameworks. Oregon State University revitalized peer wellness to align with the university's strategic plan and current public health theories and evidence. Additionally, partnerships have been built with numerous campus partners, including academic departments, university Housing and Dining Services and Student Health Services, to name a few.

**SA1-267. Understanding Student Distress and Academic Success**

*Presenter(s):* Chris Brownson, PhD, Erika Jonietz, MS, Sarah Christman, MA, Christopher Runyon, MA, and Michael Balsan, BA (The University of Texas at Austin)

How can colleges promote students’ academic success and decrease their psychological distress? To answer this question, the National Research Consortium of Counseling Centers in Higher Education surveyed students at 18 U.S. colleges and universities to identify malleable psychological factors that allow students to thrive academically, personally, and socially during college. Measures of participants’ academic success are being followed longitudinally for six years. Team members will present their initial findings, including the first academic outcome data.

**SA1-269. Drugs on Campus: Developing Harm Reduction in a University Setting**

*Presenter(s):* Tamara Oyola-Santiago, MA, MPH, MCHES, Rachel Knopf Shey, MPH, RDN, CDN, ADS, and Tracy Robin, MSW, LCSW (The New School)

Harm reduction uses the rubric of meeting folks “where they’re at” for substance use management. The New School's student health services has built a comprehensive multi-level approach that incorporates individual, community and systemic interventions that not only address students’ individual needs but socio-ecological university ones as well. This presentation will define harm reduction and present how the university built comprehensive community-wide public health interventions that truly meet individuals “where they’re at.”

**SA1-296. Innovative Approaches to Student Veteran Health: Leveraging the Power of Peer Networks**

*Presenter(s):* Gerald Smith, Colonel, USMC Retired, and James Halepaska (Texas A&M University)

The Peer Advising for Veteran Education (P.A.V.E.) Program offers a unique approach to peer support for student veterans. This session will outline the P.A.V.E. model and the success at Texas A&M of incorporating P.A.V.E. with other core programs to provide proactive “application to vocation” support to enhance student veteran fitness (academic, career, financial, and health/social).
SA1-309. From Nurse to Manager: Principles for the Nurse Who Transitioned from Staff to Supervisor

Presenter(s): Pamela Stokes, MHCA, MSN, RN (Oklahoma State University)

The role of the nurse manager is critical in the provision of effective quality care in any setting. This presentation will address key managerial strategies for nurses who have transitioned into an administrative role. Topics include but are not limited to: management techniques, retention, best practices, professional development, quality, accreditation, patient satisfaction, performance, and staffing.

SA1-330. Food Insecurity and Basic Needs Among Students in a Statewide University System

Presenter(s): Suzanna Martinez, PhD, MS (University of California, Nutrition Policy Institute); Ruben Canedo, BA (University of California, Berkeley); Tim Galarneau (University of California, Santa Cruz)

Food insecurity among college students has become a public health concern, yet few studies have examined the prevalence in a statewide public university system. This research aimed to estimate the prevalence of food insecurity among students enrolled in the University of California (UC) system to inform potential policy and program strategies that can be instituted to ensure food security among students. Findings have helped to inform systemwide strategies to increase basic needs security among students.

SA2-339. Presidential Session: Building Bridges, Not Walls: Decoding Media’s Confusing Coverage of Race, Gender and Culture

Presenter(s): Eric Deggans, BA (National Public Radio)

The presentation will discuss thoughts on how the media covers controversial issues on college campuses, including health and sexual assault; methods for understanding and working with journalists assembling such stories on your institution; and ideas on how the public consumes media, how it relates to current events and the public’s perception of institutions of higher learning.