

# Spring 2025 Newsletter



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 the spring semester/term is treating you well. The Executive Board has some exciting announcements to share!**

## SPRING LUNCH AND LEARN



Our next scheduled Lunch and Learn will be on April 16th at 12 PM PST. We will be joined by Samuel Holley, DO. Samuel is board certified in Psychiatry and Child and Adolescent Psychiatry and works out of St. Luke's Behavioral Health in Twin Falls, Idaho. We look forward to an illuminating session on mental health medication management!

**Join Zoom Meeting: <https://whitworth-edu.zoom.us/j/96014771377>**

**Calendar Invite: check your inbox for the announcement with subject line "April Lunch and Learn!"**

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

# REMEMBER: PCCHA IS 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

## CONFERENCE NEWS

### **PCCHA CONFERENCE NEWS COMING SOON, LOOK OUT FOR A SAVE THE DATE!**

In the meantime, we are looking forward to seeing all of you in New Orleans at the end of May for ACHA 2025! From May 27-31, we will be Broadening Our Scope with ACHA. More information on the national conference: Join more than 2,000 college health and wellness professionals to...

- Gain the insights and strategic collaborations you need to enhance your campus health and wellness program
- Learn new skills and strategies to take back to campus
- Engage in lively discussions with presenters, colleagues, and exhibitors

Meet up with PCCHA at ACHA! We will be holding our Affiliate Meeting on Thursday 5/29 @ 12 pm, room details to come! We hope to see you all there.

Link to register for ACHA 2025: <https://annualmeeting.acha.org/register/>

## GRANTS AND AWARDS

### Meet the PCCHA Affiliate New Professional Award Recipient for 2025



Meet the PCCHA New Affiliate Professional for 2025, Malia Sanderson, MPH. Malia has served as the Health Educator at the University of Nevada, Reno Student Health Center since August of 2022. A born and raised Nevadan, Malia always aspired to be educated at UNR. After her undergraduate and graduate degrees were completed, she joined the team at Student Health full time becoming a faculty member for her Wolf Pack family.

During her time so far, Malia has distinguished herself as a leader, collaborator, and creative powerhouse with an unwavering commitment and passion for student health. She has executed multiple outreach programs in support of campus wellness, on topics including but not limited to: nutrition, mental health, sleep, sexual health, eating disorder prevention and treatment, sexual assault prevention, and campus immunization uptake. She is a fierce advocate for health data on her campus, facilitating the NCHA for UNR as well as serving on the clinical Quality Improvement Committee. She administrates the UNR SHC's Free STI Testing program through the semester. All her work is supported through the Peer Health Education program of student volunteers that she is fortunate to mentor and supervise. Malia also serves as the Secretary for the PCCHA Board of Directors (and sends out quarterly these newsletters to you all).

From her director, Dr. Cheryl Hug-English: "Malia is exactly the kind of person we need in college health. She brings optimism, enthusiasm, and joy with her each day to work. She is someone who sees the possibilities, not the problems. She is dedicated to health promotion and helping students learn to to be active participants in their wellness journey."

Join us to celebrate Malia at ACHA on Wednesday May 28 from 7-8 for the Awards and Fellows Ceremony (immediately following the Opening Reception). More details to come!