

NEWSLETTER

NORTH CENTRAL COLLEGE HEALTH ASSOCIATION

SPRING
2024

MEET THE BOARD

SAVE THE DATES:

- NCCHA ANNUAL MEETING
 - ACHA ANNUAL MEETING
-

ANNUAL MEETING SCHOLARSHIPS APPLICATIONS

NCCHA SCHOLARSHIPS REPORTS

MEET THE NCCHA BOARD

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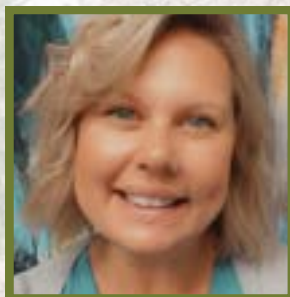
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SAVE THE DATE

NCCHA Conference

Mark your calendars for the upcoming NCCHA Conference, **Inclusive Healthcare: Breaking Barriers, Building Bridges**, taking place in **Maple Grove, MN, from October 23-25, 2024!** Stay tuned for the Call for Programs and more details coming your way soon!



NCCHA Meeting at ACHA 2024 Meeting

If you are planning to attend **ACHA in Atlanta, GA** we invite you to join us for our NCCHA meeting during the conference. Watch for times & more information for our NCCHA Affiliate to meet during the conference to network! We look forward to connecting with you all in person at this meeting!



Annual Meeting Scholarship Applications

If you are interested in attending ACHA 2024 in Atlanta, but you need some support to get you there, this is a reminder to submit your ACHA scholarship applications.

Head on over to our **webpage** under “American College Health Association (ACHA) Annual Meeting Scholarships” to learn more and apply today!

Scholarship Applications **due by March 25, 2024.**

NCCHA SCHOLARSHIP REPORTS



JESSICA HAYES

I was privileged to attend my first NCCHA Fall Conference this year. I was eager to learn more about College Health as I am newer to this field of nursing. What I didn't expect was connecting with many other colleagues from the five-state region. I was able to collaborate with these colleagues and learn what works well and what could be done better. It was refreshing to see a crowd full of professionals with the same goal of bettering the Health Care experience for students in addition to rejuvenating our souls as caregivers to give these students our best selves.

One of my biggest takeaways from the conference was learning more about how to manage cannabis use in a college setting. This was especially intriguing to me as MN has recently legalized recreational use, but it continues to be illegal on campus. Our current process on campus is screening students for recreational drug use at check in, but what we do with that information was lacking. I learned there are additional screening tools I can use to help our students be successful in their education with cannabis use as well as ways I can educate them on effects, tolerance and safety of themselves and others. Overall, I feel this conference was fantastic and I would recommend anyone considering attending in the future to seize the opportunity.



MEGAN PAHL

I really enjoyed the Fall 2023 NCCHA conference in Maple Grove. I felt like the breakout rooms gave a lot of variety and that I was able to pick and choose what I wanted to learn more about. I found the Semester at Sea presentation to be interesting, it was a thoughtful presentation and really got me thinking that I could be a mental health therapist doing the same thing! Learning more about the program got me excited about the future and potential experiences I could have with my career within the college atmosphere. I also enjoyed learning about Intimate Partner Violence within the LGBTQ+ community. There was a lot of information given that I can utilize at my college and within my own work with college students. I think that it is so important to acknowledge the importance of domestic violence and that it not only occurs within a heterosexual couple. The resources that were provided were very helpful and the small groups we were put in added to the experience in which to talk to other individuals to gain an even better understanding of what other universities do and how they handle various situations. Finally, the resource fair was such a great way to mingle with other professionals. I liked the brochures, handouts and accessories given out. I would recommend the conference to anyone thinking about going!

NCCHA SCHOLARSHIP REPORTS



BETHANY MAUCH

I had the privilege of attending the North Central College Health Association Conference on October 25-27 in Maple Grove, MN. The conference provided me with insights and connections that will help my role as the Wellness Coordinator at North Dakota State College of Science. The conference provided me with information pertaining to best practices in the world of college health, which will enhance the services and programs offered at NDSCS, making a positive impact and culture shift on our students' and employees' well-being. I specifically appreciated Dr. Schafizadeh's presentation on Positive Psychology and hope to relay this information to my colleagues at NDSCS in hopes of strengthening the infrastructure, connection, and policies at my institution. This break-out session left me with a deeper understanding of how to support our students' (and employees) mental well-being and provided me with a few tools to promote resilience and stress management. Additionally, one of the most valuable aspects of the conference was that of networking. I connected with fellow professionals in the North Dakota University System as well as in other states, which will potentially lead to collaborations, shared initiatives, and support. In summary, the NCCHA conference was extremely beneficial in that it provided me with additional knowledge and connections to further advance my commitment to student health and wellness initiatives at NDSCS.