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. See Meeting Registration details.

9:00 am – 12:00 pm

Crash Course for New College Health Primary Care Clinic Managers

Presenter(s): Amelita Maslach, MD (University of Michigan University)

New clinic managers face numerous challenges as they take on this critical role. This course will address key tools and skills that all clinic managers should be knowledgeable of tenets of high-quality clinic operations, leveraging dashboards and data analytics, best practices for screening applicants and conducting interviews when leading staff searches, and effective staff supervision.

Developing a Strategic Framework for Evaluating Your Health and Wellness Coaching Programs

Presenter(s): Jennifer Bleck, PhD, and Rita DeBate, PhD, MPH, NBC-HWC (University of South Florida)

Health & wellness coaching programs have been expanding into higher education settings over the past decade. Although university-based coaching programs have the potential to positively impact student health, well-being, and success, demonstration of evidence-based impact requires carefully designed and executed program evaluations. The purpose of this workshop is to provide the framework, skills, and tools necessary for gathering, analyzing, and reporting critical evidence demonstrating health and well-being impacts and student success outcomes.

Achieving AAAHC Accreditation for College Health, Part 1

Presenter(s): Joy Himmel, PsyD (Old Dominion University); Valerie Kiefer, DNP (University of Connecticut)

Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will focus specifically on the core barriers or fears in beginning the process to get ready for accreditation and complying with the standards. It will provide numerous reasons to seek accreditation for all sizes of schools and will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and health clinic alone. Quality and process improvement, essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement studies, and information will be shared on how to succeed with obtaining accreditation.

Meeting schedule subject to change.
Tuesday, May 30

9:00 am – 12:00 pm (cont.)

Dismantling White Supremacy and Healing Racial Trauma: Ending Racist Practices in College Health – Part 1

Presenter(s): Kelly Gorman, MSc (University at Albany); Marian Trattner, MSW (Wake Forest University); Joleen Nevers, MAEd (University of Connecticut)

Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will focus specifically on the core barriers or fears in beginning the process to get ready for accreditation and complying with the standards. It will provide numerous reasons to seek accreditation for all sizes of schools and will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and health clinic alone. The eight core chapters (1-8) will be reviewed with highlights for each chapter and a focus on what surveyors look for during a survey. Information will also be shared regarding the most common deficiencies or challenges per chapter.

Talking To Students About Cannabis and Psychedelics

Presenter(s): Tom Fontana, MS (University of Vermont)

Cannabis and psychedelic use among young adults has reached an all time-high. To better understand why, we must talk with our students- but this topic can be tricky. Come learn more about cannabis and psychedelics, plus ways to engage students including non-stigmatizing ways to understand motivation, elicit change-talk, and discuss harm reduction practices like tolerance breaks. To help students get to where they are going, we must first meet them where they are at.

Collective Impact: Practices that Support Effective Collaboration to Achieve Big Impacts

Presenter(s): Paul Schmitz, BA (Collective Impact Forum); Dominique Samari, JD (P3 Development Group)

Collective impact is a network of community members, organizations, and institutions that advance equity by learning together, aligning, and integrating their actions to achieve population and systems-level change. Effective coalitions and networks have always begun with a clear strategy and fostered an inclusive, equitable, and accountable culture to support collaboration. This interactive session will illustrate through tools, examples, and activities the practices that support effective collective impact.

Dashboards, Trustees and Advisory Groups: Leadership Approaches for Effectively Telling the Story of Health & Well-Being on your Campus

Presenters: James D. Raper, PhD (Emory University); Steve Large, PsyD (Miami University); Joyce Dewitt-Parker, PhD (University at Albany); M. Kirk Dougher, PhD (Washington University in St Louis); Jake Baggott, PhD (University of Wisconsin–Madison); Sirena Cantrell, PhD (Mississippi State University)

In recent years deep and intentional collaboration across health and well-being areas has been critical as universities seek to improve campus health, equity, inclusion, and student sense of belonging. To be effective and continue to develop resources, health & well-being leaders must also tell compelling stories customized to a wide variety of constituents. A diverse panel of current AVP/Cs of health & wellbeing portfolios will share strategies and help attendees develop a plan for effective communications on their campuses.
Motivational Interviewing Skill-Building Applied in Healthcare Settings

Presenter(s): Chris Rzengota, MA, LPC, LSATP, and Lisa Campo, DNP, ANP-BC (George Mason University)

This interactive workshop will provide opportunities for healthcare providers and mental health professionals to practice and refine their motivational interviewing (MI) skills applied to a wide variety of patient behavior change. The workshop will focus on intentional application of MI skills to respond to change talk, sustain talk, and discord in order to elicit change talk and behavior change.

Strategies and Processes for Developing and Enhancing Integrated Health and Wellness Services

Presenter(s): Cory Walack, PhD, Rachel Evans, MS, MCHES, Carrie Brown, PhD, Kathleen Coughlin, MPA, Tanya Williamson, PhD and Matt Hackett, MS (Syracuse University)

Although a significant number of campuses indicate a desire to move toward an integrated health and wellness model, the actual process of doing so often proves challenging. Drawing from our experience in creating an integrated center, in this session we hope to create a working group experience in which participants will be able to identify new strategies and processes for enhancing integrated health and wellness services on their campuses.

Serving Student Veterans: Core Competencies for Healthcare Providers and Campus Personnel

Presenter(s): Kevin Holloway, PhD (Center for Deployment Psychology, Uniform Services University of the Health Sciences)

This core competency workshop is designed to address cultural and clinical concerns of Veterans and Service members on a university or college campus. The program presents an overview of the experience of student Veterans and Service members, and includes challenges during deployment and reintegration on campus, campus outreach strategies, recommendations for culturally-informed assessment approaches for common presenting health/behavioral health problems.

Achieving AAAHC Accreditation for College Health -- Part 2

Presenter(s): Joy Himmel, PsyD (Old Dominion University); Valerie Kiefer, DNP (University of Connecticut)

Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will focus specifically on the core barriers or fears in beginning the process to get ready for accreditation and complying with the standards. It will provide numerous reasons to seek accreditation for all sizes of schools and will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and health clinic alone. Quality and process improvement, essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement studies, and information will be shared on how to succeed with obtaining accreditation.
Tuesday, May 30

1:30 pm – 4:30 pm (cont.)

Gender Affirming Services in a Primary Care Setting: A Review of Best Practices and Standards of Care

*Presenter(s): Julie Thompson, PA-C, AAHIVS (Fenway Health)*

This talk will address the importance of providing gender affirming care within primary care, and this directly impacts access to care and decreases stigma experienced by trans and gender diverse (TGD) communities. We address an individualized, trauma-informed approach to care, provision of gender affirming hormone therapy through an informed consent lens, options for hormone therapy, and health considerations and monitoring. Finally, we will touch on preventive health recommendations for TGD individuals and review the updated guidelines from WPATH’s Standards of Care, Version 8. This workshop is intended for all involved in the primary care team.

Dismantling White Supremacy and Healing Racial Trauma: Ending Racist Practices in College Health – Part 2

*Presenter(s): Kelly Gorman, MSc (University at Albany); Marian Trattner, MSW (Wake Forest University); Joleen Nevers, MAEd (University of Connecticut)*

This presentation will focus specifically on the adjunct chapters (9-25), which are applicable to the college health setting. Highlights for each chapter will be reviewed as well as common challenges and deficiency areas. Quality and process improvement, (chapters 4,5) essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement studies. Information will be shared on how to engage your staff in a system of continuous quality improvement. Examples of quality improvement initiatives will be provided as examples. There will also be a focus on how to prepare for the initial survey as well as a reaccreditation survey.

Healthcare is for Healing: Using Behavioral Threat Assessment and Management to Support Student and Campus Safety and Well-Being

*Presenter(s): Lynn Van Male, PhD, CTM (Oregon Health and Science University; Private Consultant; US Veterans Health Administration); Philip Saragoza, MD (University of Michigan Medical School and Work Trauma Services, Inc.,)*

This workshop will provide an overview of behavioral threat assessment and management arising in the campus healthcare environment. We will review foundational principles about targeted violence, discuss sources of risk in the campus context, describe evaluation approaches and address practical aspects of intervention and case monitoring. Audience participation will enhance learning, including through the use of a progressive case exercise.

Advancing Equity in Collective Impact

*Presenter(s): Paul Schmitz, BA (Collective Impact Forum); Dominique Samari, JD (P3 Development Group)*

Collective impact is a network of community members, organizations, and institutions that advance equity by learning together, aligning, and integrating their actions to achieve population and systems-level change. We place equity at the center of our definition because it is difficult to achieve population change without redressing disparities among groups who are further behind. The presenters will share five strategies from The Collective Impact Forum that center equity in collective impact work.
**Keynote Address -- Happiness: How to Feel Better in Difficult Times**

*Presenter(s): Laurie Santos, PhD (Yale University)*

This talk will explore scientifically-validated strategies that we can use to increase our well-being. Dr. Laurie Santos of Yale University will explore what new results in psychological science teach us about how to be happier, how to feel less stressed, and how to flourish more. The workshop will also allow participants to put these scientific findings into practice by learning how to build the sorts of habits that promote a happier and more fulfilling life.

**1:30 pm – 2:30 pm**

**CANCELLED BY PRESENTER - HBCU Matter: Mental Health on Campus**

*Presenter(s): Amy Gatto, MPH; Markie Paternak; Emily Meeks, MPH, CHES and Gabby Yaptinchay, MPH (Active Minds)*

Active Minds and UNCF released recommendations for mental health strategies implemented at Historically Black Colleges and Universities (HBCUs) in fall 2022. This presentation will highlight the unique strengths of HBCU campuses and share the findings of the report, actionable recommendations for campuses to implement, and hear stories from faculty and staff who have seen the results of utilizing holistic mental health approaches on their campuses.

**Centrality in Well-Being: A New Perspective on Individual Well-Being**

*Presenter(s): Carol Griggs, PhD (University of Wisconsin-Madison); Kiera Walker, MA, LPC, NCC (University of Alabama at Birmingham)*

In considering wellbeing, there have been many models designed over time to summarize the categories that might ultimately sum up what it means to be well. But after living through a global pandemic and and seeing such sharp increases in mental health needs, is there a better way to think about our own wellbeing and student wellbeing? This presentation brings together a year of in-depth qualitative research to help us redefine and reconsider individual wellbeing.

**Eye Concerns in College Health**

*Presenter(s): Dina Kakish, OD (University of Michigan)*

This course will provide information on diagnosing and treating red eyes and urgent ocular issues. This includes orbital fractures, chemical exposure corneal ulcers, conjunctivitis and corneal abrasions. Also will address when to refer other urgent ocular issues such as floaters and iritis.
1:30 pm – 2:30 pm (cont.)

The Impacts of Spiritual Health on Student Well-Being

Presenter(s): Keith R. Anderson, DMin (Liberty University)

This session would discuss the importance of spiritual health on student’s overall well-being and how college health professionals can utilize the information when caring for their students and on their respective campuses.

The Well-Being Improvement Survey for Higher Education Settings (WISHES)

Presenter(s): Martha Dannenbaum, MD, Megan Cullers, APRN, MSN, PMHNP-BC, FNP-BC, and Kelly Cox, MS (Texas A&M University)

Student well-being is a critical component to student success on college campuses. Our team surveyed the entire Texas A&M University student body using the Well-being Improvement Survey for Higher Education Settings (WISHES). Results showed that it is possible to measure student well-being and better understand disparities that exist on your campus. We share how we used our data to pave the way for interdepartmental and interdisciplinary collaborations focused on disparities in student well-being.

CCHN Update: A Deep Dive into the Institutional Profile Survey Results

Presenter(s): Mary Hoban, PhD, MCHES (American College Health Association); Sarah Van Orman, MD (University of Southern California)

The Connected College Health Network is the ACHA data warehouse project intended to bring together sources of information about college student health and healthcare to better inform college health professionals, institutions of higher education, and policy makers. The foundation of CCHN is the ACHA Institutional Profile Survey (IPS,) which is completed by ACHA Institutional Members annually. ACHA has collected 5 years’ worth of data on service provision, utilization, staffing, budget, and health promoting policies and services with the IPS. IPS data from almost 200 schools has been linked to institutional information from the US Department of Education. An overview of IPS data trends will be presented.
DEA Today

_Presenter(s): Noah Herzon, MBA (Drug Enforcement Administration)_

DEA overview, drug trends, new initiatives, and how is DEA addressing the opioid epidemic claiming almost 108,000 American lives per year.

Got Grit?: Practical Ideas for Counselors to Understand and Identify Wellness Strategies to Develop Resiliency Among College-Aged Clients

_Presenter(s): Tyson Alexander, MMFT, LMFT (Abilene Christian University); Hannah Wilhite, PhD, MPH, BS, LCDC, EMDR (Texas Tech University)_

The purpose of this presentation is to enhance the attendees understanding of grit and resilience, and the ways in which it impacts the lives of their clients. College students often enter their University careers believing themselves to be less resilient than they actually are. In this presentation we explore ways to connect students with helpful wellness strategies that can help them shift their narrative regarding their belief in their own resiliency.

Navigating Tech-Enabled Trauma

_Presenter(s): Adam Dodge, JD (EndTab, LLC)_

Tech-facilitated abuse is insidious, pervasive and nuanced - and so is the resulting trauma. By understanding the differences between online and offline trauma, we can meet modern victims where they are, mitigate re-traumatization and inform our existing trauma-informed approaches to be more effective relative to online experiences.

A Statewide Peer Coaching Program: What Students Are Looking For and How They Benefit

_Presenter(s): Kris Coles, EdD (Utah System of Higher Education)_

In 2020, the Utah System of Higher Education implemented a statewide peer coaching network to provide peer support for every student in a publicly funded institution. Peer support has been shown to be an effective means of improving wellbeing. Though broadly defined, there are distinct differences among peer programs. This presentation will outline the distinctions between similar peer support programs as well as present what we've learned about students’ needs in peer coaching and the impact of peer coaching at both a student and institutional level.

An Integrated Multidisciplinary Early Identification and Triage of College Students at Risk for Anxiety and Depression

_Presenter(s): Sarah Templeton, DNP, FNP-C, CHWP, PHN and John Ojisekhoba, MAOL, MAIB (Biola University)_

College students across the U.S. are experiencing an increasing prevalence of mental health concerns, such as anxiety and depression. Mental health issues can significantly impact students’ academic progress and sometimes forces attrition. Rather than waiting to respond when students are in crisis, one university piloted a proactive, interdisciplinary
mental health program to help identify students at risk for anxiety and/or depression and connect them with appropriate levels of care in a timely fashion.

ACHA Gun Safety Task Force Report

Presenter(s): Belinda Vea, PhD (University of California); Jake Baggott, MLS (University of Wisconsin, Madison); Robert Jones, MD (The University of North Carolina at Charlotte); Sara Nimmo, MBA (Missouri State University); Kim Webb, MEd (Washington University in St. Louis); Keith Williamson, MA (Midwestern State University)

With the increase in gun violence across the U.S., there is a concern that campuses are no longer safe from such violence. The American College Health Association Gun Safety Task Force was convened to research gun violence as a public health issue and a concern for our campuses. The Task Force will report on its work to date, including perceptions of gun violence on campuses, current data on gun ownership, current, and promising practices, advocacy, and recommendations for mitigating gun violence on campuses.

Wednesday, May 31

3:00 pm – 4:00 pm

Contraceptive Counseling in the College Health Setting: Finding the Most Effective Method for Your Patient

Presenter(s): Allie Schwartz, MD and Nasreen Ghazi, MD (Florida Atlantic University)

Primary care providers working in a university setting are experts in reproductive health and strive to deliver culturally sensitive, inclusive, and affirming care. The best form of birth control is the one that works for the patient and their lifestyle. Each contraceptive counseling visit is a unique opportunity for a shared decision-making conversation which will enable the patient to be an active participant in their own health. This presentation will review best practices for new patient consultation, common forms of contraception, including LARC’s (Long-Acting Reversible Contraception), emergency contraception, and clinically relevant updates in reproductive health medications.

Extending Student Healthcare Access Through Campus-Based Pharmacies

Presenter(s): Ashley Meredith, PharmD, Trexie Rudd, PharmD, and Nicole Noel, PharmD (Purdue University)

Young people are less likely to obtain preventive health services compared to populations of other ages. Campus-based pharmacies provide a unique opportunity to increase and extend student access to critical health services. Purdue University Pharmacy has developed multiple services based on our students’ needs. We will describe the development, implementation, and applicable outcomes for pharmacy-based services, including birth control prescribing, travel health, administration of vaccines and other injectable medications, and over-the-counter medication vending machines.

CANCELLED BY PRESENTER -- Building Inclusive Learning Environments: Supporting Students with Disabilities Through EDI
Students with disabilities, who are increasing in both size and visibility, continue to face serious barriers and challenges on college campuses, which impedes success and growth for not only them, but for the educational institutions, they are part of and society in general. This discussion will share a public, ten-campus university system’s approach to redefining diversity to be truly inclusive to bring greater visibility, equity, and support for students with disabilities.

Project ACCESS: Mitigating Risk for HIV and Substance Use Among College Students Experiencing Health Disparities Using an Embedded Prevention Navigator Model

Presenter(s): M. Dolores Cimini, PhD, Corey Monley, BGS, Cara Fresquez, MAC-P, Megan McCarthy, BS (University at Albany); Evan Ozmat, MS (Research Foundation at SUNY)

The aim of Project ACCESS (Achieving College Completion through Engaged Support Services) is to expedite service access by college students at highest risk for HIV and substance use, including BIPOC students and students identifying as LGBTQ+, many of whom face significant health disparities and academic and financial inequities. In this workshop, we will explore how Project ACCESS is implementing an innovative approach in which HIV Prevention Navigators and Peer Support Specialists with lived experience are embedded in spaces on campus where students naturally congregate to deliver timely and culturally responsive evidence-based population-level and individual HIV and substance use prevention, screening, and treatment referral strategies in collaboration with campus and community partners, yielding significant increases in health and reduced risk for HIV, substance use, and related health issues.

The Parallel Pandemic: What Clinicians Need to Know About Long Covid

Presenter(s): Bruce D. Levy, MD, (Brigham and Women's Hospital and Harvard Medical School)

For a subset of individuals with acute COVID-19 disease, symptoms persist beyond 1 month, with some patients reporting symptoms at least 6 months later. This phenomenon is now commonly described as Long COVID. As the world sputters to emerge from the COVID pandemic, some consider Long COVID to be the next public health disaster. This presentation will review the implications of Long COVID for young adults and college students.

Wednesday, May 31

3:00 pm – 4:00 pm (cont.)

CANCELLED BY PRESENTER -- Leading Campus Prevention Strategies: Practical and Aspirational Approaches for Impact

Presenter(s): David S. Anderson, PhD (George Mason University)

With drug and alcohol misuse continuing to challenge collegiate leaders, direction and inspiration from long-term professionals provide foundations for campus strategies. Organized around a nine-step planning model, this session blends longitudinal and current data, case studies, and insights from experts. Attention to needs-based and evidence-informed approaches, theoretical grounding and logic models, innovation, collaboration, and evaluation is blended with personnel preparation, leadership skills, and coalition development.
Emergency Response Planning: Beyond the Document

*Presenter(s): Erica Bumpurs, MS (Sam Houston State University); Eileen Hineline, MSHA, BSN (Barry University); Anna Harte, MD (University of California, Berkeley); Carman North, MPH, CPH (University of Tennessee, Knoxville); Ellen Goldberg, MSN, RN (East Carolina University)*

This session will incorporate the essential elements for building or enhancing your emergency response plan to address infectious disease planning and campus response. Additionally, the panel will facilitate discussion around supporting topics for emergency response such as leveraging knowledge and resources from campus partners, building essential communications, and the impacts of infectious disease response on the broad campus community.

Increasing Access to Services for Underrepresented Populations Utilizing Liaison Roles

*Presenter(s): Kiera Walker, LPC (University of Alabama at Birmingham)*

Many higher education institutions are placing an emphasis on diversity and inclusion as they seek to intentionally recruit and retain a more diverse population of students. However, with this transition comes unique stressors and challenges to social integration that are specific to these population of students. This presentation will discuss how we have utilized liaison roles for specific student population groups to connect students with mental health services on campus.

Why Does Race Matter: A Deeper Look into Anxiety

*Presenter(s): Krystalynn Williams (Krystal Clear Mind, S Corp)*

Anxiety amongst college age students have continued to increase and are especially high within minority communities. Licensed Marriage & Family Therapist, Krystalynn Williams, LMFT will present a comprehensive look at anxiety and how systemic racism and experiences of discrimination are contributing factors. Her approach to this presentation will also include two case studies, leaving attendees with a gain in knowledge of understanding factors that contribute to anxiety and practical strategies of how to manage it.

Developing a Faculty/Staff Well-Being Program: Lessons from the Road

*Presenter(s): Marguerite O’Brien, MSW (Coastal Carolina University); Nikki Brauer, MS, CWPM, COEE, CHWC (Illinois State University); Faith Ann DeNardo, PhD, MSED (Bowling Green State University); Lori DeWald, PhD, ATC, MCHES, F-AAHE (Southern Illinois University)*

While some ACHA member institutions include faculty and staff in their wellbeing offerings, some do not. This session brings presenters with 75+ years of collective experience in developing and implementing faculty/staff wellbeing programs to help participants conceptualize and map out a plan for their campus. Using case studies, action plans and lessons learned, presenters will guide participants to think about what will work best for their campus.
Centering Equity in Evidence-Based, Campus-Wide Mental Health Strategic Planning

Presenter(s): Beth Lesen, PhD and Damian Zavala, MSW, LCSW, MPA (California State University, Long Beach)

Join presenters from California State University, Long Beach to learn more about their campus-wide mental health plan that is already yielding positive results and has received national attention. The presenters will explain the process used to create the plan; in particular how health equity is centered, how it was based on empirical evidence (both national and local), and how historically minoritized student voices informed its direction. Early implementation wins and challenges will be explained, and preliminary outcomes data will be shared.

Developing an Inclusive Express STI Testing Clinic Within the Student Health Center

Presenter(s): Nora Basile, DNP and Kim Kerrigan, MSN (Bentley University)

Through an inclusive lens, this model provides a practical and reproducible program to advance clinical practice addressing the urgent needs of today’s college students. According to the ACHA Sexual Health Services Survey (2020), STI rates continue to rise and fluctuate at unacceptable levels among college students. In a recent campus survey, Bentley found that privacy is vital for students when seeking resources. Highlighting efficiency and privacy, this model meets the desires of this tech-savvy generation.

Implementing Team-Based Outpatient Eating Disorder Treatment in a College Health Center

Presenter(s): Cathryn Imperato, RN, DNP, NP-C, WHNP-BC and Toby Morris, MS,RD, Erin O'Connor, LCSW (University of California, Berkeley)

While college students are at high risk for development and complications of eating disorders (EDs), access to timely and affordable eating disorder (ED) treatment is limited. Since college health centers are many students’ first point of contact for health care, offering ED resources on campus can substantially impact students’ health and academic success. However, ED treatment is complex and resource-intensive. One model for an integrated interdisciplinary campus-based ED treatment team will be presented and discussed. To Treat or Not Treat? Management of Viral
Respiratory Tract Infections
Presenter(s): Maureen Campion, PharmD and Gabriela Andujar Vazquez, MD (Tufts Medical Center)

Upper respiratory infections are common reasons for college students to seek medical care. The importance of prevention, treating the primary infection, minimizing spread of disease must be balanced with growing antimicrobial resistance and concerns for over-prescribing. This session will discuss diagnosis and current pharmaceutical options for prevention and treatment of viral respiratory infections, including SARS-CoV-2 and influenza, and discuss when antimicrobial therapy is appropriate.

Immunization Compliance Reenvisioned
Presenter(s): Noa’a Shimoni, MD, MPH, Mallory Scott, MBA, and Cynthia Lant, BA (Rutgers University)

The pandemic highlighted strengths and weaknesses in our immunization tracking system across our five campuses. In this presentation, we discuss how we learned to move all immunization compliance work forward, network all campuses, set consistent guidelines, and support all campuses regardless of their resources without centralizing immunization compliance. We describe the creation of a university-wide immunization group, how we established effective communication with students and improved communication with stakeholders.

Perceived Health in University Employees
Presenter(s): Paige Whitney, MSc (University of Colorado, Colorado Springs)

Employees in higher education have undoubtedly been impacted by the COVID-19 pandemic. This original research, using the American College Health Association Faculty and Staff Health Assessment, aims to explore the specific physical, mental, and environmental workplace factor that predict, mediate, and moderate self-reported perceived health of higher education employees. The findings will guide the presentation and discussion around the future development, implementation, and evaluation of employee health and wellbeing programming in higher education.

Wednesday, May 31
4:30 pm – 5:30 pm (cont.)

Implementation of a Stepped Care Model in an Anxiety, Stress and Sleep Program in a College Mental Health Setting in the Pontificia Universidad Católica, Chile

Presenter(s): Constanza Rojas Vivanco, BA and María-Paz Jana, MA (Pontificia Universidad Catolica)

The Anxiety, Stress and Sleep program aims to develop mental health promotion and prevention services and resources, orienting the student’s process of acquiring skills and habits to address the three mentioned issues in a healthy way. The different services and interventions we develop are provided according to a Stepped Care model, in order to shorten access barriers to care, especially for university populations that are vulnerable to mental health problems because of its demographic qualities.
Outpatient Pharmacotherapy for Young Adult Populations: Updates and Recommendations

Presenter(s): James Jacobs, MD, PhD (Stanford University)

Clinical pharmacology evolves rapidly and continuously. In this presentation, we will review new recommendations for old drugs and accepted recommendations for new drugs. We will also be thoughtful about medication costs and stewardship. The presentation will be fast-paced and entirely clinical.

Health Promotion on a Shoestring Budget: Utilizing Multiple Strategies to Accomplish More with Less

Presenter(s): Jennifer DiPrete, MEd, MCHES; Courtney Deremiah, MS, MCHES; Kathleen Koviak, MPH, CHES and Kameron Talley, MS, NCC, CHES (University of South Florida)

With college and university budgets stretched to the brink, and expectations for programming and outreach to continue, health promotion departments have been placed in a position where creativity and ingenuity have taken center stage. This presentation will provide an overview of the challenges that have surfaced in recent years across the higher education landscape which have impacted the manner in which health promotion work is delivered, and the strategies departments can utilize to support student well-being and success.

Inclusive Health and Wellness Assessment and Data-Driven Policy for Students of Various Social Identities

Presenter(s): Qingyi Yu, PhD, Julie Woulfe, PhD, and Tanya Williamson, PhD (Syracuse University)

This presentation aims to discuss an inclusive health and wellness assessment plan, specifically on utilizations and experiences for students from multiple social identities. We will discuss the awareness of working with LGBTQ+ students, international students, and other social identity groups in health and wellness practices. Both quantitative and qualitative data are applied to improve policies, practices, and relationships with individuals from various cultural identity groups. Actions and strategies will be discussed.

Wednesday, May 31

4:30 pm – 5:30 pm (cont.)

Trans and Gender Expansive (TGE) Student Experiences on Campus: University of Michigan (UM) Survey Data, Campus Response and Recommendations

Presenter(s): Rachelle Wilcox, MD, MPH, RN, Shanna Kattari, PhD, MEd, and Monique Steel, MSN, WHNP-BC (University of Michigan)

During the 2021-22 academic year, we surveyed TGE students at UM on topics related to health, wellness, and campus experience. This is the first comprehensive survey of its kind in a college population. Upon analyzing the data, we were able to compare this to general campus data, as well as national data, to identify areas of growth and highlight mental health, primary care, and gender affirming care needs for campus partners to address.
Health and Well-Being in Higher Education: A Collective Commitment to Student Success

Presenter(s): Robyn Buchsbaum, MHS, and Mary Hoban, PhD, MCHES (American College Health Association); Mallory Jordan, MPH, MBA (NASPA); Erin O’Sullivan, MA, MFA (NIRSA)

Following the pandemic, NASPA, NIRSA and ACHA reconvened a group of members, researchers, and representatives from fellow higher education organizations to redirect focus, energy, and resources back to the work of advancing the Interassociation Commitment to Wellbeing. Join representatives from the associations in an interactive discussion to provide an update on their work toward creating a shared definition of wellbeing, identifying research needs, and building future collaborations in support of campus-wide coordinated efforts to improve student success.

ACHA Benchmarking Advisory Committee Updates

Presenter(s): Susan Hochman, MPH (UT Austin); Melanie Trost, MD (Duke University)

Session participants will have the opportunity to learn about new studies initiated by the committee this year, the ways in which the committee has expanded its reach and applicability beyond the clinical, and how participation in ACHA benchmarking efforts can seamlessly integrate in institutions’ accreditation and quality improvement/management processes.

Mental Health Care for Transgender and Gender Diverse College Students

Presenter(s): Alex Keuroghlian, MD, MSc, MPH (Massachusetts General Hospital/Harvard Medical School/Fenway Health)

This session will contextualize mental health inequities across diagnostic categories within a gender minority stress framework, propose culturally responsive tailoring of evidence-based clinical practices, and offer strategies for building inclusive, affirming, and trauma-informed care environments in order to optimize mental health outcomes for transgender and gender diverse college students.

Pursuing Transformational Change for Better Student Well-Being: Key Learnings from Eight Universities
Presenter(s): Allison Smith, MPA (New York University); James Jacobs, MD, PhD (Stanford University); Martha Dannenbaum, MD (Texas A&M University); Lindsey Phillips, MD, MSc (Rochester Institute of Technology)

Through their participation in Pursuing the Triple Aim in Higher Education Settings: A Learning and Action Collaborative, eight universities generated important insights about what it takes to advance transformative changes in higher education settings to improve college student health, mental health, and wellbeing outcomes. The presenters will share key themes from the Collaborative that can help change agents and leaders to catalyze effective improvement across their institution.

A Panel Discussion: Addressing the Current State of ATOD on College Campuses

Presenter(s): Delynne Wilcox, PhD, MPH, CHES (University of Alabama); Amelia Arria, PhD (University of Maryland School of Public Health); Diane Fedorchak, MEd (University of Massachusetts Amherst); Liz Prince, MA.Ed, LPC (University of Georgia)

This panel discussion is designed for ATOD, health promotion professionals, mental health practitioners and anyone in college health who would like to get a current pulse on how ATOD can impact student well-being. This session will provide an update to the current data trends in ATOD on college campuses and examine the changing demographics of college students. The panelist will consist of college health leaders from across the profession who represent a comprehensive view of the field of ATOD including prevention, early intervention, and recovery support.

Supporting On-Campus and Online Students’ Well-Being

Presenter(s): Felix Pizzi, MSEd, LCMHC, CCMHC, Daniel Poulin, MS, Elyse Peredna, MA, LMHC, LCMHC, Jay Tifone, MS, and Nicole Monahan, LMHC (Southern New Hampshire University)

As colleges and universities continue to increase the population of on-line learners to their existing residential campuses, it is important to look at how the supports and safety-nets traditionally associated with a campus experience can be extended to purely on-line students. This presentation will explore how one university’s efforts in this area have evolved over time and most recently developed services that increase student supports across all modalities while strengthening pre-existing on-campus services.

Thursday, June 1

8:00 am – 9:30 am (cont.)

How to Successfully Establish a Gender Affirming Care Program in an On-Campus Student Health Center: A Panel Discussion

Presenter(s): Julia Burton, MSN, CRNP, FNP-BC (University of Pennsylvania Student Health and Counseling); Coralie Pederson, MSN (University of Minnesota); Ellen Goldberg, MSN, RN (East Carolina University); Angel Yackel, MSN, APRN, CNP (Carleton College Student Health and Counseling)
Only one-third of college health centers surveyed initiate gender affirming hormone therapy, and just one-half maintain prescriptions students have already received. Reasons for this include lack of experience, concern for legal ramifications, and resistance from administration, among others. This panel intends to discuss steps for proposing a college health center offer GAHT to students, as well as what institutions with varied populations and levels of experience are doing for gender care.

**The Nuts and Bolts of Accessing Campus Vaccine Data**

*Presenter(s):* Angela Long, MS, MPH *(University of Oregon, University Health Services); Craig Roberts, PA-C, MS, and Courtney Blomme, MS, RD *(University of Wisconsin - Madison); Madeline Wilson, MD, FACP *(Yale Medicine)*

The 2021-2022 American College Health Foundation Survey: Immunization Practices in College Health: Requirements, Coverage, and Data highlighted several barriers IHEs face when attempting to understand vaccine coverage on campus. This session will discuss those barriers and offer solutions to IHEs looking to better coordinate and use their immunization data.

**Contraceptive Update**

*Presenter(s):* Carolyn Howard, MD, MPH, FACOG *(The University of Rhode Island Student Health Services)*

This presentation reviews what's new in contraception for 2022. Reproductive and sexual health includes contraceptive knowledge and should be a priority for higher education. Women made up 59.5% of college students for the academic year 2020 - 2021. Contraceptive Update reviews current contraceptives, updates recent recommendations and discusses what's new on the market. Clinicians need to be able to counsel patients on the efficacy, safety, and adverse effects of each contraceptive.

**Staff-Led Programming that Builds Community and Increases Retention**

*Presenter(s):* Katryna Sardis, MSW and Sophie Hood, BS *(The University of Missouri); Amelia Ross, BA, Larisa Wallace, MPH and Jennifer Nealey *(University of Georgia)*

Retention and engagement have become hot-button issues at the forefront of the workforce consciousness. Employees feel unappreciated, underpaid, and overworked. This session will highlight two universities' efforts to address crisis levels of burnout among faculty and staff and provide an avenue to enhance employees' sense of value, appreciation, and belonging. The session will address the specific needs of queer and trans employees.

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**Thursday, June 1**

**8:00 am – 9:30 am (cont.)**

**Taking Up Space: Infusing DEISJ and Trauma-Informed Approaches to Eating Disorder Treatment**

*Presenter(s):* Molly Caradonna, PsyD, and Rianna Bailey, MSW, LCSW *(University of Wisconsin-Madison)*

As rates of eating disorders continue to increase across our campuses, it is important to ensure that care is inclusive and accessible to all of our students. Using a DEISJ framework, understand historical gaps and problems in eating disorder
treatment and recovery spaces, while also gaining knowledge and skills to provide care that is inclusive of students across all identities.

Experiences Utilizing the Okanagan Charter to Advance Well-Being

Presenter(s): Rebecca Kennedy, PhD (University of Alabama at Birmingham); Doug Everhart, MA (University of California, Irvine); M. Dolores Cimini, PhD (University at Albany); Ashley Ballard, MPH (University of North Florida)

Health Promoting Universities across the globe take a salutogenic approach, with a focus on systems, policy, and the intentional creation of environments supportive of well-being. Panelists represent a diverse set of schools who have all formally adopted the Okanagan Charter. Each will share the strategies they are employing on their campus as they advance planet, place and person wellbeing on campus and beyond.

Immunization Update 2023

Presenter(s): See-Won Seo, PharmD, BCACP (Albany College of Pharmacy and Health Sciences)

The CDC and the Advisory Committee on Immunization Practices (ACIP) create and frequently update recommendations regarding vaccine-preventable diseases. This session will review some of the recent recommendations and requirements.

Thursday, June 1

10:00 am – 11:30 am

STIs Old and New: Together They Coincide

Presenter(s): Katherine Hsu, MD, MPH (Massachusetts Department of Public Health / Boston University Medical Center); Erica Hardy, MD, MMSc, MA (Women & Infants Hospital / Alpert Medical School of Brown University); Kevin Ard, MD, MPH (Massachusetts General Hospital / Harvard Medical School)
Using 2021 CDC STI Treatment Guidelines and new CDC and IDSA guidance, top updates for STIs relevant to college health clinicians will be presented, followed by interactive case-based discussion. CDC-funded Ratelle STD/HIV Prevention Training Center of New England faculty have worked with ACHA, NECHA and NYCHA since 2013 to provide timely reviews and highlight clinical e-resources. This session will use anonymous audience polling to promote learning collaboration between audience and presenters.

The Emerging Role of Psychedelics in Mental Health

Presenter(s): Ishrat Husain, MBBS, MRCPsych, MD (Centre for Addiction and Mental Health)

There has been resurgence of interest in the therapeutic use of psychedelic drugs in mental disorders including major depressive disorder (MDD), posttraumatic stress disorder (PTSD), and end-of-life distress. This session offers a review of the psychopharmacology of psychedelic drugs, a critical appraisal of current evidence for therapeutic effects of psychedelics from contemporary clinical trials in mental disorders, and highlights pitfalls that should be addressed before clinical translation.

Using Collective Impact and Inter-professional Education to Create a Student Well-Being Collective @ Columbia University Irving Medical Center (CUIMC): Increasing Interprofessional Capacity for Change

Presenter(s): Jane Bogart, EdD MA, MCHES, Jennifer Nguyen, MPH, CHES, and Arielsela Holdbrook-Smith, MPH, CHES (Columbia University)

This session will explore the challenges, benefits, and lessons learned from integrating a Collective Impact (CI) approach with Inter-professional Education (IPE) to create the Student Well-Being Collective (SWC) at Columbia University Irving Medical Center (CUIMC). The SWC was co-created with students from all schools and programs to address mental health and well-being inequities at a systems level and provide training for health professions students to build the skills and confidence to lead community change efforts.

Addressing Substance Use Disorder Through Clinical Screenings and Collective Campus Engagement

Presenter(s): Angie Ghanem-Uzqueda, PhD, MPH, Farahnaz Namvari, MD, Elizabeth Ronca, LCSW, Lauren Martinez, PhD, and Andrea Moore, MCG (University of Southern California)

On our campus, ~40% of students screen positive for substance use disorder (SUD). In this presentation we’ll discuss how we address SUD in clinical and population settings. We will share our process for implementing a clinical screener in primary care, treatment response, and learnings from data. We also share our process for addressing SUD at the population level, including how we measured population prevalence and engaged our campus partners using a collective impact framework.
Clinical informatics are an essential tool for college health professionals to identify and respond to emerging public health threats. In this session/workshop, we will review essential clinical informatics principles that can support the development of metrics and key performance indicators (KPIs). Using the quintuple aim framework (quality, access, patient experience, provider experience, and equity) we will review one campus’ effort to expand its clinical informatics capabilities, influence the culture of the organization, communicate effectively with stakeholders, and improve responsiveness to public health threats to student health and wellbeing.

**ACHA-NCHA Update**

*Presenter(s): Mary Hoban, PhD, MCHES; Christine Kukich, MS (American College Health Association); Alyssa Lederer, PhD, MCHES (Indiana University - Bloomington)*

This program will share findings from the first 3.5 years of data collection with the ACHA-NCHA III, describe instrument reliability and validity, demonstrate ways measures may be used in data analysis, and provide updates from the Advisory Committee.

**College Travel Health: Addressing Small and Less-Resourced Schools, Equity and Inclusion, Mental Health, Ethics, Collaboration and Privacy**

*Presenter(s): Michael Huey, MD, FACHA (Emory University, retired); Catherine Ebelke, PA-C (Montana State University); Carol Griggs, PhD (University of Wisconsin - Madison); Amy Sauls, PharmD (University of North Carolina); Kathy Thorson, NP-C (Bowdoin College)*

The authors of the 2022 ACHF “Institutions of Higher Education Travel Health Best Practices” white paper target key lessons from the document: Providing travel health across the spectrum of college sizes and resources; fostering equity and inclusion in our traveler population; supporting the mental health of travelers; responsible and ethical travel; the importance of cross-campus and community collaboration; and privacy of traveler protected health information. The session promises to provide new tools and be interactive, authoritative, and thought-provoking.

**CANCELLED BY PRESENTER -- Who Gets to Thrive? Taking an Intersectional Lens to Understand Student Health Outcomes**

*Presenter(s): Olivia Szendey, MEd and Haylea Hubacz, BA (Boston College)*

When we discuss individuals and their well-being, we are often missing critical pieces of information that give us a more holistic picture of individuals and their identity. Traditional ways of investigating sub-population data do not account for individuals at the intersections of demographic categorizations. In this presentation, participants will learn the benefits of an intersectional approach to health outcomes, understand how to collect necessary data, and apply an intersectional approach to a real dataset..

**Thursday, June 1**

**10:00 am – 11:30 am (cont.)**

**Human Health as a Component of Well-Being: Foundations for a Strategic Plan**
Presenter(s): Paula Swinford, MS, MHA (University of Southern California); Rebecca Kennedy, PhD (University of Alabama-Birmingham);

Over the past fifteen years, Vice Presidents for Student Affairs have been working to unite previously independent departments providing recreation, medical health care, health education and psychological counseling, etc., into an efficient and effective set of teams with demonstrably improved population-level health and wellness outcomes. In this session we will explore the possibilities of unified health promotion and key questions necessary in a strategic planning process applicable at both the internal portfolio-level or cross institutional silos.

Emerging Digital Safety Issues Facing Students

Presenter(s): Adam Dodge, JD (EndTab, LLC)

In this session, we demystify the latest challenges faced by students in the digital age and demonstrate how anyone can identify, prevent and address these issues before they become mainstream. In this session, the topics will include sextortion, deepfakes, doxxing, fake nudes, nonconsensual tracking (including AirTags), stalkerware and smart-home abuse.

Mapping Undergraduate Higher-Risk Alcohol Use Across Time and Space

Presenter(s): Katherine McAvoy, MPH, and Jaclyn Hawkins, MEd, NBC-HWC (Columbia University)

Much of the AOD literature focuses on prevalence estimates and the identification of risk factors, obscuring important temporal and spatial dimensions of college students’ alcohol use that can be used to develop evidence-based, event-specific prevention strategies. This session seeks to address that gap by briefly reviewing recent original research conducted at Columbia University and opening a discussion on how other institutions could feasibly conduct similar investigations into their students’ behaviors.
RN Online Care Pathways to Support Team Based Care

Presenter(s): Amrit Nagra, MPH and Bettina Pedone, NP, MSN, RN, FNP-BC (University of California, Los Angeles)

Student survey data indicates that patients prefer to seek health care online. The demand for health services at UCLA exceeds appointment availability, so our nursing team developed pathways to request care for highly utilized services through the Patient Portal. These include pregnancy testing, STI screening, antibody lab titers, UTI treatment, birth control refills, emergency contraception, health clearances, and more. This allows our providers to function as a team by delegating care to the appropriate licensure.

Best Practices for Sexual Health Services in College Health

Presenter(s): Lauren Cordova, MSED (University of Pennsylvania); Suzanne Swierc, MPH, CHES, (Texas A&M University); Jordan McCann, MPH, RBA, CHES (James Madison University); Nancy Russell, BSN, MSN, DNP (Johns Hopkins University)

The 2021 Sexual Health Services Survey (SHSS), formerly the Pap Test and STI Survey, provides a snapshot of benchmarking data on sexual and reproductive health practices. The Sexual Health Coalition will provide a discussion of survey results alongside discussions of guidelines, best practices, and other topics relevant to those providing sexual health services at institutions of higher education.

HP Hot Topics: Cultivating a Culture of Care that Integrates Health Equity, Social Justice, and Anti-Racism

Presenter(s): Luoluo Hong, PhD, MPH (Georgia Institute of Technology)

The COVID-19 pandemic illuminated and exacerbated inequities and disparities in health and well-being among higher education student populations. Consistent with this reality, several policy makers declared racism a public health crisis in 2019. Health promotion practitioners in higher education can lead efforts at their institutions and globally to facilitate transformative change that integrates social justice, health equity, and anti-racism in authentic ways. This session presents strategies for health promotion practitioners to build their skills in advancing, applying and adapting these principles in their work. It will also address ways in which public health professional can effectively build and sustain coalitions to bring about desired impacts and outcomes.

Working with Immunization Data to Increase Vaccination Rates: Challenges and Solutions through Case Studies

Presenter(s): Noa'a Shimoni, MD MPH and Michala Rose, BA (Rutgers University); Francesca M. Maresca, PhD, CHES (Rutgers University – New Brunswick)

Vaccination initiatives rely on existing data sources to understand vaccination rates and opportunities in populations of interest. In this interactive presentation, we unpack strengths and limitations of existing data sets that include college-collected immunization records and state registry data. We present cases of data challenges for vaccines that are
commonly mandated (like MMR) and those that are not (like HPV) and develop solutions with the audience for large or small schools.

Thursday, June 1

1:30 pm – 2:30 pm (cont.)

Wellstart: Development and Pilot of An Online Mental Health Intervention

*Presenter(s): Rebecca Harrington, MA (SUNY Oneonta), Robyn Buchsbaum, MHS (American College Health Association); Rebecca Rampe, PsyD (University of Alabama, Birmingham); Greg Bunyea, MS (Carnegie Mellon University)*

In 2018, the American College Health Foundation gathered a team of varied experts with the goal of creating an online mental health intervention for new students. This intervention, Wellstart, was designed to be a comprehensive, evidence-based, and trauma-informed program to address common issues facing college students. This session will review results of a pilot study conducted in fall of 2022. We will review content of the Wellstart modules (Transition to College, Loneliness, Stress, Identity).

Hot Topics and Updates in Allergy

*Presenter(s): S Shahzad Mustafa, MD (Rochester Regional Health)*

This session will provide an update in the most recent developments in allergy and clinical immunology, including advances in diagnostic testing, as well as newly approved medications and forms of immunotherapy. There will also be a discussion on quality improvement ideas to address disparities in care and improve patient outcomes.

Student-Athlete Mental Health: It Takes a Team

*Presenter(s): Andrew McBride, MD, CAQSM (Health Center at Auraria)*

The spectrum of student-athlete mental health care encompasses the recreational athlete to the varsity and professional athlete. There are unique stressors which can impact this period of emotional, mental and physical development. We will review these stressors, provide some commonly seen case examples, and describe some best practices for the management of student-athlete mental health. We will conclude with an explanation of the importance of a multidisciplinary team in the management of student-athlete mental health.

Powerful Presence: Mindfulness Training for Student Veteran Resilience at Arizona State University

*Presenter(s): Zachary Reeves-Burton, EdD and Nika Gueci, EdD, MA, (Arizona State University)*

Student veterans and military-affiliated students are a unique population whose needs and lived experiences differ from that of civilian students. Institutions of higher education are presented with challenges and opportunities related to ensuring the success of this population. Mindfulness interventions been shown to increase resilience, health and well-
This presentation will examine the impact of a mindfulness intervention for student veterans and its effects on the variables of PTSD, depression, anxiety, resilience, satisfaction, and well-being.

Thursday, June 1

1:30 pm – 2:30 pm (cont.)

ACHA Advocacy, Policy and Government Relations Update from the Advocacy Committee and CEO

Presenter(s): James Wilkinson, MA CAE (American College Health Association); Mari Ross, PhD, LPC-MHSP, ACS, Chair of Advocacy Committee (University of North Carolina, Charlotte)

The ACHA Advocacy Committee Chair and CEO will update attendees on the view from Washington, including proposed legislation for the College Health Index (CHI); federal legislation and regulatory issues; interactions with key federal agencies like Dept. of Education and CDC; policy issues where ACHA is leading efforts, and those where ACHA plays a supporting role. We will also cover coalitions of allies in higher education, an approach which amplifies ACHA’s impact and heightens our profile. We will also introduce ACHA’s advocacy partners, Active Policy Solutions.

Getting the Right Students, the Right Care, at the Right Time Using an Open-Source Campus App

Presenter(s): Mel Fenner, PhD, CPHIMS, Nick Chancellor, DC, MS, John Paul, BSEE (The University of Illinois Urbana-Champaign)

Labor shortages have remained an issue, while care needs have not decreased at a commensurate rate. Mental Health diagnoses continue to rise, and COVID-19 has increased the number of ‘worried well’. To overcome that challenge, the University of Illinois at Urbana-Champaign leverages its open-source mobile app to provide timely, proactive care to students and empower intervention teams with additional smartphone sensor data to make more informed decisions about possible threats and students of concern.

Well-Being for Everyone: The Future of Health Equity

Presenter(s): Sherrá Watkins, PhD, LCMHC-S, LCAS, CRC, CSC (University of Utah); B.K. Taylor, Ed.D. (West Chester University); Raphael Florestal-Kevelier, PhD, MPH (University of Illinois Chicago)

This workshop invites participants to engage in a discussion-based learning environment to explore the systemic causes of unjust health outcomes. Based on a social justice framework and the Roots of Health Inequity, the presentation will introduce professionals to concepts and strategies for taking action in everyday practice. During the discussion, participants will learn strategies to combat these health disparities. Together, through collaborative discussion, we will equip session attendees with tools to identify and address disparate health outcomes on their own campuses.

Meeting schedule subject to change.
Quality STI Care: Is Your Student Health Center All It Can Be?

*Presenter(s): Daisha Washington, MPH (National Association of County and City Health Officials)*

This session will demonstrate the Planning Toolkit for Using CDC’s Recommendations for Providing Quality Sexually Transmitted Diseases Clinical Services, 2020. The toolkit was designed to support the evaluation of STI clinical services and determine if there are services that a health center could or should offer to provide their students the best quality STI care.

Immunization Compliance in Higher Education: A Panel Discussion

*Presenter(s): Erica Bumpurs, MS (Sam Houston State University); Melanie Gibson, MBA (University of Georgia); Mary Johnson, DNP, MSN, FNP-BC (Meredith College); Beth Graham, BA, ASBD (Dickinson College)*

This panel of college health administrators and nurse administrator professionals will present on immunization compliance strategies with representation from universities of various sizes. The presenters will focus on platforms used, workflows, campus partners, and communication strategies. Audience participation and discussion will be facilitated.

Where Do We Go From Here? Understanding the Current Landscape of Mental Health Services in Higher Education

*Presenter(s): Kimberly Gorman, PhD (Western Carolina University); Marcus Hotaling, PhD (Union College); David Walden, PhD (Hamilton College); Lynn Braun, MA, LPCC-S (Defiance College)*

Now, more than ever, the role of university mental health professionals is changing and increasing in scope and responsibility. The landscape of how to address mental health on college campuses has changed, staff and directors are feeling increased levels of burnout, and professional staff are leaving at unprecedented rates. This presentation provides recommendations for institutions to strategically align roles, resources and service delivery in order to sustain the profession.

ACHA Code of Conduct Overview

*Presenter(s): Michele Richardson, MBA (Bowie State University)*

The purpose of this presentation is to provide a high-level overview of the ACHA Code of Conduct with the intent of promoting dialogue and raising awareness among ACHA members.
Community Conversations: Developing and Assessing the Expansion of Mental Health Prevention Efforts Within Identity-Based Spaces

Presenter(s): Samantha Smith, PhD, MPH, CHES, and Jasmine Lee, PhD, MSW (University of Maryland, Baltimore County)

Institutions often face challenges in providing mental health prevention efforts that specifically address marginalized populations when their health promotion teams are small. This session will provide an overview of a health promotion and identity-based area collaboration focused on advancing health equity and holistic campus mental well-being using restorative practices and intercultural dialogue. This session will report on the development and evaluation of an initiative to reduce stigma and promote community care among marginalized identity populations.

New Trends in Mental Health Services Delivery: Faster, Shorter, and Diversified

Presenter(s): Will Meek, PhD (Minerva University)

Counseling centers have struggled to meet demand for years, but a new wave of service delivery innovations is improving that. This program will cover trending approaches to meeting mental health services demand, focusing on rapid access techniques, briefer interventions, and more flexible and diversified forms of care. The audience will leave with a range of specific and practical implementation ideas to try at their counseling center.

A Beginner’s Guide to Using History and Physical Assessment to Identify and Monitor Disordered Eating in the College Population

Presenter(s): Angel Yackel, MSN, APRN, CNP (Carleton College Student Health and Counseling)

It is no secret that college is a time of major transition and stress for our students. We know our population is at risk for a vast array of mental health challenges, with eating disorders being experienced and often undetected. This is especially true of persons in larger bodies, as well as transgender/gender nonbinary people. This session will provide insights into history and physical exam components that can improve early detection/management of eating disorders in students.

Building a Culture of Care to Address Substance Use Among LGBTQ+ College Students

Presenter(s): Cara Fresquez, MAC-P; M. Dolores Cimini PhD; Megan McCarthy, BS and Mikhaela McFarlin, BA (University at Albany, SUNY)

Data indicate that Lesbian, gay, bisexual, queer, and transgender (LGBTQ+) individuals consistently use substances at higher rates than the general population. Drawing on research literature addressing substance use within the community and how it impacts LGBTQ+ individuals, particularly college students between the ages of 16 and 25, we will
review specific risk factors such as the role of gay bars in promoting substance use and recreational substance use as a coping mechanism within the LGBTQ+ community. We will identify strategies that college health professionals can implement within a comprehensive public health-informed approach to support LGBTQ+ students experiencing substance use concerns.

Thursday, June 1

3:00 pm – 4:00 pm (cont.)

Sexual Assault Forensic Examinations in a Student Health Center: Collaborating with a Hospital Based Program

Presenter(s): Dara Dixon, MSN, Laura Burkhart, MD, MPH (Vanderbilt University Medical Center)

Sexual assault is a known crisis on college and university campuses. Patients that have a full range of accessible support services by a sexual assault nurse/forensic examiner (SANE/SAFE) including medical care and forensic exams have shown to have improved outcomes. The ability to offer sexual assault forensic exams by a SANE/SAFE at a known space such as a Student Health Center, can offer great benefit in helping a survivor navigate their trauma care.

The Pre-Participation Physical Exam: Essentials for College Health Practitioners

Presenter(s): David Edwards, MD (Texas Tech University); Stephen Edwards, MD (Baylor College of Medicine / Texas Children’s Hospital)

The pre-participation physical exam (PPE) is a common requirement for college students pursuing organized athletics, internships, and study abroad. This presentation will enable the clinician to identify students who are at increased medical and psychiatric risk through emphasis on history taking and physical exam skills, recognition of medical and psychiatric “red flags,” and management of common disqualifying conditions.

Healthy Campus: Inventory Implementation and the Healthy Campus Journey

Presenter(s): Erica Phillipich, MA (Michigan State University); Nikki Brauer, MS, CWPM, COEE, CHWC (Illinois State University)

The Healthy Campus Framework and Inventory are tools that campuses can use to assess and advance holistic well-being for students, faculty, and staff. This session will provide information on how to implement the Healthy Campus inventory, regardless of campus size, structure, or resources. An aggregate overview of the first cohort of completed inventory responses/scoring will be shared.

Leveraging Survey Data for Impact

Presenter(s): Karen Shapiro, MBA, MPH, Noa’a Shimoni, MD, MPH (Rutgers School of Health Professions)

Surveys are common tools and survey design is a well-known and critical field of study. However, there is not a lot of discourse on effective utilization of survey data. It is the survey institution’s responsibility to respond to survey data in a robust and transparent manner. Yet, often executive reports of survey are provided to a limited audience and fade quickly. This interactive session focuses on approaches to leverage data for optimal impact.
Gender Affirming Hormone Therapy for the Young Adult in the College Health Setting

**Presenter(s): Allie Schwartz, MD (Florida Atlantic University)**

Transgender and gender diverse youth face health care discrimination and have increased rates of substance use and suicide attempt. Gender affirming hormone therapy is safe and can effectively reduce morbidity and mortality in this vulnerable population. Primary care providers on a university campus are well positioned to evaluate patients for gender dysphoria and provide hormone therapy. There are ample guidelines and resources to support clinicians in prescribing. This talk will review criteria for hormonal therapy and best practices for feminizing and masculinizing medications.

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Band-Aids and Bicycle Helmets: Managing Anxiety and Depression in College Students

**Presenter(s): Benjamin Silverberg, MD, MSc, FAAFP, FCUCM (West Virginia University)**

Even in a resource-poor setting, clinicians may feel the urge to refer patients with anxiety and/or depression elsewhere, worrying about the often disproportionate amount of time needed to help these patients and also, potentially, the medico-legal ramifications of a bad outcome. We can do better. In this information-packed presentation, an example
framework of how to approach adolescents and young adults (AYAs) will be offered, with additional focus on special populations and follow-up care.

**Health Equity Across Campuses: A Call to Action**

**Presenter(s): Dee Kinney, PhD (Miami University Branch Campuses)**

Supporting students' mental health is essential to academic success. Yet, efforts to support students primarily focus on the main campus. This session addresses important health equity issues related to demographic differences between main and branch campus students. Participants will discuss barriers and solutions to reaching branch campus students and will be challenged by an urgent call to action for developing research, policies, and practices that fully support branch campus students' mental health and academic success.

**Using Restorative Practices to Influence and Manage Change in the Higher Education Learning Collaborative**

**Presenter(s): Gina Abrams, DrPH, EdM, LSW, MCHES (International Institute for Restorative Practices); Raphael Florestal-Kevelier, PhD, MPH (University of Illinois Chicago); Delynne Wilcox, PhD, MPH, CHES (University of Alabama); Alicia Czachowski, MPH, EdD, CHES (Columbia University); Stacy Andes, EdD (Villanova University); Ashleigh Hala, MSW, LCSW (Wake Forest University); Paula Swinford, MS (Keck School of Medicine of University of Southern California)**

This session features a panel of college health leaders who participated in the Restorative Practices in Higher Education Learning Collaborative, a study of 30 colleges nationwide. Discussion will explore the role of restorative practices in change management and community development for campus well-being. Panelists will share how they approached leadership through a restorative lens and the impacts of their efforts. Attendees will consider the scholarship and opportunities to develop restorative competencies in their own practice.

**Approaches to Grant Writing for Health Promotion: How We Get Grants**

**Presenter(s): Kyra Patel, MPH, CHES, Elisabeth Cavallaro, MPH, CHES, and Jordan Perry, MPH, MCHES, CWWS (Appalachian State University)**

In this session, health promotion specialists from a large public university will share general information about their experience with grants of various sizes, approaches to and considerations for the grant writing process, and lead practice with simple grant applications. This session is intended for health promotion specialists and administrators with no or some grant writing experience. It is not intended for those with extensive grant writing experience.

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**Friday, June 2**

8:00 am – 9:30 am (cont.)

**The Changing Landscape: An Update from the ACHA Reproductive Rights Task Force**

**Presenter(s): Marian Trattner, MSW (Wake Forest University); Padma Entsuah, MPH, CHES (Columbia University); Susan Ernst, MD (University of Michigan); Marguerite O’Brien, MSW (Coastal Carolina University); Joanne Brown, DNP, APRN (University of Kentucky (retired)); Kim Webb, MEd, LPC (Washington University); Eleanore Kim, MD (University of California, Berkeley); Sharon Rabinovitz, MD (Emory University)**
In Summer of 2022, in response to member requests, ACHA’s Executive Committee voted to establish a new task force to examine reproductive rights and how the Supreme Court ruling overturning Roe affects college health services. Come to this session to learn about the work of the task force and what it’s accomplished since the charges were set forth.

**Building Menstrual Management Capacity in Campus Health Providers**

*Presenter(s): Noor Dasouki Abu-Alnadi, MD, MSCR; Morgan Greenwood, MPH (University of North Carolina Chapel Hill)*

Dysmenorrhea is the leading cause of absenteeism in young women. Lack of awareness in early diagnosis and treatment of dysmenorrhea and endometriosis is a leading contributor to delays in medical care and intervention. This didactics by endometriosis specialists reviews the diagnosis and treatment of menstrual disorders and discusses real case presentations encountered by campus health providers.

**The Ups and Downs of Treating ADHD in the Primary Care Setting**

*Presenter(s): Perry Mandanis, MD (Self-Employed)*

From diagnosis to prescription, treating ADHD in the Primary Care setting can be challenging because of time constraints and medical risks. This session will provide Primary Care practitioners with a model of care and information that makes the treatment of ADHD safe and practical.

**Mindful Self-Care for College Health Professionals**

*Presenter(s): Ted Coleman, PhD, CHES, MS, LPCC (California State University, San Bernardino)*

Although highly skilled and passionately committed to taking care of others, many dedicated college health professionals are “non-compliant” when it comes to consistent, effective self-care. This lively session will incorporate short- and long-term strategies for self-care that incorporate concepts of mindfulness, stress management, time management, and life balance. Everyone ranging from novice to expert, regardless of discipline, will find a place at our table.

**Leading Teams in a Complex World**

*Presenter(s): Jim Mitchell, MBA (Montana State University)*

Leading an organization that is resilient and effective requires a different model from the traditional command and control paradigm. Inherent in this new framework is the ability to develop a leadership team based on trust which provides a standard for the organization as a whole.

**Friday, June 2**

**Animals on Campus: Ethical and Practical Considerations**

*Presenter(s): Alan Lorenz, MD (Rochester Institute of Technology); Marcus Hotaling, PhD (Union College)*

The Higher Education Mental Health Alliance (HEMHA) is pleased to launch our newest guide — Animals on Campus. We will discuss the purpose, scope and limitations of the guide, explain the differences between service, therapy, and
emotional support animals and the legal rights of access for each one and, using the case vignettes, review risks and legal and ethical issues associated with animals on campus, including accommodating and approving requests for Emotional Support Animals (ESAs).

**Addressing the Needs of “High Risk” Students in a Stepped Care 2.0 (SC2.0) Model**

*Presenter(s): Andrea Levinson, MD, MSc, FRCPC (The University of Toronto); Alexia Jaouich, PhD (Stepped Care Solutions)*

University health and counseling centers often grapple with effectively supporting students experiencing complex and acute mental health concerns. Providing a variety of options across a continuum, supported by case managers and navigators helps students access self-led and higher-intensity services. This presentation will highlight approaches to navigating these needs using the SC2.0 model. We will explore consultation and interdisciplinary approaches to managing risk and providing student-centric support in two Universities with different contexts.

**The Necessity of Inclusion in Clinical Care -- Incorporating Accessibility in Gender and Sexual Health in College Health**

*Presenter(s): Ariel Watriss, MSN, NP-C; Lisa Keegan, MSN, AGPCNP-BC, WHNP-BC, and Mariah Henderson, MS, PA-C (Tufts University)*

College health remains at the frontline of health care engagement for emerging adults. The need for this care to be as accessible and inclusive as it can be remains a high priority as more young adults enter college aged life context with nuanced gender and sexual health needs.

Three different providers, with different styles/approaches will review different factors of inclusion and accessibility considerations around Sexual health (inculding HIV PrEP) and care across the diverse gender spectrum.

**Management of Eating Disorders in the Out-Patient Setting Within Student Health**

*Presenter(s): Heather Needham, MD, MPH and Danielle Gonzales, PsyD, NRHSP (Keck- University of Southern California, Department of Psychiatry)*

Providers from USC Student Health will present on a multidisciplinary approach to treating complex students with eating disorders on-campus, and navigating care in the out-patient setting, connecting to higher levels of care, and addressing health leaves from school.

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**Friday, June 2**

**10:00 am – 11:30 am (cont.)**

**Herbal Basics: What Every Healthcare Provider Should Know**

*Presenter(s): Lana Dvorkin Camiel, PharmD (Massachusetts College of Pharmacy and Health Sciences)*
In this presentation attendees will be exposed to some trends related to herbal and dietary supplements. Using case examples, indications, evidence, and safety concerns of most commonly used supplements will be discussed. Attendees will review information resources and future learning opportunities in the area of herbal and dietary supplements.

Organizing, Hiring, and Supervising Effective Health Promotion Units

Presenter(s): Padma Entsuah, MPH, CHES, Alicia Czachowski, EdD, MPH, CHES, Gina Orlando, MPH, CHES; (Columbia University); Sarah Menefee, MPH, CHES (The College of William & Mary); Joleen Nevers, MAEd, CHES, CSE, CSES (University of Connecticut); Raphael Florestal-Kevelier, PhD, MPH (University of Illinois - Chicago)

College health professionals have limited opportunities to gain the knowledge and skills needed to build organizational structures aligned with their work, engage in equitable hiring practices, and effectively supervise professionals. In this session, participants will learn how to apply the newly released Guidelines for Hiring Health Promotion Professionals in Higher Education, the Organizational Structures for Health Promotion in Higher Education, and the Supervision Guidelines for Health Promotion Professionals in Higher Education to their respective institutions.

The Art of Being a Unicorn: Our Journey to a Successful Integration of Health, Mental Health, and Wellness Services Co-Located Within Campus Recreation

Presenter(s): Stephanie Hanenberg, MSN, FNP-C; Benek Altayli, PsyD; Billie Baptiste, DNP, FNP-C; Chrissie Bailey, MPA (University of Colorado Colorado Springs)

At a time when a holistic approach to wellbeing is becoming the standard of care, hear from leaders in health, mental health, campus recreation, and wellness promotion about their successful journey in creating an integrated care model. Participants will learn about our planning process, building design, implementation process, and ongoing journey to enhance student wellbeing from a holistic perspective.

Japan University Health Association (JUHA) Session: Mental Health Problems During the COVID-19 Pandemic and Suicide Prevention in Japanese Colleges and Universities

Presenter(s): Katsuhiro Yasumi, PhD, MD (Tokyo Institute of Technology); Yuri Okamoto, PhD, MD (Hiroshima University); Katsumi Nakagawa, MD, PhD, JD (Ritsumeikan University); Ryo Horita, PhD (Gifu University)

COVID-19 pandemic has reportedly worsened the mental health of young people. In Japan, the increase in the number of suicides among young people and women since 2020 has been noted. A panel presentation of representatives from Japanese universities will share their experiences of providing mental health care during the pandemic and discuss effective suicide prevention measures for college students.

Friday, June 2

10:00 am – 11:30 am (cont.)

From Dizziness to Abdominal Pain: Interesting Medical Cases from College Health

Presenter(s): Stephanie Hartman, MD and Andy Hawkins, MD (University of Virginia)
This presentation is a case study of several patients that highlights the varied presentations and diagnostic complexities seen at a college health center. We hope to use the discussion that results to broaden our perspective as it relates to clinical decision-making. Despite presenting symptoms that are commonplace in college health settings ranging from dizziness to abdominal pain, each of these cases ultimately carried diagnoses with a considerable risk for morbidity and/or mortality.

**12:00 pm – 1:00 pm**

**Dorosin Memorial Lecture: Vicarious Trauma Among College Health Professionals: Identification and Management**

**Presenter(s): Donald Meichenbaum, PhD (Melissa Institute for Violence)**

High number and high acuity of mental health concerns among college students has led to Vicarious Trauma (VT) among college health professionals, increasing burnout and turnover in the field. This program will help professionals identify, manage, and prevent VT.

**Friday, June 2**

**1:30 pm – 2:30 pm**

**The Role of Nurses and Health Services in Sexual Assault Response**

**Presenter(s): Sophie Pillsbury, BA, BS (Duquesne University)**
Campus health services providers have an important role to play in sexual assault (SA) response. Students have critical needs, including immediate response to assault and more long-term intervention for past trauma. The purpose of this presentation is to describe how campus-based healthcare providers, including the SANE-trained nurse, can engage more in SA response. The presentation will include results of a qualitative study with campus-based nurses on their role in sexual assault response.

**Screening in College Health Centers: Panel on the National College Health Care Provider Study and Implications for Practice**

*Presenter(s): Katherine Hutchinson, PhD, RN, FAAN, Christopher Nasin, MD, Melissa Sutherland, FNP, PhD, Hans Saint-Eloi Cadely, PhD, Somatra Connolly, MS, TN, PMHNP-BC, and Erica Liebermann, PhD, ANP/WHNP (University of Rhode Island); Jacqueline Hayes, PhD (Brown University/The Miriam Hospital); Nancy VanDevanter, EdM, MPH, DrPH (New York University)*

This program discusses national practice recommendations for screening that may be relevant in college health settings and presents data from more than 1,100 college health providers participating in the ongoing AHRQ-funded National College Health Care Provider Study. Screening practices and barriers are identified along with evidence-based screening tools and strategies to facilitate screening. A multi-disciplinary team of presenters leads large group discussions to problem-solve and identify ways to implement evidence-based strategies in attendees’ practice settings.

**Implementing a New Student Health Insurance Program**

*Presenter(s): Linda Walker, Emma Lambert-Ferroni (University of Miami); Maria Horna (Florida International University)*

Attendees will learn the key steps needed in order to successfully implement a new Student Health Insurance Program. The presentation will provide useful project management tools starting with identifying key stakeholders who will play an important role in the overall process. Participants will also learn the importance of adhering to an established timeline. Communication strategies, waiver and eligibility file set up along with valuable student feedback will also be included with adequate time allowed for questions.

Presenter(s): Mari Ross, PhD, LPC-MHS P, ACS, Chair of Advocacy Committee and Leigh Norwood, MSW (University of North Carolina, Charlotte)

The landscape of collegiate health & wellbeing resources is broad and varies greatly among institutions. While programming & services may look differently, most universities have parallel experiences of fiscal constraints & budgetary cuts. Addressing holistic wellness of students, particularly those identifying within marginalized communities, then becomes a paramount issue. Utilizing a population health framework, Charlotte established a culturally informed approach to providing clinical case management services, outreach & advocacy to students, to support wellbeing while also promoting persistence & matriculation.

Making Informed Technology Choices for Campus Programs at Any Size

Presenter(s): Robert Brown, BA (University of Georgia)

Have you struggled when reviewing technological support products to make your work more robust? Join us as we discuss the questions you should be asking when reviewing products for necessity and compatibility. Break out into roundtable discussions with schools of similar size to discuss real-world experiences, comparing and contrasting EMRs, Telehealth platforms, Health Enhancement Products, and Administrative Management Software.

The Influence of Environmental Factors, Including Diversity, Equity, and Inclusion, on the Emotional Well-being of Students, Staff, and Faculty

Presenter(s): Ryan Travia, EdD (Babson College); Valerie Merriweather, MA, MHA (North Carolina Central University)

This study explored the range and variation of subjective well-being among students, staff, and faculty at nine colleges/universities. 7,953 participants completed the American College Health Foundation Emotional Well-being Survey. Health disparities related to emotional well-being and the influence of environmental factors that impact mental health were examined. This original research is the third installment in a series of papers designed to frame and measure emotional well-being among students, staff, and faculty.

Assessing Student Well-Being at the Institution Level: When Students Thrive, Institutions Thrive

Presenter(s): Bridget Yuhas, EdD (Butler University)

The Student Well-being Institutional Support Survey (SWISS) collects students’ perceptions of how well their institutions are supporting various aspects of their well-being. More than 20 institutions and 16,000 students have participated in SWISS so far, and this session will describe what the survey results tell us about institutional climate for student well-being overall. Results will also be broken out by student characteristics to explore how students from different backgrounds perceive institutional support for their well-being.
1:30 pm – 2:30 pm (cont.)


Presenter(s): Doris Iarovici, MD, Nyssa Boardman, PsyD, and Margaret Schrier, RD, MS, CSSD (Harvard University Counseling)

Eating disorders don’t only affect affluent white women: current evidence shows they are prevalent among all racial and ethnic groups, as well as among men, trans and non-binary youth, and elite athletes. Diverse populations may require modified treatment approaches. A multi-disciplinary, culturally sensitive team approach is critical in assessing and treating these high-morbidity, high-risk conditions. We’ll present the latest research and our own interdisciplinary approach to these new challenges.

Pharmacy Hot Topics 2023

Presenter(s): Michele Frontale, BS (Syracuse University)

Describe the steps taken to successfully collaborate with other departments at the university to help advertise pharmacy services amongst the campus community.

Creating and Curating a Collaborative Trauma Informed Care Curriculum for Your College Health Center

Presenter(s): Patty Pinanong, MD (University of Southern California Keck School of Medicine Department of Family Medicine); Angie Ghanem-Uzqueda, PhD, MPH (University of Southern California) and Kerry Flammang, BSN, RN

Given the significant prevalence of trauma, we recognize that college students have a variety of lived experiences. Trauma informed practices can serve as the foundation for high quality patient care in any student health center. This presentation describes the process of implementing a trauma informed care training curriculum in all clinical touchpoints within our organization. In our curriculum development, we started with a needs assessment survey and collaborated with partners across the university.

Leveraging Technology and Advocates to Support a Culture of Mental Health

Presenter(s): Sara Stahlman, MA and Emily Jones, AS, and Ashiya Campbell, BA (University of North Carolina at Chapel Hill)

A campus-wide effort towards a culture of mental health can be a challenge. While many members of your campus have likely been trained in mental health support and campus resources, you can leverage technology to scale that support up to the broader population. Learn practical strategies and lessons from developing, implementing, and sustaining an accessible and mobile-friendly mental health website that includes a filterable resource hub and live peer support chat, and emerging liaison program.
Considerations for Use and Management of Biologic Drugs at a College Health Center

Presenter(s): Amy Sauls, PharmD (University of North Carolina at Chapel Hill)

This presentation will review the pharmacology and therapeutic indications of the biologic medications most commonly used in the young adult population. Challenges around access, storage and handling, administration, and cost of biologic drugs will be discussed, and strategies to address these challenges will be identified. Biosimilar drugs and evolving industry regulations around biosimilar drugs will be described.

Title IX: Then and Now

Presenter(s): Cynthia Burwell, EdD (Norfolk State University); Kelly Gorman, MSc (University at Albany, SUNY)

This panel discussion will cover the historical timeline of Title IX. Sharing where Title IX originated from and how it has evolved. The discussion would also include the opportunity to engage with members about how different institutions implement Title IX and any new updates from the current administration.

Providing Efficient, Appropriate Care Through RN Driven Virtual Appointments”?

Presenter(s): Jacqueline Rumsey, RN and Emilee Fraizer, BSN, RN (Cornell University)

Using Evidence Based Practice and criteria defined by our Health Center’s clinicians, we will discuss how Registered Nurses (RNs) are utilized to increase access to screening and treatment for all students. We will discuss the benefits to students and how Health Centers can implement them into their daily practice.

We will discuss our process for RNs to screen patients with Urinary Tract Infection (UTI) symptoms, screenings for Sexually Transmitted Infections (STIs), Medication Screening and Preliminary Program Requirements. We will share our protocol for UTI treatment or scheduling with a clinician. We will share our protocol for asymptomatic STI screening. We will discuss how our virtual medication screening and preliminary appointments with nurse review of records/information help guide the student to the safest and most medically appropriate next steps of care. These virtual appointment workflows allow for increased patient access to services allowing for safe, timely patient care. Virtual appointments help provide appropriate services to students when appointment availability and Health Center resources are limited. By offering alternative access to treatment, virtual appointments help in-person schedules remain available to treat/see more complex cases.

Contributing to Student Wellness Through Healthy Eating: A Campus Farm to Table Program

Presenter(s): Jessica Larkin-Wells, BA and Heather Phillips, RDN, CPT (University of Connecticut)
This session will look at one campus’ program that allows students to gain practical knowledge and skills through experiential learning while simultaneously modeling a closed loop food model in which organic produce is grown on campus and used on campus.

**Friday, June 2**

**3:00 pm – 4:00 pm (cont.)**

Believe When We Say Something’s Wrong: Improving Marginalized Students’ Experiences with Campus Health Services

*Presenter(s): Kari Mansager, MEd (California Polytechnic State University, San Luis Obispo) and Amber Williams, PhD (California Polytechnic State University, San Luis Obispo)*

To better understand marginalized students’ access to and experiences with health services, a qualitative analysis was conducted examining how campus health resources are viewed and how these resources could be improved to be more inclusive and effective. This interactive discussion invites other campus stakeholders to provide feedback, share their experiences with making campus health resources more equitable and inclusive, and offers guidance for exploring areas for improvement in one’s own campus health services.

Is the Research Truly Inclusive?

*Presenter(s): Tondra Moore, PhD, JD, MPH (Prairie View A&M University); Yolanda Nicholson, DNP, MSN, RN, FNP-C (North Carolina A&T State University)*

The HBCU Coalition seeks to have an open discussion regarding health research practices on HBCU college campuses. The Coalition will discuss recruitment strategies and practices that appear to be inclusive on their face but once dissected may reveal biases. As the gatekeeper for many college campuses administrators have to weigh the benefits for the campus as well as the students.

College Health: Delivering Services to the Emerging Adult Healthcare Consumer

*Presenter(s): Erica Bumpurs, MS (Sam Houston State University); Carol Griggs, PhD (University of Wisconsin-Madison)*

This presentation will consider both the delivery and consumption of college health services as a model where medical providers serve in dual roles as healthcare service providers and educators and the clinical support team fosters that learning and engagement. Topics related to service access, health literacy, and post college service transition will be considered and discussed.

Best Practices for Maximizing Efficiency at Mass Vaccination Clinics on College Campuses

*Presenter(s): Lauren Cordova, MSEd (University of Pennsylvania)*

Mass vaccination and herd immunity are crucial in controlling the spread of infectious disease. Grounded in CDC best practices, over 13,800 people and 40% of the student population were vaccinated at University of Pennsylvania’s 5-day, annual flu clinic in 2021. Positioning this clinic as a model for conducting a successful and efficient mass vaccination
other universities can adapt clinic best practices to increase influenza vaccination rates and aid in other infectious disease response efforts.

Friday, June 2

3:00 pm – 4:00 pm (cont.)

CANCELLED BY PRESENTER -- ACHA Wellness Needs of Military Veteran Students Coalition Report

Presenter(s): Belinda Vea, PhD (University of California); Sheila Price, MSN (Southern Methodist University)

This presentation will provide an update on the convening of the ACHA Wellness Needs of Military Veterans Students Coalition. The goal of the Coalition is to support ACHA’s core values in social justice, human dignity, and respect for all by ensuring the association maintains an active group of multi-disciplinary individuals committed to raising the concerns of military veteran students. The Coalition will present information gathered about the status of campus veterans’ services and how these services can be enhanced to support the academic success of military-affiliated students.

Results and Analytics from 2022 National Survey on Student Health Insurance/Benefit Plans

Presenter(s): Liebe Meier, MHA, MBA (Cornell University); Doug Koyle (Ohio Wesleyan University); Shannon Millington, PT (University of Oregon); Zina Slaughter, MBA (University of California, Office of the President)

This presentation will focus on the sharing the results and analytics from the 2022 National Survey on Student Health Insurance/Benefits plans. The analytics adjust for public and private colleges and universities. This conversation will focus on understanding the national landscape and environment of student insurance, adherence to ACHA insurance standards and practices, and the future sustainability of SHIBPs.
Increasing Awareness and Access to Individual Basic Needs for Student Empowerment

Presenter(s): Kristi Stoeckel, RD (San Francisco State University)

Students who report hunger and homelessness report waiting to seek assistance because they believe these issues are part of the typical student narrative, known as the 'starving student' (Maynard et al., 2018; Crutchfield et al. 2020). Join in this session to learn about the effectiveness of a Basic Needs Tool Kit on increasing awareness, decreasing stigma, and improving student access to campus basic needs resources.

CANCELLED BY PRESENTER -- CheckYourself: A Turnkey Solution for Increasing Access to Routine STI Screening

Presenter(s): Jessica Zamora, MPH and Erin Fratto, MS, CHES (National Coalition of STD Directors);

CheckYourself is the first-ever non-clinic-based, self-collect STI testing solution that was developed by, for, and in partnership with public health departments to reduce barriers to asymptomatic STI screening. Standard 5 test kits include whole blood microtainer testing for HIV I, HIV II, P24 antigen, an syphilis EIA testing as well as urine testing for gonorrhea, chlamydia, and trichomoniasis. Validation of rectal swab testing for gonorrhea and chlamydia will be offered by the end of 2023. We also offer a Hepatitis C test kit and PrEP labs test kit comprised of Hep B, HIV I, HIV I, and p24 antigen, and serum creatinine.

Occurrence of Health-Related Events Among Undergraduate Students Studying Abroad

Presenter(s): Kristina M. Angelo, DO, MPH&TM (Centers for Disease Control and Prevention)

Health-related conditions occur but at an unknown frequency among students studying abroad. Through a collaborative project between the International Society of Travel Medicine’s Student Travel Abroad Interest Group and the US Centers for Disease and Prevention, the number and types of health-related conditions, including risk factors for certain conditions are described. Pretravel care, education, and involvement by the study abroad office and student health center may help prevent health-related events among undergraduate students studying abroad.

A Multidisciplinary Annual Wellness Screening of University Level Dancers

Presenter(s): Marisa Hentis PT, DPT, OCS, CSCTS and Michelle Katz, MS, MPH, RD, CHES (University of Southern California)

Presentation of original research of a multidisciplinary annual wellness screening of university level dancers assessing and comparing any presenting physical and/or dietary impairments related to mobility, strength, cardiovascular endurance, mental health, weight, and food behaviors between 2021 and 2022. We investigated the correlations between medical history, physical impairments, and referrals to outside providers. This determined changes in physical impairments, relationships to outcomes measures, and the need for referral to outside healthcare providers.
The Relationship Between Somatic Symptoms and Mental Health in the College-Aged Student

Presenter(s): Nadine Aktan, PhD, FNP-BC (Rutgers School of Nursing); Jill Nocella, PhD, APRN-BC, Emily Mahon, PhD, MBA, MA, and Jill Guzman, DNP, CRNP-PC (William Paterson University)

Previous studies have linked somatic symptoms and mental health. The purpose of this original research was to explore the relationship between these in college students. A retrospective chart review of undergraduate student encounter data was conducted. Aggregate data were analyzed via the electronic medical record for a convenience sample of 221 students. This descriptive study resulted in a number of significant findings. Whether a student was in counseling was significantly related to the number of primary care encounters with those without counseling having a mean number of encounters 1.75 higher than those with counseling (t=2.154, p < 0.017) and a .315 higher mean total of somatic symptoms reported in primary care for those without counseling (t= 1.808, p < .036). A small but statistically significant increase in suicide score was found with each increase in number of primary care encounters (β=.025, p=.008). For students who have participated in counseling, there was no significant relationship to somatic symptoms and suicide score, but for those who were not in counseling, the relationship was significant at the p<.001 level and for each additional somatic symptom, the suicide severity rating scale (C-SSRS) applied in planning care to improve the health and well-being of the college aged population, as well as in dedicating resources to provide services which best meet the needs of young adult students.

Clinical Staffing Models, Recruitment and Well-Being in a Competitive World

Presenter(s): Sara Nimmo, MBA and Lindsay Barber, MSA (Missouri State University)

The pandemic came with many changes in how we function. With the introduction of virtual work and more flexibility, College Health Centers were strained to offer some of the same flexibilities as the corporate world. The competition that existed pre-pandemic was only exacerbated by this new dynamic. How do we compete? Focusing on staffing models, employee recruitment, employee development and wellbeing, and thinking outside the box in our work are essential elements to help us remain competitive.

Social Marketing for Student Affairs Professionals: Campaigns to Ignite Mental Health Culture Change

Presenter(s): Emilia George, MPH, CHES and Leah Finch, MA, LMHC, NCC (The Jed Foundation)

A critical part to addressing student mental health requires a unique blend of data storytelling, health communication and population-level engagement. Social marketing utilizes data insights to drive behavior and culture change. This session will provide student affairs professionals with practical tips to implement effective and student-centered mental health campaigns and highlight case study examples in higher education. We will discuss common challenges and identify practical strategies to encourage help-seeking behavior on college campuses.
Stress Management and Emotional Resilience (SMART) Mobile App for College Students

Presenter(s): Kristine Fish, PhD (California State University, Pomona);

This presentation will provide description of a comprehensive stress management program that was delivered via a mobile app and a web-based application through a learning management system (Canvas). The purposes of the pilot test were to assess: differences among the two venues, effectiveness of the app in terms of improving mood, and impact of educational component on ‘buy in’ as evidenced by usage and adherence rates.

Emotional Intelligence in Your Clinical Practice 2.0

Presenter(s): Lori Dewald, EdD, ATC, MCHES, F-AAHE (Southern Illinois University); Nikki Brauer (Illinois State University); Faith DeNardo, PhD, MSEd (Bowling Green State University); Marguerite O’Brien, MSW (Coastal Carolina University)

This lecture will pick up where the successful 2022 presentation ended. We will describe the Emotional Intelligence framework and its positive impact on patient care (improved clinical care, patient outcomes, patient safety) and on the clinicians who provide that care (improved clinical decision-making, employee retention, improved stress management, resilience, and job satisfaction, and decreased burn out). Included will be each of the domains of emotional intelligence and practical ideas shared on strategies to improve your abilities in each of the domains. The session will conclude with attendees given opportunities to practice emotional intelligence before leaving the presentation.

Collective Impact: Innovative Strategies to Integrate Well-Being Across Campus

Presenter(s): Marisol Torres, MPH, MCHES and Connie Marmolejo, DrPH (University of California - Riverside)

The work of student well-being does not only fall on health and wellbeing departments. In order to increase student well-being and success we must integrate well-being into all aspects of campus culture. The Collective Impact Model provides a framework for true collaboration across campus. In this interactive presentation and workshop, we will review the Collective Impact Model, provide real-life examples of how it has been implemented and facilitate small group discussions on how it can be utilized on your campus.
Saturday, June 3

9:30 am – 10:30 am

A Multidisciplinary Approach to Working with ARFID Diagnosis Post a Bariatric Procedure Within Student Health

Presenter(s): Dani Gonzales, PsyD, NHRSP, Michelle Katz, MS, MPH, RD, CHES, and Heather Needham, MD, MPH (University of Southern California); Debra Kalan, MD (University of Southern California Keck School of Medicine)

Providers of various disciplines within USC Student Health will present on a multidisciplinary approach to treating an ARFID eating disorder diagnosis, post bariatric procedure, with complex trauma and ADHD comorbidities.

Building a Comprehensive Community of Care to Support Student-Athlete Mental Health Using a Public Health-Informed Approach

Presenter(s): M. Dolores Cimini, PhD (University at Albany, SUNY); Marsha Florio, MS and Valerie Moyer, PhD (America East Conference)

Several recent deaths by suicide of college student-athletes have shed light on the critical need to provide timely, responsive, and comprehensive services to support mental health. Informed by interdisciplinary research from a multi-year America East Conference study, this presentation will provide an overview of the unique issues faced by student-athletes regarding mental health. The need for the implementation of a comprehensive culture of care that engages mental health professionals, sport managers (e.g., athletic administrators, coaches, support staff), university leadership, and student-athletes will be discussed. Actionable steps for advancing student-athlete mental health using a multi-tiered public health-informed approach will be highlighted.

Dynamic Innovations to Improve Food Security, Health, and Well-Being of Students in a University Health Setting

Presenter(s): Tahshann Richards, DO, MPH, Karisma Ajodah, LCSW, and Carissa Borton, BSN, RN (Columbia University)

The growing prevalence of food insecurity is a threat to university students’ health and well-being. Based on a recent university-administered survey, about 21% of students hold low to very low food security status. Standardization of food security screening has been shown to greatly improve identification of food security and referrals to community partners. The purpose of this study to administer a student survey to help standardize food security screening in the college health setting.
Saturday, June 3

9:30 am – 10:30 am (cont.)

**Doing More With Less: How You Can Meet the Needs of the Students and Achieve Your Goals Without a Big Budget**

*Presenter(s): Andreea Baker, MSN (Concordia University-Nebraska); Eileen Hineline, MS, RN, BC (Barry University)*

This session will discuss barriers to implementation of programs and services, sharing possible collaboration opportunities on campus and in the community, and providing practical and useful strategies for institutions to achieve their missions and goals with less.

**Embedding Counselors in Student Health Centers: Implementing and Evaluating the Primary Care Behavioral Health Service Delivery Model**

*Presenter(s): Kevin Readdean, PhD, LMHC (Rensselaer Polytechnic Institute)*

The Primary care behavioral health (PCBH) service delivery approach involves embedding behavioral health clinicians within health services to offer short-term counseling interventions. This presentation provides concrete guidance for implementing and evaluating PCBH services in college health. The barriers and facilitators associated with implementation of the PCBH model with fidelity to evidence-based practices will be discussed. Information about the newly formed PCBH-Campus Consortium, a Practice-Research Network focused on PCBH services on college campuses, will be reviewed.

**HBCU Summit: A Review and Discussion of the 2023 HBCU Summit and Preparation for the 2024 Summit**

*Presenter(s): Yolanda Nicholson, DNP, MSN, RN, FNP-C (North Carolina A&T State University)*

HBCUs have specific needs that are at times not fully understood across college health. To focus energy on these needs and create a community for affiliates in HBCUs, the HBCU coalition has created an HBCU Summit with the Inaugural summit having occurred in March 2023. In this session, we will discuss the previous summit goals and outcomes and discuss what HBCU needs are and how we can support those as we prepare for the 2024 Summit.

**Employing Athletic Trainers in Your Student Health Center Will Enhance Patient Services**

*Presenter(s): Lori Dewald, EdD, ATC, MCHES, F-AAHE (Southern Illinois University)*

Athletic trainers are allied health professionals who work in high school, college, and professional sports, medical clinics, rehabilitation clinics, rural and urban hospitals, hospital emergency rooms, urgent and ambulatory care centers, the performing arts, industry and occupational health, the military and public safety. Athletic trainers are involved in interprofessional collaboration starting in their academic education programs and continuing in employment settings. The knowledge, skills, and abilities of athletic trainers compliment a student health center’s health care services. This session will outline these knowledge, skills, and abilities and how student health centers can employ athletic trainers for enhanced services. The session will also provide examples of how student health centers are successfully employing athletic trainers in student health centers.
Outpatient Concussion Management

Presenter(s): Dena Florczyk, MD, and Chaitali Mukherjee, MD, MPH (University of California, Los Angeles)

Review the diagnosis and management of concussions or mild traumatic brain injury (mTBI). Understand the risk factors for complex recovery leading to lost time at school or work and inability to participate in sports and recreational activities. Develop a multidisciplinary approach that supports students to safely return to learn, work and play. Enhance clinical integration of best practices and evidence-based advances for optimal recovery.

We’re looking forward to seeing you in Boston!