



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 holidays, we hope this newsletter finds you well!

With 2023 wrapping up, I wanted to say a big thank you to our outgoing board members for all of your service to the PCCHA over the past few years. We are excited to announce we have a full board of directors that will kick off 2024 with a retreat to build out short- and longer-term plans for the PCCHA.

Our hope is to focus on connection within our region, and are excited to see you all this May at the ACHA conference in Atlanta!

Take care,
Kelly Hower, PCCHA President

Announcements:

PCCHA will be hosting another Zoom Lunch and Learn on January 17th at 12 PST on Eating Disorder Care and Treatment. We are happy to welcome key note speaker Krista Crotty, the Director of Clinical Outreach Education and Brain-based Therapy at Accanto Health, to start the discussion on treatment and care of patients dealing with disordered eating.

About the speaker



Krista Crotty, LMFT, PsyD
DIRECTOR OF CLINICAL OUTREACH EDUCATION AND BRAIN-
BASED THERAPY

Krista is The Director of Clinical Outreach Education and Brain-Based Therapy at Accanto Health. Clinically, she draws from a variety of methods including TBT-S, EMDR, cognitive behavioral therapy, FBT, and acceptance and commitment therapy and often incorporates the use of the creative process in conjunction with the more traditional therapeutic process. She earned her Master of Science from Fuller Theological Seminary, School of Psychology and her Doctorate in Clinical Psychology with an emphasis in family and pediatrics from Azusa Pacific University. She trained at Harbor UCLA medical center and Loma Linda Children's Hospital in neuropsych. Away from work, Krista loves being a mom to her three boys, playing outside, going on adventures with her family, skiing, hiking, biking, and camping.

Meeting URL:

<https://oregonstate.zoom.us/j/93581461421?pwd=Tm1ZSVlGOFVYTG9aVWFKRmt3eTVwZz09>

Password: 960331

Our next Zoom Luncheon will be held in April. 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).

Check us out 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

Conferences

Due to impacts of the COVID-19 pandemic, the **PCCHA will unfortunately not be hosting a 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.

ACHA Annual Conference 2024: Building Momentum for a Healthy Community

<https://www.acha.org/AnnualMeeting24>

When: May 28-June 1, 2024

Where: Atlanta, GA- 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

CURRENT AWARDS:

Now accepting nominations for the 2024 Affiliate New Professional Award!

Do you know someone new to the field of college health who has made a significant contribution to their institution or PCCHA? Now is your chance to recognize them!

PCCHA is now accepting nominations for the [2024 Affiliate New Professional Award](#)! This prestigious award is presented at the ACHA National Conference in the spring.

When is the deadline to submit a nomination?

January 10, 2024.

Who is eligible to receive the award?

Nominees must be a current PCCHA member with an *individual membership** who has provided service to the field of college health for **5 years or less**.

*An institutional membership does not qualify. (ACHA's membership model allows all individuals who are part of a member school to [join ACHA and PCCHA for free](#). See "[Is My School a Member?](#)" to see if you are eligible a free individual membership.)

How do I nominate someone?

- 1) Write and submit a [letter of nomination](#) explaining why the nominee is deserving of the award, and
- 2) Submit a [letter of support](#) from a colleague of the nominee.

Where do I send the nomination?

Please send all nomination materials to PCCHA Awards Committee Chair, Ku'uileialohaonālani Salzer (salzer@hawaii.edu) by date January 10, 2024.