Tuesday, May 28

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

Sports Medicine Special Testing

_Wendy Sheppard, MS, LAT, ATC and Allison Rose, MS, LAT, ATC (University of Richmond)_

This session will review special testing techniques for a variety of sports medicine injuries (Lachmans, McMurrays, Thompson tests, etc). We will breakdown the sensitivity/reliability of each test and give participants an opportunity to try and practice these skills.

Developing as a College Health and Wellbeing Leader

_Thaddeus Mantaro, PhD (Dallas College); Ashleigh Hala, LICSW (Massachusetts College of Liberal Arts); Oliver Tacto, DSW, MPH, MSW (Maryville University of Saint Louis); Andreea Baker, MSN, BSN (Doane University); Cheri Leblanc, MD (Washington University in St. Louis)_

Professional development is a crucial way to develop college health leaders. Using lecture, group discussion, and a panel presentation, this session will describe leadership in a college health context. Presenters will identify key skills needed to advance in the field, with specific attention given to mentorship, equity, and learning. Participants will discuss advancing in the fields as well as developing in place.

Advocacy in Higher Education Health

_Jason Marmon, JD, Terri Lakowski, JD (Active Policy Solutions); Mari Ross, PhD (University of South Carolina)_

A key component of improving health and well-being services on campus is understanding how to impact policies. Internal and external advocacy can be a scary subject for many, often due to a lack of understanding/exposure. Also, in order for ACHA to best advocate on behalf of its members, ACHA needs informed members and input from those members. This pre-conference session will provide the understanding and skills needed to constructively advocate and inform the ACHA Advocacy Agenda.
Making a Substantive Difference with Drug/Alcohol Misuse Prevention: Skills and Applications

David Anderson, PhD (George Mason University); Rich Lucey Jr, MA (Drug Enforcement Administration); Katrin Wesner-Harts, EdD (University of North Carolina Wilmington); Allison Smith, PhD (Louisiana Board of Regents)

Drug and alcohol misuse continue to affect college students’ health, success, mental health, and quality of life. Despite many campus efforts, many problems and concerns remain. Making a true difference requires commitment, clear and reasonable comprehensive plans, widespread engagement, and hard work. Strategic planning is essential for achieving a healthy campus environment and is based on grounded, evidence-informed, and locally appropriate approaches. This session incorporates prevention science, current information, and best practices to prepare attendees with skills, confidence, and resources for positive change.

Achieving AAAHC Accreditation for College Health, Part I

Joy Himmel, PsyD, MA, BSN (Old Dominion University); Valerie Kiefer, DNP, MS, BS (University of Tampa)

Achieving accreditation is one way to demonstrate compliance with accepted industry standards. This presentation will focus on the core barriers or fears in beginning the process of preparing for accreditation and complying with the standards. It will provide numerous reasons to seek accreditations for all sizes of schools. It will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and a 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 in obtaining accreditation.

College-Based Travel Health: Taking a Deeper Dive

Catherine Ebelke, PA-C, CTH (Montana State University)

The workshop focus will be on practical, usable information and resources for anyone already providing or seeking to provide or support travel health services at their institutions regardless of level of resources available or volume of travelers. We will include discussions regarding approaches to implementing good travel health practices at IHEs. The workshop format will include a combination of presentations, scenario discussions, and sharing of approaches, and there will be opportunities for multiple types of meaningful interactions. For all topics covered, robust travel health-related resources will be provided.
Tuesday, May 28

9:00 am – 12:00 pm (cont.)

Understanding and Addressing Burnout among College and University Health Staff

*Presenter(s): Giang T. Nguyen, MD, MPH, MSCE, FAAFP, Ana Skoryk, NP, and Mireya Nadal-Vicenz, MD, PhD (Harvard University)*

On the heels of the COVID-19 pandemic, the healthcare sector – including college health, faces significant staff recruiting and retention challenges due to employee burnout. The current situation demands a systems approach to improve conditions while supporting high quality care and services. In this workshop, we will explore the current science about burnout, discuss the impact of burnout on healthcare staff, and practice the skills needed to plan data-driven and staff-informed approaches to address burnout in the college health setting.

Creating a Gender Affirming College Health Experience

*Arin Swerlick, MD, MPH, Danielle Bruce-Steel, Sharon Rabinovitz, MD, and Ryan Kann (Emory University)*

With an estimated 1% of US adults identifying as trans or non-binary and higher prevalence estimates among 18–24-year-olds, college health programs should create gender inclusive and affirming environments. This workshop will prepare participants to apply holistic and systematic strategies to create gender inclusive environments at their institutions and demonstrate how to overcome barriers to implementation. The session will accomplish these objectives through didactics, a patient panel with Q&A, and interactive small-group sessions.

College-Based Travel Health: Taking A Deeper Dive

*Catherine Ebelke, BS, PA-C (Montana State University)*

This interactive workshop will explore a wide range of travel health topics involved in providing or arranging travel health services at colleges and universities. Drawing upon the 2022 ACHF Guide for Travel Health Practices at IHEs and using a mix of presentation, case studies and interactive scenarios we will discuss fundamental as well as wider-ranging aspects of college travel health. This will include foundational travel health concepts, pre-travel education and unique aspects of college travel health including study abroad and faculty-led travel. mental health, traveling with medications, gender concerns, volunteering, risk mitigation, cultural and ethical considerations, building cross-campus travel support, and more. Emphasis will be on practical information and robust resources will be provided with the aim of establishing or fortifying excellent travel health services at your IHE of any size or resource level.
Implementing LARC (Long-Acting Reversible Contraception) Procedures into Your Practice

Emily Herndon, MD, Sharon Denny, LPN, Tracy Evans, LPN, Anu Murthy, MD, Arin Swerlick MD, MPH, Flavia Mercado, MD, and Catrina Wambach, BHA (Emory University)

Students are increasingly choosing to use long-acting reversible contraception (LARC). The 2017 ACHA survey found that only 30% of schools surveyed provided LARC placement. In this workshop, participants will gain the knowledge and skills needed to implement LARC procedures by rotating through the following stations:

1. LARC counseling and management of complications
2. IUD placement demonstration/ hands on practice
3. Contraceptive implant and insertion/removal demonstration and hands on practice
4. Insurance, billing, and policy development.

Filling the Gap: Establishing, Planning, and Envisioning a Sustainable Wellness Coaching Program

Jaclyn Hawkins, MEd, MA, NBC-HWC, Nicole Weis, MEd, CWHC, Sarah Albrecht, MPH, CHES, NBC-HWC (Columbia University)

This extended session on establishing a sustainable Wellness Coaching program will provide participants dedicated time to apply knowledge to their institutional contexts and leave the session with a drafted plan. We’ll discuss how health and wellness coaching can help fill the mental health support gap; create collaboration between coaching and counseling services; discuss wellness coaching ethics; and provide a framework for establishing a sustainable, low-barrier, evidence-based health & wellness coaching program.

Ethical considerations in College Health: How to manage risk in a young adult population.

Eleanor Davidson, MD (Case Western Reserve University); Susan Kimmel, MD (The Ohio State University)

College students aged 18 and older are considered autonomous adults, capable of making decisions about health care they accept or reject. Their choices may put them at risk for severe adverse consequences. Clinicians and administrators working from multiple disciplines may not have applicable guidelines to follow when critical situations emerge. Ethical principles will be presented to create a foundation for decisions, and relevant cases will be discussed.
Building a Community-Centered Infrastructure for Violence Prevention and Harm Reduction

Sam Shelton, Master’s (Iowa State University)

After attending this session, participants will have a deeper understanding of strategies for prioritizing the lived experiences and needs of queer and trans students, particularly those from multiply marginalized or disadvantaged groups, within violence prevention efforts during times of institutional and legislative pushback. This session will endeavor to identify possibilities for promoting health equity within violence prevention despite a growing awareness of obstacles to collective health and well-being.

Expanding Access to Reproductive Health Services

Joanne Brown, DNP, APRN (University of Kentucky - retired); Marian Trattner, MSW (Wake Forest University); Lauren Paulk, JD (Lawyering for Reproductive Justice); Eleanore Kim, MD (OB/GYN - University of California, Berkeley); Sharon Rabinovitz, MD (Family Medicine - Emory University); Madeline Gomez, JD (Planned Parenthood); Kate Flewelling, JD (University of Michigan)

This session will provide clinicians and administrators with evidence regarding the impact of the Dobbs decision and subsequent legislation affecting reproductive health services on college health populations. Building on that knowledge, the Reproductive Rights Task Force will share practical tools that can be utilized including conversational navigation, referral practices, legislative advocacy, optimizing access to a wide array of contraceptive options with minimizing barriers, and implementation of medication assisted abortion.

Cultivating College Health Services: Structure Drives Function

Erica Bumpurs, MS, AAS (Sam Houston State University); Shannon Kuykendall, CPC (University of Georgia); Leelee Kates, MHA, MEd (Colorado State University Health Network); Amy Magnuson, PhD, RD (Florida State University); Sara Nimmo, MBA, ISG (Missouri State University)

In this session varying professionals that have a role in student health center service delivery will come together to participate in an interactive learning and discussion experience. Topics such as revenue generation, strategic planning tools, campus collaborations, quality improvement practices, and organizational structure will be covered.
Integrating Belonging, Well-being, and Social Justice in The Campus Health Mission

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.

Achieving AAAHC Accreditation for College Health, Part II

Joy Himmel, PsyD, MA, BSN (Old Dominion University); Valerie Kiefer, DNP, MS (University of Tampa)

Achieving accreditation is one way to demonstrate compliance with accepted industry standards. This presentation will focus on the core barriers or fears in beginning the process of preparing for accreditation and complying with the standards. It will provide numerous reasons to seek accreditations for all sizes of schools. It will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and a 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 in obtaining accreditation.

Meeting schedule subject to change.
Wednesday, May 29

10:00 am – 11:30 am

**Keynote Address: Protecting Public Health: The Role of Higher Education**

*Debra Houry, MD, MPH (Centers for Disease Control and Prevention)*

Higher education, including student health and counseling centers, play an important role in public health. This presentation will describe the ways that those working in education can make an impact in prevention and control of student health issues. It will also discuss the impact of mental health on student health and wellbeing. Lastly, Dr. Houry will present on opportunities to elevate public health evidence-based resources and practices, for both those working in higher education and for students.

1:30 pm – 2:30 pm

**Funding Opportunities and Strategies for Success with the American College Health Foundation**

*Michael McNeil, EdD, CHES, FACHA (Columbia University)*

The American College Health Foundation offers funding in six distinct areas per year. This session will explore the foundations different travel, writing, and programmatic funding opportunities. Participants will explore patterns and themes from successful and unsuccessful funding submissions through case studies and leave with at least one idea to consider for the 2024-25 funding application cycle.

**Violence Prevention, Harm Reduction, and Community Mobilization in Times of Pushback**

*Sam Shelton, MA (Iowa State University)*

After attending this session, participants will have a deeper understanding of strategies for prioritizing the lived experiences and needs of queer and trans students, particularly those from multiply marginalized or disadvantaged groups, within violence prevention efforts during times of institutional and legislative pushback. This session will endeavor to identify possibilities for promoting health equity within violence prevention despite a growing awareness of obstacles to collective health and well-being.

**The Changing Landscape of Managing Anaphylaxis**

*S Shahzad Mustafa, MD (Rochester Regional Health)*

Recommendations on anaphylaxis have significantly changed over the past years, including the optimal setting for care, medications which should be used, and emerging forms of epinephrine delivery. This session will provide an evidence-based update on managing anaphylaxis.
College Student Depression, Anxiety, and Suicide: Institutional Factors and Mitigation Strategies

John D. Catalano, DrPH, MPA (University of North Carolina at Chapel Hill; Molloy University)

This is a public health program related to institutional and social determinants of mental illness and suicide acting upon United States college students. Specific underlying factors will be identified, along with a set of institutional interventions that Dr. Catalano developed to inform colleges and universities about strategies that can be implemented to mitigate student mental illness and suicide. Participants will also be provided with an effective implementation model to employ at their own institutions.

Creating New Pathways to Reach the Unengaged Student: Let’s Game and Chat Wellness

Elisabeth Cavallaro, MPH (Appalachian State University)

Learn how Appalachian State University has created a virtual space to discuss wellbeing through videogames and Twitch streams. Campus experts and peer educators play videogames and discuss wellbeing topics while student viewers ask questions and engage in the chat. Learn about how these streams are facilitated, the audience, and outcomes.

Diversity, Equity, Inclusion, Justice, and Accessibility (DEIJA) Committee Update

Padma Entsuah, MPH, Alic Czachowski, EdD, MPH (Columbia University); Kim Webb, MEd, LPC, FACHA (Washington University in St. Louis); Daniela Recabarren, PhD (University of North Carolina, Charlotte); Nadine Aktan, PhD, FNP-BC (Rutgers University)

The Diversity, Equity, Inclusion, Justice, and Accessibility (DEIJA) Committee was formed in 2023 as a result of the Racial Marginalization and Health Inequities (RMHI) Task Force report. The DEIJA Committee spent the year working with MSM Consulting to collect data about ACHA members’ experiences as it relates to DEIJA. During the session, the DEIJA Committee will outline the data collection process and results as well as recommendations for ACHA moving forward.

Building and Maintaining Healthy Peer Education Programs through Prioritizing Student-Led Vision

Lindsey Young, MEd and Elizabeth Long, BS (University of Dayton)

At the University of Dayton, and specifically within The Brook Center, we house three thriving peer education groups focusing on LGBTQ+ education, mental health, and violence prevention. We offer a multifaceted approach to peer education - our students are motivated via a small course credit allocation, expansive networking opportunities, and building upon intrinsic motivation. During this session we will discuss the structure of peer education at UD while providing insight into the importance of a student-led vision.
Point of Care STI Testing in a College Setting

Honora Marceau, RN and LeeAnne Lane, RN (Syracuse University)

Syracuse university implemented point of care (POC) testing to rapidly diagnose and treat STIs in Fall 2023. Rapid detection assists in disrupting transmission chains on campus. This presentation will review how to implement STI POC in a CLIA waived, college health center laboratory. Will also review the volume of testing conducted and lessons learned.

Title It’s More to It: Understanding the Importance of Tailored Health Education Programming for Black Students

Kenya Harris, MSW (University of Alabama at Birmingham)

The presenter will discuss the research behind why tailored programming is important to the black student experience. Research shows that 45% of black students rated their likelihood of drinking excessively around other black students as moderate, high, or extremely high. Research also reports that substance misuse may be attributed to shared life experiences, campus experiences, and feelings of belonging. The presenter will discuss our black student’s experience and share programming goals for tailoring substance misuse prevention programming.

Dermatology Biologics 101: Mechanisms, Monitoring, and Management Strategies

Laura J. Gardner, MD (Emory University)

This lecture will discuss the indications and mechanisms of action of common dermatologic biologic medications. Review the American College of Rheumatology guidelines related to vaccinations for patients on biologic therapy. Discuss the regular laboratory assessments and monitoring that may be required for dermatologic patients on biologic therapy. Identify when a drug holiday in dermatologic patients receiving biologic therapy may be indicated and evidence-based reasons for temporary discontinuation and the potential benefits and risks. Unique logistical considerations for college students on biologic therapies.

Relative Energy Deficiency in Sport (RED-S): Identify, Treat, and Prevent

Catherine O’Neil, MD, FAAFP and Tanya Williams MS, RD, LDL (Bucknell University)

Research is now showing that both male and female athletes can inadvertently suffer from malnutrition. Malnourished athletes not only perform poorly but are also at higher risk of injury and illness This presentation will define RED-S as well as discuss both short term and long-term complications linked to the condition. It will also provide guidelines for identifying and treating the condition collaboratively, including a return to play protocol.
1:30 pm – 2:30 pm (cont.)

**How to Build a Well-Being Initiative: Implementing a Community-Engaged Needs Assessment to Develop Campus-Wide Resources and Programming**

*Andrea Bucciarelli, MPH, Brenna Callahan, MSW, LCSW-CC, Blake Reilly, MSPH, CSAEd-SC, Nick Cooke, MS, ATC, and Molly Newton, MSW (Bates College)*

This session will detail the process that staff at a small liberal arts college used to build an integrated well-being initiative based on grassroots advocacy from students, faculty, and staff. Content will include examples of ways to engage community-based participatory research practices and identify and mobilize key stakeholders across the institution. Participants will leave the session with a roadmap for adapting this process and conducting a needs assessment at their home institution.

3:00 pm – 4:00 pm

**Informatics for Impact in College Mental Health: SMART Goals, Metrics, KPIs, and More**

*Lindsey Mortenson, MD, Roen Montalva, MS, Kamara Gardner, MPH, and Elizabeth Edwards, MPH (University of Michigan)*

“In order to improve something, you need to measure it.” This idea is central to quality improvement. However, measuring mental well-being is challenging due to semantics, care fragmentation, and lack of universal standards. Fortunately, informatics can connect the dots across health care, technology, and higher education. Basic tools and principles can support the development of mental health metrics and KPIs that can drive improvements in the student experience, enhance communication, and facilitate strategic planning.

**Ethical Considerations of Mental Health Screening in Postsecondary Students**

*James Aluri, MD (Johns Hopkins University School of Medicine); Brittany P. Boyer, PhD, Susan Hochman, MPH (The University of Texas at Austin)*

Suicidal thoughts and behaviors (STB) have been rising among college students over the past decades. There is little empirical evidence and ethical guidance available to postsecondary institutions that are weighing the merits of implementing mental health screening programs to address increasing STB prevalence. This presentation outlines ethical and practical considerations for implementing mental health screening at postsecondary institutions and reviews original research on one screening program (the Interactive Screening Program).
CANCELLED BY PRESENTER -- Reducing Health Disparities: Implementation of a Patient Navigator in a University Health Center

Missy Jackson, MS, RN, WHNP-BC (University of Georgia)

In this session, participants will hear about the impact of health-related social needs on the health and well-being of college students and the critical role that student health services play in addressing these needs that also significantly impact academic success. The University of Georgia Health Center will discuss how they implemented a Patient Navigator role to address the health-related social needs of the students they serve.

Community College Health and Wellbeing: A Panel Discussion of the State of Affairs

Thad Mantaro, PhD (Dallas College); Mary Collaro, MSN, RN, NCSN (Tarrant County College District); Ta-Kisha Jones, MBA, CHES®, CHWC (Indiana University-Bloomington)

Community colleges face significant hurdles in the development and implementation of programs designed to address the health and basic needs challenges. In the last year, the Community College Health Coalition was formed to enhance connection and communication where best practices could be shared among practitioners. This presentation will include a panel discussion of current challenges and practices at several community colleges across the U.S. Attendees will obtain information and key strategies applicable at their institutions.

Building Momentum Across Generations: Leveraging the Power of Gen Z

Monica Webb, BSHSE, MPH, PhD, Veronica Casce, BFA (University of Florida)

Campus staff reach four generations (Baby Boomers, Gen X, Millennials, and Gen z) whose approaches are framed by social changes, economic circumstances, technological advances, or political movements specific to their age cohort. This leads to gaps in how we work together and support Gen Z students. In this session, participants will reflect on their own generational perspective and identify Gen Z skills, values, and perceptions to effectively engage them in wellbeing efforts.
Advancing BIPOC Students’ Mental Health and Well-being: Implementing the Equity in Mental Health Framework on College and University Campuses

*David P. Rivera, PhD (Queens College, City University of New York); Cirleen DeBloere, PhD (Georgia State University)*

Optimizing wellness and attending to equity are increasingly becoming national priorities and colleges and universities can play a critical role by investing time and resources to ensure the academic success of their communities, especially those from marginalized racial and sociocultural groups. This program addresses this issue by presenting a) an overview of the empirically developed Equity in Mental Health Framework, and b) application of an institutional change intervention, the Equity in Mental Health on Campus program.

The Dangers of Fake Pills and Illicit Fentanyl: DEA’s Perspective

*Rich Lucey and Wanda Wiggins, PhD (Drug Enforcement Administration)*

Last year 107,000 Americans lost their lives to a drug poisoning, a majority caused by fake pills laced with fentanyl. After this session, participants will have a thorough knowledge of the dangers of fentanyl, what the DEA is doing to combat this trend, and the resources that are available to the public to better educate the population.

The Roles of Campus Environment in Student Health

*Chanam Lee, PhD, MLA, Sungmin Lee, PhD, Li Deng, MLA, Yizhen Ding, MLA, and Galen Newman, PhD (Texas A&M University)*

To bring attention to the important roles of the campus environment (built and social) in shaping the health and quality of life of students in higher education by providing: (1) an overview of our Green Campus Initiative/team; (2) presentations of several empirical studies on environment-health relationships carried out by the team; and (3) a facilitated discussion session to explore strategies to promote healthy campus environments.
Recent Advances in Management of Diabetes and Obesity in Young Adults

*Shruthi Arora, MBBS (Emory University)*

This presentation aims to review the recent guidelines from American Academy of Pediatrics on management of pediatric obesity and discuss use of pharmacotherapy as adjunct to healthy lifestyle changes for effective management. There is need for improving knowledge for the use of the medications as Primary care providers will be at the forefront of management.

Clinical Medicine Journal Club -- A Review of the Literature

*David Reitman, MD, MBA (American University); Cheryl Flynn, MD (Mount Holyoke College); Arthi Krishnan, MD, FAAP (Southern Methodist University); James Huang, MD, FAAFP (Gallaudet University)*

This journal club-style presentation is designed for busy college health clinicians who find it challenging to keep up with the most current literature impacting older adolescents and young adults. This session will present some of the past year's most impactful articles in college health by analyzing and discussing 12-15 articles relevant to clinical practice in college health. The goal is to allow attendees to leave with practical takeaways that may enhance their clinical care immediately.

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

*Marian Trattner, MSW (Wake Forest University); Joanne Brown, DNP, APRN, WHNP-C, FNP-C (University of Kentucky, retired); Julia Matthews, MSN, MPH (Bentley University); Sharon Rabinovitz, MD (Emory University); Eleanore Kim, MD (University of California, Berkeley); Kate Flewelling, JD (University of Michigan)*

In the first year of its creation, the ACHA Reproductive Rights Task Force released a paper called “Recommendations for Providing Reproductive Health in a Changing Legal Landscape.” In its second year, the task force has been working towards its recent charges set forth by the ACHA Executive Board. Come to this session to learn about the latest work of the task force and its accomplishments.
Implementing Insurance Billing in College Health: Building and Maintaining a Successful Program

Perla Andrade, NCMA; (Pacific University); Leelee Kates, MHA, MEd (Colorado State University Health Network); Sara Hayden Parris, MHA (Iowa State University)

In this session, varying professionals that have oversight of all aspects of student health insurance plans (SHIP) will come together to participate in an interactive learning session and discussion. Main topics that will be covered include implementation timelines, goals, and structures, contracting, credentialing process, pricing structures, selecting a carrier, waiver processes, and other SHIP operational considerations.

Nursing Competencies

Jackie Hop, DNP, MBA, MSN, BSN (University of Central Florida)

Providing current, evidenced-supported care within the college/university health clinic settings is becoming more emergent as the college population grows and college health is becoming a more prominent setting for urgent and primary care. Creating a program to develop and administer nursing competencies is critical to build this foundation.
Building Wellness Cultures and Structures in Academic Institutions to Improve Population Health Outcomes and Maximum Return and Value on Investment

*Megan Amaya, PhD, CHES, NBC-HWC and Bernadette Melnyk, PhD, APRN-CNP, EBP-C, FAANP, FNAP, FAAN (The Ohio State University)*

Effective practice of health promotion in higher education requires a shared responsibility of all campus members to create change and a paradigm shift to prevention from treatment. This program will provide attendees with the knowledge and skills to build and sustain cultures of wellbeing, inclusive of all, to improve population health outcomes. It is anticipated attendees will return to their institutions and implement strategies they learned in this program.

**nPEP, PrEP, and Doxy PEP – the 5 W’s Answered**

*James Huang, MD, FAAFP (Gallaudet University)*

nPEP, PrEP, and Doxy PEP are medical regimens to prevent STIs. The CDC’s “Ending the Epidemic” initiative envisions that HIV infections are reduced by 90% through utilizing tools such as nPEP and PrEP. Currently, rates of chlamydia, gonorrhea, and syphilis are rising, Doxy PEP is a new “old” tool to prevent infection in specific populations. After this session, you’ll be able to answer the 5Ws asked about these regimens and implement them in your practice.

**Building and Sustaining a Culture of Health Program Evaluation**

*Michael McNeil, EdD, CHES, FACHA, Alic Czachowski, EdD, CHES (Columbia University); La’ Tesha Hinton, MSPH, CHES (Tulane University); Mica Harrell, MA, CHES (University of Alabama - Birmingham); Shelly Sloan, MS, CHES (SUNY-Oswego)*

Evaluation is, unfortunately, not seen as core to the work of college health; too often added to existing programs rather than part of program design & delivery. Exploring the science of evaluation, while balanced with college health practicalities, this session will blend the theory and practice of health program evaluation. Specific attention will be given to reviewing case studies from 4 campuses and attendees will review resources and tools to support evaluation at their institutions.
Cannot Miss Emergent Diagnoses in the Student Health Population

Lauren Alexander, MD (Point Loma Nazarene University)

Fortunately, emergent medical conditions in the student health population are rare, but unfortunately this means that many campus health clinicians will encounter them infrequently in their daily practice. This can result in missed diagnosis, delay of care, and malpractice risk. Through case-based presentations, we will evaluate common chief complaints, empowering you as a clinician to identify the emergency diagnosis and appropriately refer your student to the ED.

An Entrepreneurial Approach to Funding Student Health Services

John Bollard, MA (University of California, Santa Cruz)

As both the demand for and cost of primary care and mental health services continue to increase, student health leaders must find new ways to obtain and allocate resources. Attracting and retaining staff is key yet is increasingly dependent on being able to pay competitive salaries. Too often our revenue--slow to increase in any meaningful way--cannot keep pace. After this session, participants will have innovative and proven ideas for revenue generation and scarce resource allocation, including the provision of new revenue-generating services, fee-setting techniques, and principles for creating greater efficiencies in existing services.

Understanding and Treating Test Anxiety

Mansi Mehta, PhD (Emory University)

Tests are ubiquitous in academic life and anxiety related to tests can impact academic functioning and psychological well-being. Anxiety related to testing or evaluation have been linked to numerous negative physical and mental health outcomes. This presentation will explore the concept of test anxiety and discuss several effective strategies for treating anxiety in evaluative situations. Participants will learn how to implement these strategies in order to reduce test-related worry and enhance academic performance.
Implementing a Comprehensive Approach to Support Student Mental Health: The Impact on Student Outcomes and Systems’ Change

Nance Roy, EdD (The Jed Foundation)

The rise in mental health struggles among college students is well documented. Recent ACE surveys of college presidents report that student mental health is top of mind for them, and recent state and federal funds have become available to address this growing trend. While understandable, many colleges and universities look primarily to their counseling and health centers to address this problem. However, in order to effect long-term, systemic change to promote student mental health, a broader public health approach is needed where everyone on campus has a role to play. In addition, it is imperative that we not only measure system’s change on campuses, but also the impact of system’s change on student outcomes.

Participants will gain an understanding of a comprehensive, public health approach to promoting student mental health, strategies for implementation, system’s change outcomes and preliminary findings on the impact of system’s change on student outcomes.

Adapting a Community Health Organizer Role to a University Setting: Results from a 3-Year Evaluation

Andrea Moore, MCG, Noemi Mendez, MPH, and Sarah Hong, MPH, MIA (University of Southern California)

Presenters will share results from a 3-year, mixed-methods evaluation of a Community Health Organizer (CHO) model implemented at the University of Southern California. Presenters, including student CHOs, will guide participants through the components of the evaluation and provide tools and examples for participants to consider utilizing at their institutions.
Wednesday, May 29

4:30 pm – 5:30 pm (cont.)

ACHA Advocacy and Government Relations Update from the Advocacy Chair and CEO

*James Wilkinson, MA, CAE (American College Health Association); Mari Ross-Alexander, PhD (University of South Carolina); Jason Marmon, JD (Active Policy Solutions LLC)*

ACHA’s Advocacy efforts have taken off in the past two years. Advocacy Committee Chair Mari Ross-Alexander and CEO James Wilkinson will update attendees on the view from Washington, including federal and state legislative and regulatory issues; interactions with key federal agencies like CDC; and explaining the context and status of issues where ACHA is leading, and which we are actively monitoring.

We will also cover coalitions of allies in higher education, an approach which amplifies ACHA’s impact and heightens our profile.

SUNY Student Telepsychiatry Network (STPN): Addressing Barriers to Receiving Specialist Psychiatric Care

*Christopher Lucas, MD, MPH, Brooke Donatona, PhD, LCSW (SUNY Upstate Medical University)*

The SUNY Student Telepsychiatry Network (STPN) at Upstate Medical University has provided specialist psychiatry services to now 56 of the 64 campuses within the SUNY system. It has afforded access to timely and high-quality psychiatric care for college students. This state-wide provider network could provide a model for other large university systems struggling to provide high quality psychiatric services to their students.

Journeying Down the Road to Integrated Health, Counseling, and Wellness Services

*Kevin Readdean, PhD, (Rensselaer Polytechnic Institute)*

This presentation focuses on supporting staff and administrators at various points on their integrated services journey. Crucial elements of integrated services are introduced along with an emphasis on how to advocate for and evaluate integrated services. After an overview of integrated care concepts, models and literature, participants will work in small groups, based on their individual needs and self-reported level of if integration, to develop action plans around pitching, designing, or enhancing integrated care programs.

Medical Grand Rounds

*Davis Smith MD, (University of Connecticut)*

Guided discussion and analysis of challenging or otherwise meaty medical cases. This session entails heavy audience participation.
Oral Emergency Contraception: An Efficacy and Regulatory Update

Rebecca H Stone, PharmD, BCPS, BCACP, FCCP (University of Georgia)

Emergency contraception (EC) availability, mechanism of action, and access laws have generated confusion since their inception. In particular, since the overturning of Roe v. Wade, there has been confusion and conflation of oral EC with medication abortion. Levonorgestrel oral EC is available over the counter (OTC) and relatively well known, but often patients and providers are often less familiar with ulipristal acetate and the copper IUD for EC. This presentation will review products, their mechanism of action, patient specific therapy recommendations (obesity, resuming hormonal contraception, etc), and discuss availability.

Create Community: Organizing White Folx to Expand Capacity for Antiracist Practice

Joleen M Nevers, MAEd, MAEd, CHES, CSE, CSES (University of Connecticut); Kelly Gorman, MS, EdD (University of Albany); Marian Trattner, MSW (Wake Forest University)

Judgment, guilt, centering, and prioritizing our own marginalized identities leads us as white folx to approach our work in decontextualized ways, neglecting the racial marginalization central to our practice and systems in which we exist. Investing in anti-racism, requires white folx to create community to explore bias, privilege, and racism within our training and socialization. ACHA can support this by cultivating community around vulnerability, growth, challenges, and accountability to each other and our BIPOC colleagues.

Allergy Potpourri – An Evidence-Based Q and A

S Shahzad Mustafa, MD (Rochester Regional Health)

This session will be an evidence-based Q & A, which will allow attendees to dictate the discussion and cover wide-ranging topics in allergy and clinical immunology.

Preventing Drug Misuse Among College Students: The Importance of Strategic Planning and Diversity, Equity, and Inclusion

Rich Lucey (Drug Enforcement Administration); Allison Smith, PhD (Louisiana Board of Regents)

This session will include an overview of current drug use rates among college students; the Drug Enforcement Administration’s updated strategic planning guide for preventing drug misuse among college students, the importance of incorporating diversity, equity, and inclusion across of five steps of the SPF; and DEA's resources for professionals working to prevent drug use and misuse among college students will be discussed. Audience interaction will be encouraged.
A Self-Screening Tool with Tailored Resources for Stress Reduction and Improving Well-being

_Sharon Tucker, PhD, RN, APRN-CNS, PMHCNS-BC, NC-BC, EBP-C, F-NAP, FAAN, Bernadette Melnyk, PhD, BSN, and Laurel Van Dromme, MA (The Ohio State University)_

Excessive stress and mental health crises are escalating among college students, faculty, and staff, yet resources are insufficient. An electronic anonymous, mental health self-screening and resources tool was developed at a midwestern university initially using a simple survey platform (n=>1500). Data supported continued tool development. A technology company created an engaging, interactive web-based tool with self-screening and tailored resources (e.g., video-guided coping skills, literature, web-based resources, accessing professional help). Background and demonstration will be presented.

All Bets Are Off: A Clinician’s Role in Addressing Collegiate Problem Gambling

_Cindy Clouner, MPH, Jim Lange, MPH, (Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery); M. Dolores Cimini, PhD (University at Albany); Jaclyn Webber, MA, (Towson University)_

The explosion of online sports betting has led to an increase in problematic gambling behavior on campus. While 6% of college students have a gambling disorder, few campuses collect data on this issue or incorporate gambling-focused initiatives into their portfolio of services. This session will explore the current trends in collegiate gambling behaviors, identify existing resources across the continuum of care, and discover strategies to integrate problem gambling work into existing efforts on campus.

A Changing Landscape: Student Health Center Revenue Models -- Finding the Right Mix to Survive

_Patrick Haines, MBA, CMPE, CHC (University of California)_

The Student Health Center landscape has changed significantly, not only in how healthcare is delivered, but also in how it is funded. Faced with an environment of limited financial resources, SHC administrators must adopt additional revenue streams delivered in the right combination to meet stakeholder expectations and to simply survive. Through example and case-study, attendees will leave with valuable knowledge to differentiate revenue streams, accomplish their mission, and reinforce their centers for long lasting success!
The Role of AVC/AVP in Health and Well-Being

LaNika Wright, PhD, WHNP, SANE (East Carolina University); Kevin Shollenberger, MED (Johns Hopkins University); Alexis Travis, PhD (Michigan State University); Chris Smith, MPH (University of North Carolina at Charlotte); Erin Baldwin, MHA, MPH, FACHE (Iowa State University)

The role of the AVC/AVP of Health and Well-Being is new to many institutions of higher education. Many institutions see that health and well-being resides in various departments on campus. Thus, they have begun to create AVC/AVP roles to help bring those areas together to cultivate a culture of well-being. The goal of this presentation is to discuss the various facets of this role, current challenges, and opportunities of this role.

ACHA College Health and Well-Being Data Hub

Mary Hoban, PhD, MCHES and Kawai Tanabe, MPH (American College Health Association); Sarah Van Orman, MD, MMM, FACHA (University of Southern California)

The Connected College Health Network (CCHN) 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. 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 and uploaded into CCHN. Presentation will include a demonstration of CCHN.

Implementing Trauma-Informed Care in a Student Health Service: An Interdisciplinary Approach

Deirdre Logan, MD, Megan Ensley, MA, Suad Kapetanovic, MD, Lisa Richardson, MD and Jessica Beale, PsyD (Keck School of Medicine of University of Southern California); Patty Pinanong, MD and Deborah Schleicher, PsyD (University of Southern California)

Trauma informed care provides an essential framework for student health services that welcome individuals with various lived experiences. Our multidisciplinary group provides input from a variety of perspectives including employee engagement, health promotion, medical/mental health, and nursing. We built relationships with our student groups and campus partners through alignment sessions. We will share the format of our needs assessment survey, listening session questions/format and create opportunities for collaboration with other interested student health service.
8:00 am – 9:30 am (cont.)

**Increasing Retention and Well-Being: The Importance of a Trauma-Informed Campus**

*Kim Webb, MEd, LPC, FACHA (Washington University in St. Louis); Stephanie Hanenberg, MSN, FNP-C (University of Colorado Colorado Springs); Amy Hoch, PsyD (Rowan University); Kisha Slaton, MPA (International Association of Campus Law Enforcement Administrators)*

This session explores data from the Campus Sexual Misconduct: Prevention Education, Training, and Coordinated Response Teams study conducted by NORC: University of Chicago, in partnership with ACHA and IACLEA. This presentation will describe key study findings and challenges and opportunities in creating a trauma-informed campus. Attendees will walk away with action-oriented solutions intended to improve campus safety profiles and enhance employee knowledge and skills to increase faculty, staff, and student retention and well-being.

10:00 am – 11:30 am

**College Health and Public Safety Partnership: Naloxone Training Saves Lives**

*Michael McNeil, EdD, CHES, FACHA and Matthew Childress, BA (Columbia University)*

Columbia works collaboratively with campus partners to bring naloxone training to the community. Since the start, the Department of Public Safety has been highly supportive of this effort – incoming sergeants are trained in naloxone administration as part of their onboarding process and required to carry naloxone kits while on duty. This presentation will include the rationale for college health and public safety to partner to save lives on and off campus.

**Overview of HIV Pre-exposure Prophylaxis (PrEP) and Post-exposure Prophylaxis (PEP)**

*Kenric Ware, PharmD, MBA, AAHIVP (Mercer University College of Pharmacy)*

Human immunodeficiency virus (HIV) acquisition can be halted by prevention options such as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP). A lack of knowledge of these therapies and inequitable access to their utilizations have fostered demographic disparities in HIV transmission. This presentation will update participants about the current landscape of HIV prevention and provide recommendations for improving access to sectors of society that have an urgent need for these interventions.
Using a Trauma-Informed Approach When Developing a Medical Chaperone Policy at University Health Services at UW-Madison

Erika Enk CNM, MSN, MPH, Jamie Temple, MSCP, and Shaina Murtaugh, PA-C, (University of Wisconsin-Madison)

Using trauma-informed care principles, UW-Madison University Health Services (UHS) developed an opt-in medical chaperone policy, which included culture and climate evaluation, training clinical staff, operationalizing policy, and creating student-centered trauma-informed media. After this session, participants will have a knowledge of trauma-informed care principles and how UHS integrated these principles as a touchpoint for creating a medical chaperone policy. Participants will have a framework to develop and/or enhance the operationalization of medical chaperones at their institutions.

JUHA Session: Best Practices of Student Counseling in Three Different Countries (Japan, Canada, and the US)

Katsumi NAKAGAWA, MD, PhD, JD (Ritsumeikan University, Japan); Ryo HORITA, CPP, CP (Gifu University, Japan); Yuko YAMADA, CPP, CP (Kitasato University, Japan); Marcus Hotaling, PhD (Union College); Joyce DeWitt Parker, PhD (University at Albany); Andrea Levinson, MD, MSc, FRCP (The University of Toronto); Sandra Koppert (Mental Health Commission of Canada)

The Japan University Health Association (JUHA) is an association of 807 colleges and universities in Japan that aims to promote the health and well-being of university students and staff through research, education, and information. JUHA has been a friend of ACHA since 2013 and has been facilitating the relationship. This session will highlight the similarities, differences, and challenges of student counseling in Japan, Canada, and the United States.
Elevating the Mental Health of Faculty and Staff: Diving into the Data

*Faith DeNardo, PhD, CHES (Bowling Green State University); Lori Dewald, EdD, ATC, MCHES, F-AAHE (Southern Illinois University-Carbondale); Marguerite O’Brien, MSW, (Coastal Carolina University); Nikki Brauer, MS, CHWC, COEE, CWPM (Illinois State University)*

Mental health and well-being of faculty and staff are a top concern for many institutions. This presentation highlights the latest reference group data from the National Faculty and Staff Health Assessment and offers examples of how several institutions address this topic with innovative approaches and strategies. Using data, presentation examples, and information sharing, participants will have the opportunity to create an action plan for their campus.

Combatting the Devastating Impact of Loneliness on College Students

*Ryan Patel, DO, FAPA, Leisha Chiles, PsyD, Darreon Greer, PhD, and Alexandra Alayan, MA, MS (The Ohio State University)*

In May 2023, the US Surgeon General issued a national advisory on the devastating impact on loneliness in America. This program will discuss the impact on loneliness on physical, mental, and academic health in college students, and other markers such as retention etc. Despite being hyperconnected using technology, generation Z is considered by some to be the loneliest generation. A review of literature and evidence-based interventions to decrease loneliness will be discussed. Presenters will discuss proposed interventions to enhance social connection on college campuses informed by the Surgeon General’s Framework, as well as lessons learned from discussion within the Office of Student Life at The Ohio State University on ways to strengthen a sense of community on a large public university campus. Finally, presenters will share findings of our survey of college campuses regarding the topic of loneliness, Surgeon general advisory, and steps taken by colleges and universities to address loneliness among college students.

Preparedness for Infectious Disease Events in Institutes of Higher Education

*Susan Hacevar Adkins, MD (CDC/ORR/DRRS); Sarah Meyer, MD, MPH (CDC/NCIRD/ISD); Cria Perrine, PhD (CDC/NCIRD/CORVD)*

This session will describe some of the unique aspects of infection prevention and control in IHEs and the steps that IHEs can take in partnership with college health professionals to prepare for future infectious threats. Learners will discuss layered approaches to infection prevention, emergency operation plans and teams, changes in ventilation guidance, and vaccination challenges and successes.
Administration Section Hot Topics
Sara Nimmo, MBA, 1SG (USAR Ret.) (Missouri State University)

This session may include but not limited to the following topics: revenue streams, budgeting, strategic planning, employee development strategies, disparity measurement and interventions, health literacy, change management, collaborations, student involvement and internships, bridging administration with clinical services.

HP Hot Topics: Sharing Our Stories and Advocating for our Worth as College Health Promotion Practitioners
Marian Trattner, MSW (Wake Forest University); Raphael Florestal-Kevelier, PhD, MPH (University of Illinois Chicago); Kelly Gorman, EdD (University of Albany); Latoya Oduniyi, MPH (The University of Texas at Arlington)

Health promotion is essential to the well-being of students, staff, and faculty, but in some cases, senior administration and leadership doesn't recognize this. Through this session, participants will learn how to demonstrate the value of health promotion work on campus, how participating in ACHA supports work at the institution and in the broader higher education field, and how to address and overcome obstacles relating to advocating for health promotion to leadership.

The Many Uses of the Council for Advancement of Standards to Create, Implement, and Assess Programs and Services
Stacy Andes, EdD (Villanova University); Alic Czachowski EdD, MPH, MCHES (Columbia University)

In collaboration with ACHA, The Council for Advancement of Standards in Higher Education (CAS) develops and updates professional standards for a variety of functional areas in higher education including clinical care, counseling, health promotion, substance use, and violence prevention, as well as the Cross-Functional Framework for Advancing Health and Well-being. Session participants will learn to use CAS to guide strategic planning, design programs and services, devise staff development, develop learning outcomes, and measure effectiveness of programs and services.

Getting Published in the Journal of American College Health
Teri Aronowitz, PhD, APRN, FNP-BC, FAAN (University of Massachusetts Chan Medical School); Scott Spear, FACHA (The University of Texas Rio Grande Valley); Ralph Manchester JACH, MD, FACHA (University of Rochester); Melody Baker, MLIS (Taylor and Francis Group)

The Journal of American College Health is the official journal of ACHA. The presenters will discuss the logistics of submissions, the peer-review process and associated timelines, how revisions and re-submissions are handled, and get clarity on copyright issues and distribution channels.
Health Literacy and Student Success: Strategies for Supporting Individual and Organizational Health Literacy

Carman North, MPH, CPH, (University of Tennessee, Knoxville); Tess Kucera, MPH, MS, CHES (University of New Hampshire)

Poor personal and organizational health literacy can lead to worse health outcomes for students and leaves campus communities vulnerable to misinformation. During this session, presenters will discuss the impacts of poor health literacy on health, strategize with attendees about how to assess and improve their organization’s health literacy, and share one university’s interventions to build health literacy in their student body.

Updates in Cervical Cancer Screening: Special Populations and HPV Based Testing

Emily Herndon, MD and Anu Murthy, MD (Emory University)

Rates of cervical cancer is higher in immunocompromised patients, those with previous high-grade lesions and patients who have never been screened. Human papillomavirus screening (HPV) is the preferred method of cervical cancer screening. The use of HPV testing alone is still low in the USA. In this session we will discuss cervical cancer screening in high-risk populations and the advantage that primary HPV testing has, particularly in patients who may find pelvic exams traumatic.

Innovative Strategies in College Health and Wellness: Enhancing Staffing, Quality, and Flexibility in Programming to Boost Student Retention

Michelle Kelly, PhD and Amy Allison, MS, CWP (Texas Woman’s University)

In the dynamic landscape of higher education, fostering student success and retention has become a concern for colleges and universities that extends well beyond Admissions or Enrollment. College health and wellness departments play a vital role in this mission by providing essential education and support services. To excel in this endeavor, institutions are increasingly turning to innovative strategies that re-imagine staffing, curriculum delivery, and program flexibility. This presentation explores innovative strategies for enhancing staffing models, delivering high-quality and adaptable health and wellness education programming, and effectively demonstrating a department’s value and impact on student retention.

Infection Prevention and Control Essentials for College Health Centers

Angie Ghanem-Uzqueda, PhD, MPH, CIC, Bobby Cong, BA, and Raul Pedraza (University of Southern California)

Incorporating an infection prevention and control program into college health centers is essential for providing safe and high-quality patient care. However, many college health centers may not have an individual who is responsible for infection control oversight and often lack the resources to implement comprehensive infection prevention practices. This presentation will review the foundations of infection prevention and offer steps that any health center can take to start implementing an infection prevention program.
Strategies for Assessing and Supporting Student Sleep: Implications for Academic Success, Equity, and Mental Health

J. Roxanne Prichard, PhD (University of St. Thomas)

Students cite sleep disturbances as one of the primary impediments to academic success and sleep health is strongly bidirectionally linked to mental health. However, neither clinical psychologists nor physicians receive much explicit training in sleep health assessment and support. This presentation will highlight the major components of behavioral sleep medicine, identify ways systems of privilege intersect with sleep, and offer practical ways to assess and promote sleep health across a variety of university departments.

Into the Deep: An In-depth Look at Student Health Insurance Benefit Plan Issues, Cost Drivers, and Program Benefits through the Lens of the ACHA Standards for Insurance

Liebe Meier, MHA, MBA (Cornell University); Doug Koyle, MA (Ohio Wesleyan University)

This panel presentation will focus on the administrative components of offering a SHIBP, including reviewing and evaluating the ACHA insurance standards, practical applications of the standards, explore the impact of DEIJA on insurance cost and value, and case study examples of standard aligned SHIBPs on the health and well-being of students. Content will use original research from the 2022 ACHA SHIBP survey.

Hands, Shoulders, Elbows, Toes -- Musculoskeletal Care for the Rock Climber

John Breck, DO, CAQSM (University of Colorado at Boulder)

Rock climbing is one of the fastest growing sports in America, especially among the college age population. Climbers experience several unique injuries which many college health providers may not have managed previously. This session will review the diagnosis and management of these common climbing injuries and review the basics of climbing including its unique terminology. Knowledge of these basics is essential to help the clinician and the rock-climbing athlete communicate effectively.

Red Eye in Primary Care

Dina Kakish, OD, FAAO (University of Michigan)

This course will provide information on diagnosing and treating red eyes and urgent issues. This includes conjunctivitis, corneal ulcers, corneal abrasions, and herpes simplex.
Gender-Based Violence on Community Colleges: Policy Implications and Considerations

Kamilla Bonnesen, MPH (Georgia State University); Meredith Smith, JD, MS, Ed (Rankin Climate); Jaray Mazique EDD (Spelman College)

We will review research on the under-studied domain of Gender-Based Violence on community college campuses and critically evaluate the current practice of generalizing victimization experiences across student populations. Considering factors like student demographics, sample representation, prevalence rates, and more, we will assess the distinct needs of community colleges from a research and practice perspective. Additionally, we highlight ways administrators can effectively support their students based on existing literature and explore the future of violence prevention.

Leveraging Podcasts to Increase Engagement with Our Student Community

Jennifer Carson, MS, Matt Schrock, (University of Illinois at Urbana-Champaign)

The Healthy Illini Podcast is hosted by McKinley Health Center, at the University of Illinois Urbana-Champaign, featuring weekly health and wellness topics for our community. Our 15–20-minute podcasts help Keep You Well to Excel in the classroom as well as outside of it. Healthcare professionals, campus experts and students come together to engage in conversation about health topics that lead to self-discovery and exploration toward enhancing your well-being and overall quality of life. We offer resources to continue the conversation with us and others on campus. We will provide a roadmap for implementing a college health-based podcast including technical support, logistical strategies, and a customizable marketing plan.

ACHA Guidelines: Best Practices for Collegiate Intramural, Club, and Recreational Sports

Douglas Marania, MD (Stanford University); Rae Everson MS, AT, CES, PES (US Council for Athletes’ Health)

Intramural, club, and recreational sports are important to the college experience and have millions of participants nationwide. It is important to reduce the risk for institutions and protect the health and safety of students involved in these sports. Further, appropriate staffing and supervision of intramural, club and recreational sports is paramount. We propose these best practices to aid institutions and to protect students, while allowing them to enjoy and participate in sports.
The Mainstreaming of Rough Sex and Sexual Choking/Strangulation: Implications for Sexual Consent, Sexual Violence Prevention, and College Students’ Physical and Mental Health

Debby Herbenick PhD, MPH (Indiana University)

Rough sex practices (and especially sexual choking/strangulation) have increased rapidly among college students’ consensual sexual experiences (as well as assault reports). About 80% of college students have engaged in rough sex and 1 in 3 women students were choked during their most recent sexual encounter. This session will present findings from a series of studies on these changing sexual behaviors, including their prevalence, frequency, mental and physical health consequences, and implications for education and violence prevention.

What We Learned from Our Students: Empowering BIPOC and LGBTQ+ Youth to Create Campus Mental Health Resources

Markie Pasternak, MSEd (Active Minds Inc)

In 2023, Active Minds, a leading nonprofit in young adult mental health, established an advisory board of BIPOC and LGBTQ+ colleges students who researched, developed, and advised on mental health resources tailored to their own communities for national distribution. This presentation explores the distinct mental health needs of these students and equips both higher education and mental health professionals to champion the voices of these students when creating campus mental health resources.
**Thursday, May 30**

**3:00 pm – 4:00 pm**

**Utilizing Healthcare Equality Index (HEI) Certification to Address LGBTQ+ Health Disparities at Your Student Health Center**

*Geno Mehalik, MPA and Kate Mulligan, MA (University of California, Los Angeles)*

For 15 years, HRC’s Healthcare Equality Index has served as the national LGBTQ+ benchmarking tool for promoting equitable, inclusive care in the healthcare setting. However, of the more than 900 facilities that participated in 2022, >5% were student-serving, university health centers. Learn how UCLA’s Arthur Ashe Student Health & Wellness Center – an active HEI participant since 2015 – utilizes the survey to improve its commitment to the LGBTQ+ community on our campus.

**Mindful College Connections: An Innovative, Partnership Approach to Student Mental Health**

*Curtis Wiseley, PsyD, LPCC and Trevor Yuhas, PsyD, HSPP, (DePauw University); Michael Latta, PhD (Rose-Hulman Institute of Technology); Melissa Grinslade MSW, LSCW (Saint Mary-of-the-Woods)*

The Mindful College Connections (MCC) program is an innovative, collaborative shared-resource partnership between three colleges in Indiana. Supporting student mental health and enrollment persistence has been a focus for institutions of higher education for years, with colleges and universities continuing to look for ways to meet the increasing demand for services with limited institutional resources. Together, the MCC member institutions have comprehensively improved their capacity for offering mental health and wellness services for their students.

**Introduction to Health at Every Size**

*Sunshine Orta, PA-C, MPAS, Jamie Mehringer, MD, FAAP (University of Rochester); Jennifer Haefele, RDN, CDN, CEDS-S (RDN Jen); Veronica Everett, MSW, LICSW (Boston Childrens Hospital/University of Massachusetts-Amherst)*

The American Academy of Pediatrics most recent guidelines recommend treating obesity with weight loss interventions starting at an early age. The Academy for Eating Disorders voiced concern with this, pointing out risks related to disordered eating. Who is right and how do we help without hurting? We will explore the scientific evidence for weight neutral care and provide participants with the knowledge and tools necessary to integrate Health at Every Size principle into their practices.
Igniting the Heart Fire in Student Wellness by Honoring Indigeneity Through Cultural Humility and Transformative Decolonization

Seapieces Marsland, BSW, MSW, RSW and Jocelyn Orb, BScN, MA (University of Saskatchewan)

There is a pressing need for Indigenous-focused health innovation strategies in student wellness centers across colleges and universities globally. The University of Saskatchewan Student Wellness Centre will present building and design decision strategies driven by the cultural humility approach to equitably promote Indigenous well-being in post-secondary health for transformative decolonization. Centering the experience of Indigenous students,’ we will explore the Heart Fire Program that combines Wholistic Therapy Circles and Mixed Martial Arts.

Lumps, Bumps, and Masses: Identifying Benign Breast Disease in the College Health Setting

Kristen Donaldson, PA-C and Ashton Strachan, DNP, FNP-c, WHNP-BC, APRN (Georgia Institute of Technology)

Discussion of benign breast disease including imaging, diagnosis, and management.

The Mental Health Assistance and Response Team: Partnering with Campus Law Enforcement for Clinician-Led Welfare Checks

Beth Kebschull, LCSW, Xonielle Jordan, LCSW, and Broderick Leaks, PhD, MHA, MAT (University of Southern California); Edgar Palmer (University of Southern California, Department of Public Safety)

Traditionally, students experiencing mental health crisis received response from the campus’s department of public safety, but students reported welfare checks were embarrassing and unhelpful. Utilizing the experience of one campus, after attending this session, participants will have a roadmap for the implementation of a mental health / law enforcement partnership for clinician-led mental health field calls, including necessary prerequisites, developing standard operating procedures, avoiding misunderstandings, and making the most of lessons learned.
Emotional Intelligence (EI) and Leadership: Strengthening Your EI and Developing Your Team

Kristiana Holmes, DNP, APRN, FNP-BC (Whitworth University); Felix F. Pizzi, MSEd, LCMHC, CCMHC, (Southern New Hampshire University)

Leaders in college health face many challenges today. These challenges can even happen within their own teams. Understanding the fundamentals of emotional intelligence and how to develop emotionally intelligent teams can enhance overall performance, employee engagement, and wellbeing. Based on foundational and current research and strategies, this session will help you recognize and augment your own emotional intelligence and the emotional intelligence of your team.

Hot Topics 2023: Pharmacy

Heidi Orth, PharmD and Jacob Frady, MD (University of North Carolina Wilmington)

Discuss the collaboration between our pharmacy, health center and athletic department. Explain Vitamin D and Ferrous Sulfate usage per protocol and discuss mechanism of action and dosing. Allow for open discussion and feedback from audience.

Voices of Students in Crisis: Interviews with College Students Hospitalized for Psychiatric Crises and Implications for Administrators and Clinicians

Erin Morpeth-Provost PhD, NCC (Florida State University)

This presentation will address original research focused on college students' experiences with psychiatric hospitalization, including psychological services prior to hospitalization, the hospitalization process, the hospitalization itself, and post discharge at the University of Texas at Austin. Themes included trust/distrust, powerlessness, interpersonal connections, uncertainty, negative perceptions of the university, academic supports, and shifted perspectives. Recommendations for improving the hospitalization process as clinicians, in addition to university-wide department improvements, are discussed.
Hip Pain in College Students: A Multidisciplinary Approach to Evaluation, Diagnosis, Management, and Prevention in an Academic Dance Program

Chad Wagner, MD, CAQ PCSM, RMSK and Emily Eckman, ATC, (University of Wisconsin-Madison)

Presenting the common causes of hip pain and their management in college students with specific focus on dance athletes. We will describe common presentations, pathology, examination techniques, and management strategies with an emphasis on our multidisciplinary team approach at the University of Wisconsin-Madison Health Services. Hot button topics including femoral acetabular impingement, femoral stress fractures, along with rehabilitation and prevention techniques will be addressed through case studies with dance program athletes.

Pet Therapy: A Pawsitive Effect

Amy Allison MS, CWP and Rebekah Lescenski-Bromley, CPE, CWWS (Texas Woman’s University)

Whether you are looking to start a pet therapy program or partner with local agencies, this program will highlight how to implement animal assisted interventions on your campus. We will discuss the history of pet therapy programming on TWU’s campus, what led to the creation of the in-house Pioneer Pet Therapy Program including: structure, implementation, and lessons learned through experiences, anecdotes, and data.

Data from the 2022 Sexual Health Services Survey

Suzanne Swierc, MPH, CHES (Ball State University); Robbie Stines, DNP, APRN, FNP-BC (School of the Art Institute of Chicago); Lauren Cordova, MSEd (University of Pennsylvania); Nancy Gentry Russell, DNP, MSN, FNP-BC, CNE (Johns Hopkins University)

The 2022 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 an overview of the latest survey results and facilitate discussion of guidelines and best practices for providing sexual health services at institutions of higher education.
Retention Versus Recruitment: Cultivating Belonging and Happiness for Student Athletes of Color

Charles Chip Mc Neal, MEd, PhD (Brandeis University)

Studies have shown that athletes of color have lower retention rates compared to their white peers in college sports, with reasons varying by sport and school. To address this issue, colleges and universities can implement strategies such as improving academic support, fostering a sense of belonging, increasing coaching and mentoring, improving financial barriers, and promoting happiness strategies. Collaboration between institutions, coaches, administrators, and athletes is necessary to create an inclusive and supportive environment that promotes success and retention. This workshop is available for DEI officers, campus health professionals, coaches, faculty, student affairs administrators, and other college leaders to learn about key strategies for addressing this inequity and designing an integrated health and wellness model for athletes.

HIV PrEP and DoxyPEP: A Sex-Positive and Gender-Inclusive Guide for Primary Care Providers

Katie Leach, FNP (University of California, Berkeley)

This presentation will train primary care providers how to take a sex-positive and gender-inclusive health history and give clinicians the skills to prescribe HIV PrEP and DoxyPEP to the many college students who would be of benefit.

Beyond the Basics of the Birth Control Pill

Carolyn Howard, MD, MPH, FACOG (University of Rhode Island)

Twenty percent of contraceptive users aged 15 - 29 use the oral contraceptive pill. A 2022 survey about contraception in the US revealed that side effects are a major concern with weight gain, mood changes and sexual satisfaction amongst the most common concerns. Health care providers are one of the main sources of information for patients. Clinician’s contraceptive literacy should include knowledge about how various pill formulations and progestin choice can impact patient satisfaction. This presentation discusses how oral contraceptives can be selected to minimize potential side effects in an effort to improve patient satisfaction. It will also cover the recent FDA approved over the counter progesterone only pill.
The Healthy Campus Journey: Reflections on Implementing the Inventory

Jordan Perry, MPH, MCHES, (Appalachian State University); Nikki Brauer, MS, CWPM, COEE, CHWC (Illinois State University)

This session will consist of a panel of representatives from the Healthy Campus Leadership Team and from colleges and universities that have implemented the Healthy Campus Inventory. Goals of this session are to increase awareness of the Healthy Campus Inventory, provide an opportunity for campuses who have not yet implemented the inventory to hear from the campuses who have, and create an opportunity for discussion and Q&A about the inventory. Attendees will learn how to access the inventory, steps for implementing the inventory, and challenges and benefits of implementing the inventory on their campuses.

The Power of Making Mistakes: Learning How to Create a Culture of Innovation by Letting Staff Try and Fail

Lindsay Barber, MSA (University of Wisconsin-Madison)

By overcoming our fear of failure and learning to harness our mistakes into steppingstones for future progress, we are able to truly innovate and make necessary change in our student health and wellbeing spaces. This session will allow participants to show up human and explore how failure is necessary and should not be feared or avoided if we want to have an ongoing impact on students.

Nursing Hot Topics

Elisa Burkett, RN ADN and Megan Huddleston, BSN (University of Missouri)

This presentation is designed to provide college health nurses with key updates and information relevant to providing care in college health centers. Health care needs in college health centers routinely need to be reexamined and readdressed and latest ideas and concepts need to be integrated into student health center operations and nursing practices.
Updates and Recommendations from the Data Strategy Task Force

Susan Hochman, MPH (University of Texas at Austin); Jessica Higgs, MD (Bradley University); Sarah Van Orman, MD, MMM, FACHA (University of Southern California); Alyssa Lederer, PhD, MPH, MCHES (Indiana University); Mary Hoban, PhD, MCHES and Christine Kukich, MS (American College Health Association); Jessica Higgs, MD (Bradley University/OSF St. Francis)

The American College Health Association has a rich history of data collection reflecting various aspects of college health and the students we serve. The Research Strategy Taskforce was charged with ensuring these efforts are linked, cooperative and complimentary to each other and support the association’s mission and strategic plan. After initiating this work, the taskforce also identified a need for a more accurate understanding what on-campus health services are offered across institutions of higher education (IHEs) nationally (beyond ACHA membership) to fully understand the value of college health. The taskforce then embarked on a landmark systematic research effort to collect this information. This session will present the findings and implications of that project, outline the process the taskforce undertook to analyze the Association’s data collection tools and instruments, and share recommendations for ACHA’s data collection infrastructure and strategy moving forward. Participants will gain an understanding of the importance of strategically collecting and using data to support all aspects of the Association and its mission.

Navigating the Crisis: Strategies for Improving Eating Disorder Screenings in College and University Settings

Tristan Barsky, PsyD, Sean Heffernan, MD, FAPA, Roanna Kessler, MD, Rayven Nairn, MS, RDN, LDN, Trina Ridout, Shennoa Blake, BSN, RN (Johns Hopkins University)

The increase in eating disorder prevalence emphasizes urgent need for improved screenings, early detection, and intervention in college and university settings. Johns Hopkins University's Eating Disorder Collaborative will present their multidisciplinary model (primary care, psychiatry, counseling, and dietetics) of comprehensive, specialized, and coordinated care. They will review methods and skills to prepare and implement similar strategies of early detection and assessment in other college health settings.

Comprehensive Campus Wellness: Enhancing the Culture of Care at an HBCU

Cynthia Burwell, EdD, MCHES, Ernestine Duncan, PhD, and Vanessa Jenkins EdD (Norfolk State University)

Campus health and wellness in higher education has historically focused on students. Although this study happens at an HBCU, faculty staff wellness is integral for comprehensive campus wellness. The Enhancing Campus Wellness Program at Norfolk State University expands the approach applied to students and is more inclusive in addressing faculty/staff wellness. This program, led by an interdisciplinary team offers proactive approaches by offering tailored health education and lifestyle skills for the entire campus community.
CANCELLED BY PRESENTER -- How to Help Students Who Use Cannabis Frequently

Matthew Lally, MD (Harvard Medical School/Beth Israel)

More students are using Cannabis than ever before. Cannabis products have more THC than ever before. Due to legalization and mass marketing of Cannabis, students who use Cannabis frequently are now presenting to their student health clinic requesting and expecting mental health treatment for Anxiety, Depression, and ADHD. How should you and your clinical respond to “The Cannabis Era” in college mental health. This presentation will show you how.

Cutting edge concussion research: Findings from the NCAA-DoD CARE Consortium

Steven Broglio, PhD, (University of Michigan Concussion Center)

The NCAA-DoD CARE Consortium is the largest prospective investigation of the natural history of sport related concussion ever conducted. To date, more than 53,000 varsity athletes and military service academy members have been enrolled with more than 5500 concussions evaluated at multiple post-injury time points. This presentation will highlight key findings that can be used to inform policy and clinical care decisions.

Advancing Sexual Health by Reducing Sexually Transmitted Infections

Nicholas Van Wagoner, MD, PhD (University of Alabama at Birmingham); Candice McNeil, MD MPH (Wake Forest University)

Rates of sexually transmitted infections (STIs) continue to rise. Adolescents and young adults account for almost half of new infections. College and university health centers are critical for prevention and treatment of STI. Participants will (1) gain an understanding of evidence-based management of STI, (2) recognize components of a comprehensive sexual history including strategies that engender trust and facilitate person-centered care and (3) identify advances in the prevention of STI and HIV.
10:00 am – 11:30 am (cont.)

**Immunization Updates for College Students**

*Sarah Schillie, MD, MPH, MBA (Centers for Disease Control and Prevention)*

Advisory Committee on Immunization Practices (ACIP) and CDC recommendations for use of MenACWY, MenB, HPV, HepB, Tdap/Td, and MMR vaccines for college-age students will be discussed. Content will include meningitis disease epidemiology, indications for vaccination, schedule, considerations for shared clinical decision making (MenB and HPV) and interpretation of serologic correlates of protection (HepB).

**Engaging Campus Stakeholders in Mental Health Initiatives Using Data**

*Shannon Rose, MPA, MEd and Diana Cusumano, LMHC, NCC, RYT (The Jed Foundation)*

Addressing the mental health needs of students is critical. In 2021, 44% of college students reported experiencing depression, 37% experienced anxiety, and 15% said they had seriously considered suicide. In this session, participants will review strategies for creating a campus-wide approach to supporting the mental health of students, review modalities for quantitative and qualitative data collection, and understand how to leverage data to foster buy-in from campus leadership for programs to improve student mental health.

**Negotiate Improved Sleep Behaviors: Keep It Simple**

*Shelley Hershner, MD (University of Michigan)*

This novel session provides a practical and pragmatic approach to addressing sleep issues among students. It distinguishes between the sleep patterns of students who undervalue sleep and those with insomnia. The program teaches techniques for initiating conversations that encourage behavioral changes, with a focus on practical strategies for reducing technology use in bed. It also offers a simplified approach to addressing delayed sleep-wake phase disorder. Attendees will gain valuable knowledge for effectively tackling sleep-related issues.

*Meeting schedule subject to change.*
Campus Health Requires a Health Promotion Process with Key Performance Indicators (KPIs)

*Paula Swinford, MS, MHA, FACHA, Sarah Van Orman, MD, MMM, FACHA, Sarah Hong, MPH, Lauren Martinez, PhD (University of Southern California)*

Health care is just one of the many processes that can create health in a college setting. For decades, health care has used key performance indicators (KPIs) to create focus, track success of personal health outcomes, improve operations, and document accountability for business outcomes.

Health promotion is another process that can create health at the public, population, and community levels; yet, beyond what is cataloged in the Monthly Morbidity and Mortality Weekly Report (MMWR), few KPIs exist for this work. How many college health programs have published shared metrics (KPIs) for student health outcomes or employee health outcomes? An online investigation of the AAU institution Wellbeing (Health, Equity and Sustainability) Initiatives found less than a handful even mention having KPIs for campus health. This session will discuss how to begin building a set of KPIs to document the progress of a health promotion process.

We will explore how the current eight USC Well-being Collective KPIs were established, how they are measured, and how they are disaggregated with the communities to create momentum for meaningful health promotion actions within academic schools, administrative units, student organizations and the Presidential Senior Leadership Team. We will also lay the groundwork for a continuing conversation on the role and responsibility of ACHA in establishing cross-institutional population-level and community health metrics, including KPIs.

Comprehensive Gender Affirming Primary Care – Challenging Cases and Tangible Takeaways

*Sally Lowell, FNP, MPH, Stephanie Clark, MA, Matt Heermann, PsyD, and Sarah Haueisen, MA (University of Colorado at Boulder)*

This session will provide real case examples of TGD identified students, highlighting both successes and opportunities for growth by the multi-disciplinary care provided by Health and Wellness Services at CU Boulder, a Human Rights Campaign 2022 Healthcare Equality Index Top Performer.

ACHA-NCHA Update

*Mary Hoban, PhD, MCHES and Christine Kukich, MS (American College Health Association); Alyssa Lederer, PhD, MPH, MCHES (Indiana University Bloomington)*

This program will share findings from the first 3.5 years of data collection with the ACHA-NCHA III, demonstrate ways measures may be used in data analysis, and provide updates from the ACHA-NCHA Advisory Committee.
Friday, May 31

10:00 am – 11:30 am (cont.)

Stepped Care: A Public Health Approach for Supporting Student Mental Health and Well-being

Kathleen Kashima, PhD, Michael Gerges, MA, LCPC, Vidya Govind, MD, and Samantha Wahlers, BS (University of Illinois Chicago)

Participants will learn about a model, Stepped Care, to address campus concerns about student mental health and well-being. Program components individualize services and resources without increasing the number of licensed providers. Pilot project results will be reported to ignite a shared participant discussion about approaches at their own institutions. Participants will spark new connections with colleagues at other institutions and gain potential ideas and topics to explore with others at their institutions.

Filling the Gap: Establishing a Sustainable Wellness Coaching Program

Jaclyn Hawkins MEd, MA, NBC-HWC and Nicole Weis, MEd, CWHC (Columbia University)

Universities are facing increased pressure to develop innovative solutions to support the mental health needs of students. Often, emphasis is on expanding mental health crisis response services/staffing, but this model alone is unsustainable. This session will focus on how health and wellness coaching can help fill the mental health support gap; create collaboration between coaching and counseling services; and provide a framework for establishing a sustainable, low-barrier, evidence-based health & wellness coaching program.

12:00 pm – 1:00 pm

Dorosin Memorial Lecture: Emerging Challenges to Students’ Digital Safety

Adam Dodge, JD (EndTAB)

The online spaces inhabited by students consistently manifest emerging threats to their digital safety and well-being - including fake nude images, AI-powered catfishing, and image-based stalking and doxing. This session offers a comprehensive exploration of these digital challenges, equipping participants with practical strategies to confidently discuss and strengthen the emotional, physical, and digital well-being of modern students. Attendees will walk away with actionable steps to effectively counter these emerging threats and foster a safer campus environment.
Student Well-Being in the Digital Age: Strategies and Solutions

Adam Dodge, JD (EndTAB)

In this interactive workshop, we’ll focus on practical ways to foster the digital well-being of students in an increasingly online world. This session acknowledges and illuminates the unique challenges presented by online relationships, social media’s impact on student health and the dissonance of our online and offline lives. From here, we'll highlight strategies for fostering healthy online relationships, digital self-care and creating supportive and inclusive digital environments where students feel supported and heard.

Universal Precautions: Implementing Trauma-Informed Care into Clinical Practice

Arin Swerlick, MD, MPH, Elizabeth Schwarze, MSN, WHNP, (Emory University)

Trauma informed care (TIC) is an important part of providing high quality healthcare to college students. However, many providers lack the knowledge and confidence to apply principles of TIC to their practice. This session will focus on how to implement elements of TIC and the trauma informed physical exam to one’s daily patient interactions. At the end of the session, providers will be better equipped to provide care to all students using a trauma informed lens.

Language Matters – Improving Our Approaches in Health Communication

Michael McNeil, EdD, CHES, FACHA, Gina Orlando MPH, CHES, and Gayle Gatchalian, MA (Columbia University); Mark Williams, BA

“The single biggest problem in communication in the illusion it has taken place.” – George Bernard Shaw

College health practitioners have long communicated from their own perspective, leading to challenges among students and colleagues in other areas. This session will explore theory and practice designed to help improve receiver-centered communications. A professional writer, paired with two college health experts, will review strategies and sources to improve how college health programs communicate.
Overcoming the Barriers to an Effective Quality Improvement Program: Building Sustainable Momentum

Caroline Wolfram, RPh (University of Oregon)

This course examines the barriers to an effective quality improvement program and strategies to overcome them. Participants will learn the fundamental concepts of quality improvement, the elements of a functional, effective program and how to encourage engagement and participation of all members of their organization. The instructor will share details of the development of a system that consistently produces over 10 Quality Improvement Studies yearly. Participants will share their experiences and through group discussion and break-out sessions leave with a plan to transform their own quality improvement program.

Addressing College Health Staff Burnout by Improving Systems and Working Conditions

Giang T. Nguyen, MD, MPH, MSCE, FAAFP and Ana Skoryk, MS, FNP (Harvard University)

On the heels of the COVID-19 pandemic, the US healthcare sector – including college health, faces significant staff recruiting and retention challenges due to staff burnout. Small-scale efforts to address staff dissatisfaction (e.g., t-shirt giveaways, dining hall coupons) minimize the moral injury that staff experience but may be insufficient. The current situation demands a systems approach to improve conditions like lack of clear expectations, unsustainable workloads, administrative and technological barriers to care, lack of control, and underinvestment in a preventive approach to student wellbeing.

Developing a Suicide Prevention Taskforce: A Health Promoting Campus Approach

Kacey Sebeniecher, MS, MCHES (The University of Texas at Dallas); Laura Smith, PhD (University of North Texas)

As we strive towards the implementation of Okanagan Charter principles, cross-campus collaborations regarding high-impact health issues are an integral part of becoming a health promoting campus. This session highlights how a large, public institution created a campus wide task force to address suicide reduction efforts and, in the process, discover agents of change across multiple disciplines. Participants will learn how the process began, strategies to address recommendations, data used to analyze risk, and how to maintain attention and initiate positive change.

A University’s Journey to Create a Size Inclusive Campus: Strategies for Initiating Campus-Wide Changes to Reduce Weight Stigma

Shantille Connolly, MPH, (University of California, Davis)

From the classroom environment to medical practices at Student Health Centers, weight stigma has a direct negative impact on student learning, physical health, and emotional well-being. Join us to learn about how one campus assessed
for weight and size related barriers to accessing healthcare and feeling a sense of belonging on campus. Learn how we created strategic partnerships that led to campus-wide strategies and structural changes.

**Student Awareness and Utilization of STI Screening Options Available on a College Campus**

*Julia Zukerberg, BSPH and Aidan Wells, MPH, MALAS (University of Miami)*

Sexually transmitted infections (STIs) pose a significant burden on the country, with about 2.5 million new cases of chlamydia, gonorrhea, and syphilis reported in 2021. 51% of these cases were among those ages 15-24. During the Spring 2022 semester, the University of Miami implemented a free STI screening option. Our research assessed students’ awareness of STI screening options and the utilization of these services to inform interventions that may improve screening rates among this population.

**A Roundtable Discussion on Title IX Issues on Campus**

*Cynthia Burwell, EdD, MCHES (Norfolk State University)*

This roundtable discussion will challenge, and barriers colleges and universities are experiencing as a result of the delayed Title IX regulations from the federal government. Participants will share with others best practices and how colleges are utilizing current regulations on campus.

**Applying the Top of License Principle to Maximize Time and Revenue**

*Deborah Hester, RN, BSN and Frieda Turner, LVN (Sam Houston State University)*

Operating at the top of license means each employee practices to the full extent of their education and training, instead of spending time doing tasks that could be performed by someone else. When student health centers empower their care teams to “operate at the top of their licenses,” staff satisfaction also increases, productivity increases, and leads to better outcomes for patients.
Friday, May 31

1:30 pm – 2:30 pm (cont.)

Understanding and Managing Migraine: An Update

Achraf Makki, MD (Emory University)

Migraine is a common chief complaint in college student health center. This program will help clinicians to recognize and diagnose Migraine headache. Familiarize clinicians with the new modalities of migraine treatment and choose treatment plans for college students with migraines.

Spiritual Wellbeing on Campus: Benefits, Inclusivity, and Implementing Practices

Kristiana Holmes, DNP, APRN, FNP-BC (Whitworth University); Beth Carlson, PA-C MPAS (Geneva College); Kimberly Peabody, MS, PhD, Beth Riley, MA, LMSW (Binghamton University); Stacey Lee Gobir, MDR (Pepperdine University); Andreea Baker, BSN, MSN (Doane University)

Spirituality is known to be connected to overall student wellbeing and academic success. Therefore, there is a growing focus on expanding opportunities for the development of spiritual wellbeing on college campuses. Whether in student or academic affairs, the challenge is how to make spiritual development more common and inclusive. This session will help you gain insights into the connection between spiritual and overall student wellbeing, strategies used to create or enhance an inclusive spiritual environment, and how implementing spiritual wellbeing initiatives can be successful.

3:00 pm – 4:00 pm

Cultivating Unconventional Approaches to Case Management Practices: The Genesis of an Embedded Clinical Model to Address Student Health, Wellbeing and Success

Leigh Norwood, MSW, LCSW (University of South Carolina at Columbia); Mari Ross-Alexander, PhD, LPC-MHSP, ACS (University of South Carolina)

With the foundational premise that student wellbeing & academic performance are integral in promoting persistence & matriculation and utilizing virtually any interpretation of the social determinants of health framework, institutions have a responsibility to assess, identify, & mediate gaps in care/resources, to create equity in both health & academic outcomes. With a student-facing and embedded clinical case management model, the Center for Integrated Care examines these gaps & offers “real-time” support for those experiencing challenges accessing care.
Gender Affirming Care: Clinical Pearls and Practical Applications

Patty Pinanong, MD and Ekta Kumar, PsyD (University of Southern California); Benjamin Silverberg, MD, MSc, FAAFP, FCUCM (West Virginia University)

Access to gender-affirming medical care is associated with lower rates of depression and suicidality among gender-diverse individuals. The World Professional Association of Transgender Health (WPATH) published clear, evidence-based guidelines in their most recent Standards of Care. This session will provide protocols for use in primary care settings. Participants will have the opportunity to apply knowledge through case studies and practical applications. Resources for ongoing consultation will also enhance provider comfort and confidence with gender-affirming care.

Health and Well-Being in Higher Education: Association Efforts to Raise Literacy and Advance the Conversation

Robyn Buchsbaum, MHS (American College Health Association); Mallory Jordan, MPH, MBA (NASPA); Erin O’Sullivan, MA, MFA (NIRSA)

Join representatives from NASPA, NIRSA and ACHA as they report on national InterAssociation well-being efforts intended to raise the literacy of and advance conversations about the topic in the broader higher education community. Presenters will discuss how conversations at the national level are shifting away from individual wellness and towards a whole-campus well-being approach. Well-Being Week outcomes as well as innovative campus well-being efforts will also be discussed.

Imposter Syndrome as a Systems Failure and Its Impact on the Work Environment

Joyce DeWitt-Parker, PhD, (University at Albany); Sislena Ledbetter, PhD (Western Washington University); Sherrá Watkins, LCMHC-S, LCAS, CRC, CCS (University of Utah); Raphael Florestal-Kevelier, PhD, MPH (University of Illinois Chicago)

Imposter Syndrome is traditionally defined as a pattern of behavior displayed by people (even those with adequate external evidence of success) who doubt their knowledge, skills, and abilities and have a persistent fear of being exposed as not good enough or a fraud (Mullangi & Jagsi, 2019). Stated, Imposter Syndrome is attributed to be a cognitive distortion. Presenters will deconstruct that definition and expose how what has been referred to as imposter syndrome is a function of DEIA system failures, rooted in power and privilege, that negatively impact the recruitment and retention of underestimated professionals and contributes to burnout.
CANCELLED BY PRESENTER -- Clinic Operations Dashboard: How It Contributes to Outstanding Patient Care

Enhancing Student Wellbeing: The Role of Campus Recreation in a Community of Care

Lynne Thompson, MS (University of Illinois Chicago)

This presentation, "Enhancing Student Wellbeing: The Role of Campus Recreation in a Community of Care," will empower attendees to comprehend the importance of physical activity guidelines, outlining associated health benefits. It will also shed light on the Exercise is Medicine on Campus program, emphasizing its implementation within a campus community of care. Furthermore, participants will gain insight into three core values that campus recreation brings to enriching the student experience, as well as three research-backed benefits of exercise contributing to positive mental well-being.

Supporting International Student Mental Health: Overcoming Barriers Through Outreach and Clinical Care

Shruti Shastri, PsyD and Stephanie Will, LCPC (University of Maryland, Baltimore County)

This program will explore mental health needs of international students as well as outreach and clinical strategies for addressing these needs. The participants will get an opportunity to develop ideas that might be relevant to their own campus community and setting. The presenters will discuss strategies implemented on their campus community, the feedback received, and implications for future services.
Embedding Consent in All We Do: A Salutogenic Approach to Interpersonal Violence Prevention

*Mica Harrell, MA, CHES and Alyssa Howard, MPH, CHES (University of Alabama at Birmingham)*

What do you do when what has always worked, doesn’t? With the mental health crisis facing young adults, exposure to difficult topics like sexual violence has become intolerable. Students clearly care about this issue but can no longer bear prevention education focused on the heavy realities of interpersonal violence (IPV). Between the tenets set forth as a Health Promoting University coupled with student feedback, our department has shifted to a positive salutogenic approach to IPV that students resoundingly respond to.

Student Advisory Board: A Panel Discussion with Four Diverse University Programs

*Mary Schmidt-Owens, PhD (University of Central Florida); Rebecca Roldan, MSML and Chelsea Nipper, MPH (Pepperdine University); Jamie Shutter, MSEd, FACHA (University of Missouri-Columbia); Simran Bhatia, MS (Missouri University Science and Technology); Mari Kay Avant (Florida State University)*

Is your school trying to create or maintain a student advisory board? Hear from 4 universities how they formed their board, maintained the membership and retention, and lessons learned for long term sustainability. Whether the board is structured as a committee with mentor or supervisory oversight or a dependent, registered student organization, the common goal is to provide educational outreach and resources which enhance the health, wellbeing, and academic success.
Saturday, June 1

8:00 am – 9:00 am

Overcoming Diagnostic Gaps in Eating Disorder Care by Challenging Internalized Weight Bias

*Cathryn Imperato, DNP, NP-C (University of California, Berkeley)*

Overcoming diagnostic delays in eating disorder and disordered eating (ED/DE) care for diverse communities requires critically evaluating the weight-centered health paradigm and internalized weight bias, identifying common clinical signs of malnutrition in patients of all body shapes and sizes with ED/DE, and incorporating weight-neutral behavioral recommendations into primary care as a means of ED primary prevention.

Culturally Humble Care of the Muslim Patient

*Benjamin Silverberg, MD, MSc, FAAFP, FCUCM, Sara Farjo, DO, and Carmen Burrell, DO, MHA (West Virginia University)*

Religious practice is both a personal and communal experience. Through both traditional didactic instruction and case-based small group discussion, this session will assist healthcare teams in understanding how to provide culturally humble medical care to Muslim patients. Focusing on core religious tenets and specific pitfalls that well-meaning but inexperienced clinicians may fall into, this session also recognizes the diversity of practice and does not presuppose any one person’s beliefs and practices.

Care of the Adolescent/Young Adult Patient with Abnormal Liver Tests

*David Edwards, MD, CAQSM (Texas Tech University); Stephen Edwards, MD (Baylor College of Medicine)*

This session will equip collegiate healthcare providers to recognize signs and symptoms of acute and chronic liver dysfunction, review pertinent history and physical exam findings, and determine indications for observation versus additional evaluation. As a result of attending this lecture, clinicians will gain confidence in diagnosis, treatment, and education of patients, with goals of accurate diagnosis, reducing risk of complications, promoting wellness, and decreasing the public health burden of chronic liver disease.

Assessing social media as an Effective Health Education and Behavior Change Tool

*Carrie Johnson, MEd, CHES (The University of Arizona)*

Social media is a powerful addition to the toolkit of college and university health centers. The University of Arizona Campus Health Service utilizes a social media strategy with validated data proving their content promotes health-supportive behaviors, increases health knowledge and utilization of the organization. Participants will receive actionable tools and resources to implement effective social media strategy and evaluation. Whether you’re a social media expert or just getting started, this presentation is for you.
Creating Climates to Support Trans and Gender Diverse (TGD) Students’ Wellbeing

Annie Bruns, MA, MSW, APSW and Erika Enk, CNM, MSN, MPH (University of Wisconsin - Madison)

College health programs may have difficulty creating climates to support trans and gender diverse (TGD) students’ wellbeing. UW-Madison University Health Services developed an integrated approach to serving the TGD student community, which includes increasing collaboration with campus partners, reducing gatekeeping, performing campus outreach, developing training, and improving hiring practices. After this session, participants will have examples of ways to reduce barriers and leverage collaborations with campus partners to support TGD students’ mental and physical wellbeing.

Expanding Your Reach on Campus Through Experiential Learning

Sarah Doss, MD, MPH and Alicia Rosas, BS (Texas State University); Ashley Campos (University of California, Berkeley)

This panel presentation will discuss experiential learning programs and how they can increase knowledge and utilization of health and wellness services on campus. We will describe experiential learning (volunteer) programs in 3 different settings at medium to large size universities. We will list some initial steps to consider when creating a new experiential learning opportunity and will end with time for discussion and questions.

Let’s Get Sexuwell: Applying a Sex Positive Lens After an Abstinence-Focused K-12 System

Alyssa Howard, MPH, CHES (University of Alabama at Birmingham)

Policies set forth for the K-12 system in some states lead to many students coming to college with little to no formal sexual wellness education. Research shows that abstinence-based education does not result in delayed sexual behavior or reductions in sexual risk behaviors and can often result in shame and stigma. With many students coming from abstinence-based K-12 systems, our department has developed intentional programming that emphasizes sex positivity that normalizes sex behaviors and empowers students to get and give consent.
Serious Mental Illness in College Students: Identification Methods, Psychosocial Impacts, and Academic Functioning

J. Erin Morpeth-Provost, PhD (Florida State University); Brittany P. Boyer, PhD, Chris Brownson, PhD (The University of Texas at Austin)

College students with serious mental illnesses (SMI, i.e., bipolar, schizophrenia spectrum, and severe depressive disorders) are an understudied population with higher dropout rates, poorer physical health, and more maladaptive coping strategies than peers without SMI. In this presentation, we review original research using secondary analyses of UT System NCHA data to investigate SMI prevalence and associations with social and academic functioning, mental and physical health, substance use, and help-seeking.

Well-Being for Life and Learning: A Systems and Settings Approach to Support Student Well-Being in the Classroom and Across Campus Environments

Amy McDonald, MS (University of Rochester)

Faculty and staff are on the front-lines of the student mental health epidemic so it is imperative for them to be trained to navigate interactions with students who are struggling. Learn how to construct a comprehensive training program designed to teach faculty and staff how to support student well-being. Using a systems and settings approach, this intervention considers all influences of student well-being, and once implemented, can lead to a significant culture change on campus.

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

Jordan Perry, MPH (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.
The Collaboration of College Health and Public Health to Reduce Risk of Lifetime Chronic Disease in the Young Adult Population

Maria Warnick, PhD, CRNP, FNP-BC (Bryn Mawr College)

As colleges seek to address health inequities among their population, a public health framework can be used to elevate the assessment of health risks in each visit. Beyond routine lifestyle questions, exploring determinants of health and history of trauma can identify those at risk for developing chronic diseases. Participants will identify strategies to assess population-based health risks at the individual and campus-wide levels and create upstream interventions appropriate to the college health setting.

Addiction Medicine for College Health Clinicians

Chris Frank, MD, PhD (University of Michigan)

This presentation will focus on accurate diagnosis and treatment of common substance use disorders seen in college health settings. We will use clinical cases to discuss common withdrawal syndromes for cannabis and alcohol use disorders. We will review medication treatment options for students with an alcohol use disorder and end with a Q&A period regarding addiction medicine in college health settings.

Implementing Community Auricular Acupuncture Programs to Reduce Student Distress, Anxiety, Pain, Depression and Foster Individual and Campus Wellbeing

Tanya Sullivan, DNP, MSN, APRN, CNP and Daisy Ferreira, BSN, RN, AAT (Brown University)

IHEs are experiencing increased rates of emotional distress and mental illness among students and many lack innovative strategies to respond to this challenge. Legislation permitting licensed non-acupuncture professionals to perform auricular acupuncture using the 5NP protocol is increasing nationwide. Community acupuncture is accessible, low cost, high volume and can be successfully implemented on campuses to mitigate student distress and foster individual and community wellbeing. This session will showcase an Acu-Wellness Program on a University campus.
9:30 am – 10:30 am (cont.)

Perspectives of an Administration Team

Jennifer Swails, MBA, Ashley Campos, Hayley Bower, MPA, Tiffany Melendez, MS, Anna Harte, MD, Lucy Chacon, Kymberly Torres Garcia, Mary Popylisen, PT, MSPT, ATC, and Warren Whitfield, MPH (University of California-Berkeley)

While administrative leaders come from varied institutions, commonality exists in the issues they are encountering. This program will focus on timely topics faced by administrators. Each presenter will pick one topic in their field, briefly present their institution’s approach to the topic and lead discussion with administrators in attendance. The program encourages attendees to share best practices, learning moments, and reflection in an engaging environment. Attendees will also have a networking opportunity to connect with individuals addressing similar situations.

Telemedicine in Higher Education: Evaluating Appointment Type Effectiveness in Primary Care for Scalability and Efficiency

Trina Ridout MD, Shaherbano Khalid, BDS, MPH, and Roanna Kessler, MD (Johns Hopkins University)

Since the COVID-19 pandemic, the adaptation and demand for telemedicine has expanded, prompting Johns Hopkins University Student Health primary care to adopt a hybrid approach, offering both in-person and telemedicine visits. With the goal to increase access for a growing student population in the coming years. This session aims to share the QI study findings, which are focused on refining telemedicine scheduling and discerning optimal appointment types. These insights will help guide the effective allocation of chief complaints to either in-person or telemedicine visits for other practices, allowing for optimizing scalability and service accessibility.

Developing Nurse Leadership in a Large University Health Center

Jackie Hop, DNP, MBA, MSN, BSN, CPN, CIC (University of Central Florida)

Strong nursing leadership is crucial to the success of university healthcare centers. Developing these roles takes time, education in supervisory skills, and support. This presentation will review how one large university health center was able to develop a nursing leadership program and strengthen the organizational chart.
Benchmarking Committee Update

Jessica Higgs, MD, FACHA, FAAFP (Bradley University)

The Benchmarking Committee last surveyed screening and prevention for depression, flu, smoking, and medical allergy documentation in 2018. Since that time, the COVID pandemic has disrupted routine screening and prevention habits. This survey was launched in Spring of 2024 to compare previous benchmarking standards in college health in 2018 to current standards in 2024. In addition, the Benchmarking committee would like to establish a baseline benchmark for wellness per health educators and results from that questionnaire will be discussed. Finally, a new survey looking at STI Screening guidelines and establishing benchmarks in this area will be reviewed.