



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! We hope your spring semester/term are treating you well. The Executive Board has some announcements to share with all of you, but first, a message from PCCHA President Kelly Hower:

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*From the President: Happy Spring everyone, I am excited to see the weather starting to shift and everything blooming (along with allergies) in Oregon. I hope you all are doing well, as some get close to wrapping up Spring semester, and others start the Spring term. I am looking forward to hopefully seeing you all the annual ACHA meeting in Georgia at the end of May!*

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## Spring Lunch and Learn for SAAM

The PCCHA Executive Board will be holding another Lunch and Learn via Zoom on **April 17<sup>th</sup> at 12 PDT** for Sexual Assault Awareness Month and the prevention of sexual assault on our campuses. We are happy to welcome Daniel Fred and Lex Rodriguez from the University Of Nevada, Reno NevadaCARES program. NevadaCARES is an on campus organization at UNR that provides students who have experienced power-based violence (nonconsensual experiences, toxic relationships, stalking, etc.) with advocacy services and assistance with resources on and off campus. NevadaCARES also provides educational outreach opportunities for the rest of the campus at UNR. Join us to learn from their work and discuss sexual assault prevention on campus!

Join the Zoom Meeting:

<https://oregonstate.zoom.us/j/96610851644?pwd=VzRGbkVhcmRrRDhlazFmVHhOeINBUT09>

Calendar invitation (to save the space in your schedule): [PCCHA April Lunch & Learn](#)

For continuing education credit, seek approval from your state board.

**Our next lunch and learn will be in August, and PCCHA Director of Grants and Awards Ku'ulei Salzer will lead a discussion on substance use on campuses as we welcome students back for the fall semester/term. This will take place on Wednesday, August 14<sup>th</sup> at 12 PST.**

## PCCHA is on Social Media! Give us a follow to stay in the loop.

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

## Conferences

Due to budgetary constraints and implications associated with the recent COVID-19 pandemic, PCCHA will not hold a conference for our region until the fall of 2026. We apologize for this inconvenience, but we will continue to find ways to bring our region together virtually until then.

**The PCCHA Affiliate Meeting will be held at the ACHA Annual meeting in Atlanta in May. Join us on Thursday May 30<sup>th</sup> at 12 pm for some time to connect within our region of professionals. Keep an eye out for more details about this event!**

## Grants and Awards

We are in the process of revamping grants and awards given out by PCCHA. Our new Director of Grants and Awards, Ku'ulei Salzer, has been working diligently to reassess the process of seeking grants and awards from PCCHA. Stay tuned for our grants and awards updates coming up, we look forward to sharing timely departmental updates as well as the rebranded set of awards and grants to be awarded by the PCCHA Executive Board.



## PCCHA Affiliate New Professional Award 2024

The results are in! **The winner of the Affiliate New Professional Award is Michelle Callahan.**

A little more about Michelle: Michelle joined Lewis and Clark as the Director of Health Promotion and Wellness in April 2022. She holds a Master's in Public Health from OHSU-PSU School of Public Health, concentrating on sexual and reproductive health and gender and sexual minority health. Her public health interests include sexual and reproductive health, gender and sexual minority (LGBTQ+) health, health equity and intersectionality, anti-

fat bias and weight stigma, and much more. Michelle is also certified in public health (CPH) and a certified health education specialist (CHES).

Since joining Lewis & Clark, Michelle has overseen the COVID Operations Committee, implemented the Menstrual Equity Initiative, received institutional support for harm reduction activities and nasal Narcan on campus, spearheaded a peer health education program in conjunction with the Health Studies Minor, and launched promotional student activities such as the LoveSHAC, Destress Fest, Lead the Change, and B.R.A.V.E. Body Week.

While not at work, Michelle enjoys spending time with her three furbabies, Esmerelda, Iyle, and Blue, and her partner at home. Michelle practices self-care with activities such as hiking, cooking, crafting, traveling, watching documentaries/docuseries, listening to podcasts (specifically Maintenance Phase), and audiobooks.

**Join us at the ACHA Annual Meeting in Atlanta on Wednesday May 29<sup>th</sup> at 7 pm to honor Michelle and all her contributions to college health! Keep an eye out for more information in coming communications.**