



ALASKA, ARIZONA, CALIFORNIA, HAWAII, IDAHO, NEVADA, OREGON, UTAH, WASHINGTON, AND THE PACIFIC RIM INCLUDING WESTERN CANADA, AUSTRALIA, NEW ZEALAND, GUAM, AND ALL OTHER ASIAN COUNTRIES

Greetings PCCHA Members!

Happy fall semester, we hope this newsletter finds you well! We would like to introduce you to our current PCCHA Executive Board Members for 2023!

- **Kelly Hower, RN, MSN, PCCHA President**

Kelly serves as the PCCHA President and is the Executive Director of Student Health Services at Oregon State University. She has been involved in college health in a variety of roles for the past 5 years.

- **Douglas Mariana, MD, PCCHA President-Elect**

Douglas is a Primary Care Sports Medicine Physician at Vaden Health Center at Stanford University. He is also Co-Chair of the ACHA Sports Medicine Coalition

- **Amy Chadwick, PCCHA Past President**

Amy serves as the PCCHA Past President and is the Assistant Director for Medical Services Operations at Washington State University. She has been involved in college health for the past 9 years.

- **Dr. Jeanne Harris-Caldwell, PCCHA Vice President**

Dr. Harris-Caldwell is the PCCHA Vice President and is the Dean of Wellness, Social Services, and Child Development Services at Saddleback College.

- **Kristiana Holmes, DNP, APRN, FNP-BC, PCCHA Vice President-Elect**

- **Kristin Shockney, PCCHA Secretary**

Kristin has been in college health for the past 17 years at the University of Nevada, Reno Student Health Center.

- **Julee Demello, PCCHA Treasurer**

Julee is the Assistant Director of the University of Nevada, Reno Student Health Center and has been in college health for the past 29 years.

- **Caitlin Pingrey, PCCHA Historian**

Caitlin is a Nurse Practitioner in the Student Health and Wellness Center at Otis College of Art and Design in Los Angeles, California.

- **Jeanie Deakyne, PCCHA Member at Large: Research and Grants**

Jeanie is the Front Office Manager at the University of California, Irvine.

- **Brian Davies MA, LPC, PCCHA Member at Large: Awards**

Brian has been in college health as a mental health counselor for 8 years. He now works for Boise State University Health Services.

- **Malia Sanderson, MPH, PCCHA Student Representative**

Malia is the Health Education Coordinator for the Student Health Center at the University of Nevada, Reno. She has been in college health for the past year at UNR.

- **Michelle Laabs MSN, FNP-C, ACHA Region VI Representative**

Michelle is the Associate Dean of Student Wellness at Concordia University Irvine and has been in college health for 15 years.

Why Join and Get Involved with PCCHA?

The Pacific Coast College Health Association (PCCHA) is a regional affiliate (Region VI) of the American College Health Association (ACHA).

The purpose of the PCCHA is to provide a professional organization which institutions of higher education, their health services, other interested individuals, and organizations may join in order to work together to promote health, including preventive and health promotion programs, on behalf of those they serve—the students. PCCHA provides a great way to network with colleagues, share ideas, and support and learn from one another.

PCCHA represents Alaska, Arizona, California, Hawaii, Idaho, Oregon, Nevada, Utah, and Washington. PCCHA is also represented internationally in Asia, Australia, New Zealand, and Western Canada (Alberta, British Columbia, the Northwest Territories, and the Yukon).

The PCCHA encompasses the largest geographic area of any ACHA affiliate allowing for further diversity and inclusivity among college health providers from many different backgrounds. Joining the Executive Board of the PCCHA allows professionals further opportunities to impact the health of college students in our region and purvey health promotion in an interdisciplinary network of others with the same goals. Being a member also allows for further opportunities to apply for numerous grants and awards to recognize outstanding achievements in advancing college health.

Call for PCCHA 2024 Executive Board Nominations

The Pacific Coast College Health Association (PCCHA) is looking to fill a number of open positions on its Executive Board for the 2024 term. Terms begin January 1 of the calendar year, unless stated otherwise.

How To Apply:

1. Read the attached PCCHA Executive Committee Positions and Responsibilities document.

2. If you are interested in being considered for one of the Executive Board positions, please complete the attached PCCHA Candidate Interest Form and submit it electronically, including all required documents, to amy.chadwick@wsu.edu.
3. Must be a PCCHA member in good standing and maintain the membership during your tenure in the position.

Announcements:

PCCHA will be hosting another Zoom Luncheon on October 18th, 2023 at 12 pm PST. We will be discussing Collaborative Care between health services and counselling/mental health services on college campuses.

These will be informal discussions where we invite you to share with other college health professionals on what your current practices are at your institution.

We hope to see you all there and join together in a lunch time conversation.

Meeting URL:

<https://oregonstate.zoom.us/j/98001540695?pwd=OVh4Tyt2K0pVWXhheDlOVnlOUctQQT09>

Password:

086112

Our next Zoom Luncheon will be held in January and will be on Eating Disorder care and treatment. More information on that luncheon to come! If you have ideas for future luncheon topics, please email your thoughts or ideas to the PCCHA President Kelly Hower (kelly.hower@oregonstate.edu).

The PCCHA is now on social media! Let's get connected! Follow to stay updated on current events and to stay connected within our region.

Instagram: @ACHA_PCCHA

Facebook Group: PCCHA Conference

LinkedIn: <https://www.linkedin.com/company/pacific-coast-college-health-association>

X (Twitter):@ACHA_PCCHA

Due to impacts of the COVID-19 pandemic, the PCCHA will unfortunately not be hosting a 2023 conference this year. We will continue to look for the best ways to connect virtually. Stay tuned for more details on an upcoming PCCHA conference! More information to come.

Save the Date for ACHA 2024 at the Atlanta Marriott Marquis, May 28 - June
The 2024 Call for Programs and Posters are now OPEN!

The deadline to submit your program proposal for consideration for next year's meeting is **September 18, 2023**.

The deadline to submit your poster proposal for consideration for next year's meeting is **October 30, 2023**.

ACHA believes that health and well-being are foundational to college student success. And you play a critical role in advancing health and well-being throughout your campus communities! As you consider **presenting at ACHA 2024**, think about:

- What tools, strategies, or skills have you found to be successful in advancing health and well-being on your campus?
- What advances have you made to address systemic barriers that impede marginalized populations from achieving health outcomes?
- What partnerships have you formed that have helped you work more collaboratively?
- What new data, guidelines, or policies have allowed you to elevate your work to more ideal practice?

As you reflect on the bullet points above, keep in mind this year's meeting theme: **Building Momentum for a Healthy Community** and consider the ways in which you:

- Create a healthy community within which we live, learn and work
- Continue to build on the national conversation about health and well-being
- Harness the national attention on health and well-being by building on the momentum that college healthy experienced during COVID

We hope you'll share your knowledge and expertise with your colleagues!

About ACHA 2024

The ACHA Annual Meeting is the largest annual gathering of professionals who serve, promote, and advocate for the wellness needs of students on our nation's college and university campuses.

Join us as we gather with colleagues from across the country to experience ACHA 2024: *Building Momentum for a Healthy Community*.

When: May 28-June 1, 2024

Where: Atlanta Marriott Marquis

- **1,900+** College health and wellness professionals including administrators, health promotion professionals, clinical staff, mental health professionals, university stakeholders, and more
- **150+** Live Sessions and Workshops
- **250+** Speakers, poster presenters, and panelists
- More than **20+** possible hours of Continuing Education Credit
- Networking opportunities with a dynamic community of college health and well-being experts and peers
- **50+** Posters Presentations
- One-on-one and group Mentoring Opportunities
- **20+** Committees, Coalitions, and Task Forces shaping the landscape of college health
- **11** Regional Affiliates providing guidance to their members

- **8** Discipline-targeted Sections providing support and resources based on area of practice
- **80+** Exhibitors and sponsors

ACHA 2024 Meeting Goals

Consistent with ACHA's mission of advancing the health of college students and the campus community, we, the members of the association, gather at the annual meeting with invited guests to:

- Identify ways to increase knowledge, update professional skills, and incorporate evidence-based guidelines and standards into college health practice in the following areas:
 - Assessment and planning
 - Health promotion
 - Clinical care
 - Mental health services
 - Leadership development
- Identify opportunities for collaboration and exchange of ideas among college health professionals, students, and leaders in higher education.
- Discuss programs and environments that enhance health outcomes for college students and campus communities.
- Describe the effect of diverse cultures and experiences on the health of individuals and communities.
- Identify ways to integrate college health programs with the missions of the institutions we serve.
- Discuss ACHA's role as a national advocate for policies that have a positive impact on the health college students and campus communities.