

Making Waves in College Health



2014 Annual Meeting

NEW ENGLAND
College Health Association

**COLLEGE HEALTH PROFESSIONALS
MUST-ATTEND MEETING OF THE YEAR**

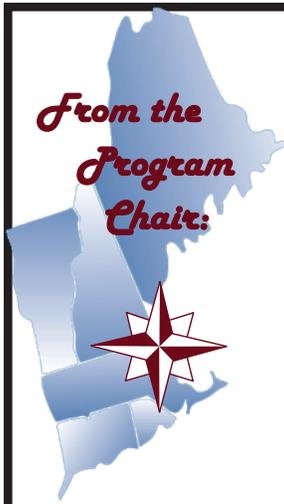


Register online at **www.NECHAonline.org**

Presented by the New England College Health Association

Wentworth by the Sea - New Castle, NH
October 29-31, 2014

- Physicians
- Advanced Practice Clinicians
- Nurses
- Psychologists
- Mental Health Counselors
- Health Educators
- Social Workers
- Administrators



We are very excited about this NECHA's 2014 Annual Meeting at the Wentworth by the Sea and invite you to join us! We have a beautiful, relaxing setting, and an excellent program in store for you. I want to thank the program planning committee for the great work they have done! The feedback from last year's attendees indicated that they really valued sessions that provided usable skills and programs that could be incorporated on their home campuses. That has been a guiding principle in putting together this year's program. As you review the program you will see that each track is filled with such sessions!

Our theme, *Making Waves in College Health*, seems appropriate as so much is happening on each of our campuses. Health care on college campuses is becoming more complicated as issues of community, inclusivity, and safety impact the health and success of our students. We are very pleased to have 4 featured presentations that will help us consider, prepare for, and address these complex issues.

1) Keith Maddox, PhD will be presenting our opening keynote address entitled: *Discovering Bias: Challenges and Opportunities for Organizational Diversity*. 2) The Office of Civil Rights will address Thursday's general assembly on the topic Title IX and creating safe, inclusive environments for all students on campus with a special focus on women and sexual assault. 3) A featured session, *Lock, Lights, Out of Sight: Security Planning for Health Services*, will be presented on Thursday afternoon. The Tufts University panel will focus on how to prepare for a potential violent person on campus. 4) Dr. Jesine Xavier is back with another three hour (Friday morning) session on the topic of DBT.

We also received feedback that attendees really like the opportunity to informally meet, network, and share ideas/experiences with people in similar disciplines. At Thursdays' lunch meeting we will organize tables by track (health promotion, nursing, clinical medicine, and mental health) so that colleagues can meet and catch up with each other. Stay tuned as further details unfold!

We hope you will join us for a few days with your College Health Colleagues this fall at the beautiful Wentworth by the Sea!

Mark H. Reed, MD Program Chair, NECHA 2014 Annual Meeting Co-Director, Student Health Service Dartmouth College

P
R
E
-
M
E
E
T
I
N
G
W
O
R
K
S
H
O
P
S

Pre-1: Beyond the Weight Police: Working Effectively with Eating Disordered Students in the Medical Setting

Working with students with eating disorders is challenging, both because of the medical risks of the illness and the unusual dynamic of the visit. Unlike most students we see, ED students are at best ambivalent about getting better and often frankly resistant. This sets the stage for an antagonistic and judgmental dynamic between clinician and student. This workshop, led by a physician, a nutritionist and a therapist, will present key tasks in ED treatment and concrete guidance on developing a treatment plan. We will introduce motivational interviewing techniques as a way to change the dynamic between clinicians and students. There will be time to discuss current cases in small groups. We will not be discussing involuntary leaves.

Margaret Higham, MD

*Medical Director
Tufts University*

Jodi Galin, PhD

Clinical Psychologist

Counseling & Nutrition Center 360

Lisa Pearl, RD

Dietician

Counseling & Nutrition Center 360

Pre-2: Nurse Manager Round Table

Nurse Managers face many challenges in the day-to-day operations of a college health center. Keeping your staff motivated and clinically up to date while riding the budget merry-go-round are just some of the common challenges. You are not alone! Come to share your ideas and approaches with your peers. All are welcome.

Katharine Bryda, MS, RNC

*Nursing Coordinator
Mount Holyoke College*

Elaine Longley, BSN

Nursing Coordinator Smith College

Rebecca Minus, RN

Staff Nurse Brown University

Pre-3: Hot Legal Disability Topics

Not long ago, campuses often addressed health issues without regard to disability status. But following amendments to the Americans with Disabilities Act, institutions find themselves untangling the legal thicket posited by hidden health and mental health conditions interplaying throughout campus life. This session targets three topics: mental health and the confusion surrounding therapy animals; food allergies and meal planning; and concussive injuries – what legal obligations apply? We will analyze the legal backdrop and then share information from a campus on how they are addressing each issue.

Jeanne M. Kincaid, JD

Attorney

Drummond Woodsum

Mark Peluso, MD, FAAFP

*Medical Director and Head Team Physician
Middlebury College*

Rochelle Litalien, MS, RD, LD

Registered Dietician

University of New Hampshire

Pre-4: Next Level Social Marketing: Applying the 4 Ps

Dive deeper into Social Marketing strategy by exploring the "Four Ps": Product, Price, Place, and Promotion. In this next-level workshop, practice applying these Social Marketing strategies to your own work.

Leah Berkenwald, MA

*Coordinator, Wellness Education
Wentworth Institute of Technology*

Timothy Edgar, PhD

*Associate Professor
Emerson College*

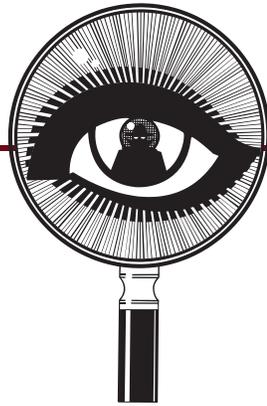
WEDNESDAY, OCTOBER 29

8:30-11:30AM

Value Added Workshops

No additional charge;

pre-registration, however, is necessary



MEETING at-a-Glance

WEDNESDAY 10/29

Registration, Exhibits: 8:00 AM – on-going

PRE-MEETING WORKSHOPS

8:30 AM - 11:30 AM

Lunch, Welcome, Opening Remarks:
11:45 AM - 12:45 PM

KEYNOTE ADDRESS

12:45 PM - 1:45 PM

CONCURRENT – A – SESSIONS

2:00 PM - 3:30 PM

Afternoon Break with Exhibitors: 3:30 PM - 4:00 PM

CONCURRENT – B – SESSIONS

4:00 PM - 5:30 PM

NECHA Reception & Soiree; Awards; Election Results:
5:30 PM - 8:00 PM

THURSDAY 10/30

Continental Breakfast, Exhibits, Registration: 7:30 AM – on-going

CONCURRENT – C – SESSIONS

8:30 AM - 10:00 AM

Morning Break with Exhibitors: 10:00 AM - 10:30 AM

CONCURRENT – D – SESSIONS

10:30 AM - Noon

Lunch, Exhibits: Noon - 1:00 PM

THURSDAY GENERAL SESSION

1:00 PM - 2:00 PM

CONCURRENT – E – SESSIONS

2:15 PM - 3:45 PM

Afternoon Break: 3:45 PM - 4:00 PM

CONCURRENT – F – SESSIONS

4:00 PM - 5:30 PM

FRIDAY 10/31

Continental Breakfast, Registration: 7:30 AM – on-going
NECHA Business Meeting: 8:00 AM

CONCURRENT – G – SESSIONS

8:45 AM - 10:15 AM

Morning Break: 10:00 AM - 10:15 AM

CONCURRENT – H – SESSIONS

10:30 AM - Noon

CONTINUING EDUCATION

CME Credits: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American College Health Association and the New England College Health Association. The American College Health Association is accredited by the ACCME to provide continuing medical education for physicians.

The American College Health Association designates this live activity for a maximum of **17.0** AMA PRA Category 1 Credits.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CE Credits for Psychologists (PsyCE): This educational activity is co-sponsored by the American College Health Association and the New England College Health Association. The American College Health Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The American College Health Association maintains responsibility for this program and its content. ACHA has awarded this program **17.0** hours of continuing education for psychologists. Psychologists must attend each session in its entirety in order to qualify for CE credit for that session.

CECH Contact Hours (CHES/MCHES): Sponsored by the American College Health Association, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to **17.0** total Category I contact hours in health education. Maximum advanced-level contact hours available are **8.5**.

ADDITIONAL CE OPPORTUNITIES

Nursing Contact Hours (CNE): This continuing nursing education activity was approved for up to **17.0** by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

For more information regarding contact hours, please call: *Julie Basol*, 802 598-7424 or email: Julie@NECHAonline.org. Attendees may receive up to **5.6** pharmacology credits for this activity.

AAFP CME: This Live activity, New England College Health Association 2014 Annual Meeting: *Making Waves in College Health*, with a beginning date of 10/29/2014, has been reviewed and is acceptable for up to **17.0** Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NBCC: This program has been approved by the National Board of Certified Counselors. Please refer to the workshop agenda for eligible sessions.

NASW Contact Hours: This program is Approved by the National Association of Social Workers (#886449811-4077) for **17.0** Social Work continuing education contact hours.



MEETING GOALS Along with the NECHA membership and invited guests, the purpose and goals of the 2014 Annual Meeting include: ~ Bringing together the membership and regional college health professionals for 3 days of sharing best practice, procedures, and innovation in college health. ~ Provide a platform of continued learning and discussion on current and relevant issues that further the college health profession and enhance the lives of students on their campuses.



REGISTRATION

FULL 3-DAY MEETING FEES

Full 3-Day Registration for the Meeting includes admittance to all sessions and exhibits, online instructional materials, two lunches and continental breakfasts, Wednesday Evening Soirée, and refreshment breaks.

SINGLE-DAY MEETING FEES

Single-Day Registration is available to participants unable to attend the entire meeting. Single-Day Registration does not include the Wednesday evening event.

FULL-TIME UNDERGRADUATE STUDENT FEES

Discounted rates are available to full time undergraduate students. In addition to registering, an electronic copy of the student's photo ID

must be submitted to Julie@NECHAonline.org.

PAYMENT / REFUNDS

Payment by check or credit card is acceptable. Registrants online at: <http://nechaonline.org/2014-annual-meeting-registration/>. Purchase orders are accepted as well; contact [Julie Basol](mailto:Julie.Basol) for further directions. Registrants utilizing POs will receive an invoice within 10 days of registering. Full payment is expected prior to the Meeting. If you have registered, then cannot attend, you may send a substitute without penalty. A \$50 cancellation fee will apply to registrants who give notice by October 25. Refunds will *not* be granted after that date. **Contact Julie Basol, Administrative Director: 802 598 7424 Julie@NECHAonline.org**

ANNUAL MEETING SITE WENTWORTH BY THE SEA 588 WENTWORTH ROAD NEW CASTLE, NEW HAMPSHIRE

Wentworth By the Sea commands the island of New Castle, New Hampshire's oldest settlement, overlooking the Atlantic Ocean. The Wentworth, a Marriott property, is just an hour north of Boston with easy access from I-95. The 161 guest rooms & suites blend historic elegance with 21st century convenience. The meticulously restored grand hotel gleams with the glamour and grace that have drawn guests here for over a century. Intimate restaurants with imaginative cuisine, tranquil spa services, indoor and outdoor pools, nearby ocean beach, fitness and business centers, WiFi and an unwavering commitment to guest service make the Wentworth Marriott one of the great resort hotels of New Hampshire, New England, and the world.

We strongly recommend you make your hotel reservations well in advance. A block of rooms with reduced overnight rates has been reserved at the Wentworth for the Annual Meeting. To obtain the reduced overnight rate of **\$179** per night (single or double), make your reservations online below. Alternatively, you may call (either number listed above to make your reservations, however, you must specify that you are attending the New England College Health Association 2014 Annual Meeting.

Deadline for securing the reduced overnight rate: **Sept. 28, 2014**

The Wentworth's sleeping rooms, public space, and restrooms are easily accessible. NECHA is committed to creating a quality meeting that is accessible to all. Please communicate any special needs you may have, including dietary, in writing to Julie@NECHAonline.org.



GETTIN' TO KNOW YOU

THURSDAY LUNCHEON

While the educational component of the Annual Meeting is stellar, the value-added aspect of such a gathering is the meeting of colleagues from other colleges and universities.

The sharing of ideas, what works/what doesn't, is paramount to the professional growth of the individual, the enrichment of their workplace, and the strength of the Association.

At Thursday's luncheon, attendees will be asked to seat themselves according to their discipline/interest:

- ☞ Health Promotion ☞
- ☞ Nursing ☞
- ☞ Clinical Medicine ☞
- ☞ Mental Health ☞
- ☞ Administration ☞



ONLINE REGISTRATION:

[REGISTER ME NOW](#)

Wentworth by the Sea
A MARRIOTT HOTEL & SPA



KEYNOTE, OPENING SESSION
WEDNESDAY, OCTOBER 29 12:45-1:45 PM



DISCOVERING BIAS: CHALLENGES & OPPORTUNITIES FOR ORGANIZATIONAL DIVERSITY

KEITH MADDOX, PhD

Associate Professor of Psychology Director, Social Cognition Lab

Tufts University

Many of us believe that we evaluate and treat people fairly. However, despite our best intentions, we often show bias – racial, gender, and otherwise – in our thoughts, feelings, and actions. In the opening keynote, Maddox will explore the concept of implicit bias, discuss the challenges it presents for leveraging organizational diversity, and consider strategies to mitigate its impact. An informed approach to bias can bring our thoughts, feelings, and actions in line with our organizational – and personal – egalitarian goals.

Dr. Keith Maddox is an Associate Professor of Psychology and Director of the Tufts University Social Cognition Lab. He received his AB (1991) in psychology from the University of Michigan, his MA (1994), and PhD (1998) in social psychology from the University of California, Santa Barbara. Dr. Maddox is the recipient of a number of grants and awards, including grants from the National Science Foundation, the Society for the Psychological Study of Social Issues, and the Tisch College of Citizenship and Public Service, and an SPSP Distinguished Service Award. His lab is focused on research programs examining social cognitive aspects of stereotyping, prejudice, and discrimination – seeking to understand topics such as: cognitive representations and stereotypes of African Americans based on variation in skin tone and other phenotypic characteristics; how stereotypes and prejudice influence perceptions of those who claim to be the targets of discrimination; stereotype threat among members of socially marginalized groups; and the role of social categories in spatial representation. As the United States becomes a more diverse society, issues surrounding stereotyping, prejudice, and discrimination will continue to gain importance. The long-range goal of this work is to further the understanding of the representation of stereotypic knowledge and its implications for the behavior and treatment of members of stereotyped groups. Dr. Maddox' keynote session will set the stage Wednesday afternoon for his concurrent session immediately following.

GENERAL SESSION
THURSDAY, OCTOBER 30 1:00-2:00 PM

SEXUAL VIOLENCE ON CAMPUS AND SCHOOL'S OBLIGATIONS UNDER TITLE IX OF THE EDUCATION AMENDMENTS OF 1972 (TITLE IX)

Kate Upatham, JD Civil Rights Attorney US Department of Education, Office for Civil Rights

Thursday's general session will examine the importance of addressing sexual harassment and sexual violence on school campus. Upatham will describe a school's required response to student-on-student sexual violence, explain schools' procedural requirements under Title IX, describe appropriate educational and prevention programs and strategies, and provide examples of remedies.

The session will cover such questions as:

- which employees are obligated to report incidents of possible sexual violence to school officials;
- what are the reporting responsibilities of school employees who provide or support the provision of counseling, advocacy, health, mental health, or sexual assault-related services to student
- who have experienced sexual violence;
- what information is a responsible employee obligated to report about an incident of possible student-on-student sexual violence;
- what should a responsible employee tell a student who discloses an incident of sexual violence, and more.

During this presentation, issues of confidentiality and a school's obligation to respond to sexual violence, such as what factors should a school consider in weighing a student's request for confidentiality will be reviewed.



ONLINE REGISTRATION: [REGISTER ME NOW](#)



FEATURED SESSION: E-5
THURSDAY, OCTOBER 30 2:15-3:45 PM

LOCK, LIGHTS, OUT OF SIGHT: SECURITY PLANNING FOR HEALTH SERVICES

Margaret Higham, MD Medical Director
Kathleen Savage, RN Nurse Manager
Geoffrey Bartlett Director, Emergency Management
Tufts University

Applicable to all attendees, workplace safety has become a topic of greater focus over the past 10 years. The recent rise in school shootings has highlighted the importance of having safety plans in place. Most Health Services routinely practice fire drills and medical codes, but do not have plans in place for security/safety emergencies. A Tufts University panel will describe how to perform an office environment safety assessment. They will also discuss the techniques developed in collaboration with their Public Safety department to train staff in responding to security emergencies, and to practice security emergency drills.

Participants will learn tools and concepts to help them develop security plans as well as obtain concrete ideas for the implementation of training drills for their own health service.

D

FEATURED SESSION: G/H-3
FRIDAY, OCTOBER 31 8:45-NOON

B **DBT IN THE COLLEGE POPULATION: ADVANCED APPLICATION OF CORE SKILLS & PRINCIPLES**

Jesine Xavier, PsyD

T

Returning for the second year, NECHA is pleased to welcome back Dr. Jesine Xavier. The 2-session Dialectical Behavior Therapy talk will first reviewing the DBT skills taught last year via applied clinical examples. The goal is to answer questions related to having tried to teach or use the skills and needing additional guidance. Treators are encouraged to bring in clinical dilemmas for case consultation.



Audience members should have attended last year's training or be knowledgeable of DBT skills. The training will address the gap of having learned the skills but having difficulty actually applying the skills to their clinical work.

ABOUT THE PRESENTER

Dr. Jesine Xavier is a Doctor of Psychology in private practice in Needham, Massachusetts, specializing in individual, group, family and couples therapy. Also an adjunct professor as Boston College, Xavier attended Tufts University, where she received a Bachelor of Arts degree in Psychology. She attained a Doctorate of Psychology degree from Illinois School of Professional Psychology and has completed additional DBT training with Behavioral Tech.

For five years, she was a member of an adolescent DBT consultation team led by Michael Hollander, PhD, DBT Senior Consultant at McLean Hospital. Her areas of expertise include adolescents, families, high-risk behaviors, and multi-problematic clients.



This three-hour session will be held on Friday during two concurrent session time slots. Pre-register for the session, please choose code G/H3 in both the G and H time slots.

ONLINE REGISTRATION: [REGISTER ME NOW](#)

Wednesday, October 29

Pre-Meeting Workshops ~ **PM** ~ 8:30-11:30am

Pre-1: Beyond the Weight Police: Working Effectively with Eating Disordered Students in the Medical Setting

Abstract: Working with students with eating disorders is challenging, both because of the medical risks of the illness and the unusual dynamic of the visit. Unlike most students we see, ED students are at best ambivalent about getting better and often frankly resistant. This sets the stage for an antagonistic and judgmental dynamic between clinician and student. This workshop, led by a physician, a nutritionist and a therapist, will present key tasks in ED treatment and concrete guidance on developing a treatment plan. We will introduce motivational interviewing techniques as a way to change the dynamic between clinicians and students. There will be time to discuss current cases in small groups. We will not be discussing involuntary leaves.

Margaret Higham, MD

Medical Director Tufts University

Jodi Galin, PhD

Clinical Psychologist Counseling & Nutrition Center 360

Lisa Pearl, RD

Dietician Counseling & Nutrition Center 360

CME: 3; CNE (Nursing): 3; PsyCE: 3; AAFP: 3; NBCC: 3; NASW: 1.5

Pre-2: Nurse Manager Round Table

Abstract: Nurse Managers face many challenges in the day-to-day operations of a college health center. Keeping your staff motivated and clinically up to date while riding the budget merry-go-round are just some of the common challenges. You are not alone! Come to share your ideas and approaches with your peers. All are welcome.

Katharine Bryda, MS, RNC

Nursing Coordinator Mount Holyoke College

Elaine Longley, BSN

Nursing Coordinator Smith College

Rebecca Minus, RN

Staff Nurse Brown University

Kathleen Savage, RN

Nurse Manager Tufts University

CNE (Nursing): 3

Pre-3: Hot Legal Disability Topics

Abstract: Not long ago, campuses often addressed health issues without regard to disability status. But following amendments to the Americans with Disabilities Act, institutions find themselves untangling the legal thicket posited by hidden health and mental health conditions interplaying throughout campus life. This session targets three topics: mental health and the confusion surrounding therapy animals; food allergies and meal planning; and concussive injuries – what legal obligations apply? We will analyze the legal backdrop and then share information from a campus on how they are addressing each issue.

Jeanne M. Kincaid, JD

Attorney Drummond Woodsum

Deborah Cohen, MEd

Director, AccessAbility Services Mount Holyoke College

Rochelle Litalien, MS, RD, LD

Registered Dietician University of New Hampshire

Mark Peluso, MD, FAAFP

Medical Director and Head Team Physician Middlebury College

CME: 3; CNE (Nursing): 3; PsyCE: 3; NBCC: 3; NASW: 1.5

Pre-4: Next Level Social Marketing: Applying the 4 Ps

Abstract: Dive deeper into Social Marketing strategy by exploring the “Four Ps”: Product, Price, Place, and Promotion. In this next-level workshop, practice applying these Social Marketing strategies to your own work.

Leah Berkenwald, MA

Coordinator, Wellness Education Wentworth Institute of Technology

Timothy Edgar, PhD

Associate Professor Emerson College

CNE (Nursing): 3; CHES: 3; NASW: 1.5

Keynote ~ **Keynote** ~ Keynote 12:45-1:45pm

Keynote: Discovering Bias: Challenges & Opportunities for Organizational Diversity

Abstract: Many of us believe that we evaluate and treat people fairly. However, despite our best intentions, we often show bias – racial, gender, and otherwise – in our thoughts, feelings, and actions. We will explore the concept of implicit bias, discuss the challenges it presents for leveraging organizational diversity, and consider strategies to mitigate its impact. An informed approach to bias can bring our thoughts, feelings, and actions in line with our organizational – and personal – egalitarian goals.

Keith Maddox, PhD

Associate Professor of Psychology

Director, Social Cognition Lab

Tufts University

CME: 1; CNE (Nursing): 1; PsyCE: 1; CHES: 1; AAFP: 1; NBCC: 1; NASW: 1

Concurrent Sessions ~ **A** ~ 2:00-3:30pm

A-1: Pulmonary Embolism, Deep Vein Thrombosis: New Insights in Pathophysiology, Use of 4 Novel Oral Anticoagulants, and when to Refer for Advanced Therapy beyond Anticoagulation

Abstract: Pulmonary embolism (PE) and deep vein thrombosis (DVT) are no longer considered aggregations of red fibrin clot that can be managed with anticoagulation alone. The root causes include inflammation, classic cardiac risk factors, in addition to hypercoagulability. White blood cells and activated platelets are embedded in the venous thrombus and play an active role in causing clot propagation. Management includes 4 novel anticoagulants, 2 of which are already FDA approved (rivaroxaban and dabigatran) and 2 of which will likely be approved by the date of the 2014 NECHA Annual Meeting. Two of these 4 novel agents require no intravenous or subcutaneous administration, thus potentially leading to less disruption of the lifestyle of the college age population. It is also important to differentiate low-risk venous thromboembolism from potentially high risk PE and DVT. High risk patients may “appear” to be at low risk because of no underlying cardiopulmonary disease. But their clinical condition can deteriorate rapidly. High risk patients need referral to subspecialists for consideration of a thrombolytic therapy, embolectomy, or insertion of a retrievable inferior vena caval filter.

Suffering a PE or DVT is troublesome for anyone, but especially in college health. After all, most patients will superficially appear normal. And they'll have to decline offers of alcohol if they wish to take their anticoagulants properly. And they'll worry about the implications of PE and DVT for their future health and the health of their families. They should become aware of the educational and advocacy activities available to them at the nonprofit North American Thrombosis Forum (www.NATFonline.org).

Samuel Z. Goldhaber, MD

Professor of Medicine, Harvard Medical School Brigham and Women's Hospital, Harvard Medical School

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

□ A-2: Nursing Physical Assessment: Differentiating Between Stable and Urgent Situations in the College

Health Setting

Abstract: Having the ability to triage emergency situations versus stable illnesses is paramount when working in a college health setting. This session will focus on physical assessment skills to help guide hard to make clinical decisions. Practical advice, clinical pearls, and example emergency protocols will be shared.

Lisa Pearlman, BA, BSN, FNP
Director, Student Health Services Lasall College

CNE (Nursing): 1.5

□ A-3: Acceptance & Commitment Therapy: An Experiential Overview

Abstract: Acceptance and Commitment Therapy (ACT) is a therapeutic approach that uses acceptance and mindfulness processes, and commitment and behavior change processes, to produce greater psychological flexibility. Since its introduction in 1999 ACT has gained ever increasing recognition for its innovative approaches and evidence based effectiveness. It is a therapeutic approach that is particularly well suited to working with college students. This program will provide an overview of the core elements of ACT including examples of many of the experiential elements which are a part of the model.

Charles Morse, MA, LMHC
Director of Counseling Worcester Polytechnic Institute

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

□ A-4: Roundtable Discussion: Bystander Intervention Programs- How to Create and Evaluate

Abstract: Sexual violence on the college campus is not a new phenomenon. Increasingly, students, administrators, and faculty members are vocalizing their concern for the issue and looking to change campus culture to help prevent sexual violence. Bystander Intervention trainings are an evidenced based approach that is also a requirement of Campus SaVE. While there are trainings and models for the creation of these programs, many are cost prohibitive and may not work well for all campuses, which leaves a gap for some educators. This session aims to discuss the how's, why's, what's, who's and when's of creating and evaluating a bystander intervention program or training

Nicole Bihler, MEd, CHES
Director, Wellness Services The Boston Conservatory

Amanda Vann, MEd
Sexual Respect Educator and Deputy Title IX Coordinator for Students Amherst College

CNE (Nursing): 1.5; CHES: 1.5; MCHES: 1.5; NASW: 1.5

□ A-5: Discovering Bias: Further Exploration

Abstract: The follow up concurrent session reviews the research on implicit bias and its impact on organizational diversity in more detail. We will further explore the impact of implicit bias in our society and on our college campuses.

Participants will have the opportunity to engage in conversation regarding strategies and approaches that can enhance the engagement of all members of their community.

Keith Maddox, PhD
Associate Professor of Psychology Tufts University

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; MCHES: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

□ A-6: Making it Easy: Minimizing Barriers to STI Testing in College Health

Abstract: STI prevention, testing and treatment services are essential elements of the care provided by college-based health centers. Despite this fact, persistent cost, access, privacy and training-related barriers to STI testing in the college health setting often persist. Evidence supporting the development of a low-cost, self-pay STI testing protocol will be presented, and other innovative approaches to overcoming these barriers and increasing access to STI testing services will be reviewed.

Cathryn Imperato, MSN, DNP, NP-C, WHNP-C
Nurse Practitioner Northeastern University

CME: 1.5; CNE (Nursing): 1.5; CHES: 1.5; AAFP: 1.5

Concurrent Sessions ~ **B** ~ 4:00-5:30pm

B-1: Sports Injuries You Don't Want to Misdiagnose

Abstract: Several sports-related injuries that have potential bad long term outcomes, and how to recognize them, will be discussed. The learner will be given the clinical tools to recognize these injuries and prevent a misdiagnosis.

Fred Brennan, DO, FAOASM, FAAFP, FACSM
Head Team Physician, University of New Hampshire
Seacoast Orthopedics and Sports Medicine

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

B-2: Grand Rounds: Nursing

Abstract: Grand Rounds: Nursing is back with not one, but three presenters! Three cases will set the stage for nursing colleagues to discuss interesting cases. Each will elicit audience participation regarding history, assessment and physical exam, ongoing care, lab tests and nursing/differential diagnosis. This session is appropriate for nurses from any college health setting. Come join in the fun, collaborate with us, and share your incredible knowledge.

Lauri Gallimore, RN, BS
Director of Nursing Dartmouth College
Melissa Lopez, RN, BSN, MPH
Director, Student Health Services University of Bridgeport
Judy Whyte, RN
Head Nurse Colby College

CNE (Nursing): 1.5

B-3: Promoting Strengths-based, Collaborative College Mental Health Treatment: Intakes, Medical Records and Case Consultations

Abstract: How can we more fully bring strengths-based, collaborative and person-centered practices to college mental health? This presentation will offer practical ways to approach intakes, medical record documentation and clinical case consultation meetings to cultivate students' skills and values in overcoming problems while honoring their cultural and personal preferences. Drawing from narrative psychiatry, the presenters will describe how to support clinicians in cultivating students' sources of strength and meaning as resources for recovery.

SuEllen Hamkins, MD
Assistant Director, Psychiatric Services University of Massachusetts-Amherst
Joshua Relin, PsyD
Staff Psychologist University of Massachusetts-Amherst

CNE (Nursing): 1.5; NBCC: 1.5; NASW: 1.5

B-4: Creating a Campus-Specific Online Alcohol Education Program

Abstract: Harvard Proof, launched in the summer of 2013 for incoming freshman, is a new Harvard-specific, online alcohol education program, whose goal is to create behavior change through examples of real-life situations. We will walk through the steps of vision development, creation of a syllabus, production, and research design. We will also discuss the challenges and advantages of working with, and depending on, student volunteers throughout the development of the program.

Ryan Travia, MEd
Director, Dept of Health Promotion & Education
Director, Office of Alcohol & Other Drug Services Harvard University
Michelle Mandino, MSW
Prevention Specialist, Office of Alcohol and Other Drug Services Harvard University

CNE (Nursing): 1.5; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

B-5: What Every College Health Professional Needs to Know about Mental Health: Current Topics of Interest

Abstract: This talk will be a practical discussion of four key topics: Treatment of depression; Identification and treatment of bipolar disorder; Types of anxiety prevalent on college campuses and treatment modalities; Overview of a few new medications and cautions on a few older ones.

Margaret Ross, MD

*Medical Director, Center for Anxiety and Related Disorder
Psychiatrist, Behavioral Medicine; Boston University*

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

B-6: Health Maintenance on the Fly: Incorporating Evidence-Based Screening & Prevention into Student Health Visits

Abstract: Many people, especially otherwise young healthy people, do not seek medical care unless they are ill. These acute care visits pose missed opportunities to offer patient education, prevention and screening—the useful health maintenance activities that help keep our students healthy! This presentation will review which health maintenance activities are supported by the evidence and share strategies about implementing these into student health visits.

Cheryl Flynn, MD, MS, MA

Medical Director University of Vermont

Mary Bucher, MS, FNP

Nurse Practitioner University of Vermont

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

Thursday, October 30

Concurrent Sessions ~ **C** ~ 8:30-10:00am

C-1: Managing Common Upper & Lower GI Problems in Student Health Clinic

Abstract: Both upper and lower GI problems are common enough in college populations. Yet primary care providers do not always have the updated evidence to support cost effective management of these conditions. This presentation will outline evidence based strategies for evaluation and treatment of: GERD, peptic ulcers, non-ulcer dyspepsia, celiac disease, lactose intolerance and irritable bowel syndrome

Cheryl Flynn, MD, MS, MA

Medical Director University of Vermont

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

C-2: First Responder Training for Health Care Providers

Abstract: How do we respond when a patient discloses relationship or sexual violence? What should we say? Aside from treating our patient, what else are we supposed to do? Sometimes the answers to these questions are different than what our gut tells us. We will focus on the role of the first-responder, tips on what to say and do when working with a victim/survivor and provide health care professionals with useful approaches to supporting survivors.

Amanda Childress, MEd

Assistant Director & Sexual Assault Awareness Program Coordinator Dartmouth College

Lauri Gallimore, RN, BS

Director of Nursing Dartmouth College

CME: 1.5; CNE (Nursing): 1.5; CHES: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

C-3: Minimizing ADA Barriers to Medical Leaves

Abstract: One of the greatest challenges facing institutions of higher education is appropriately addressing the mental health needs of students in crisis. When may a student remain? When is a student so ill that an involuntary leave may be warranted? Changes to the Americans with Disabilities Act regulations have created considerable confusion. We will address alternative legal approaches that may exist for handling mental health leaves and then share information from a public and private university on how they manage leaves of absence.

Jeanne M. Kincaid, JD

Attorney Drummond Woodsum

Kevin Charles, DEd

Assistant Vice President for Student & Academic Services

Executive Director of Health Services University of New Hampshire

Maria Suarez, MSW

Associate Dean & Director Student Support Services Brown University

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; NBCC: 1.5; NASW: 1.5

C-4: QPR Suicide Prevention Training

Abstract: QPR Suicide Prevention Trainings (Question, Persuade, Refer) are 1 – 2 hours in length and cover the following:

- Prior to making a suicide attempt, a person typically sends warning signs of their distress and suicidal intent to those nearby
- The person most likely to prevent a person dying by suicide is someone they already know
- Parents/professionals need the latest knowledge about suicide, the courage to “ask the question”, and the language to use with people at risk

Jon Mattleman, MS Counseling

Owner; Mental Health Counselor

Youth/Family Resources

CNE (Nursing): 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

C-5: Mindful Eating on Campus

Abstract: Mindless eating refers to subconscious eating habits that can lead to weight gain and unhealthy food choices. Unfortunately there are many opportunities for mindless eating on campus, from unlimited buffets to late night dorm room snacking.

This seminar will guide participants through mindful eating principles and address mindful eating obstacles on campus to help our students develop a healthy relationship with food.

Janel Funk, MS, RD, LDN

Registered Dietitian The Boston Conservatory

CNE (Nursing): 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

C-6: Addressing Mental Health Concerns in the International Student Population

Abstract: As greater numbers of international students enroll in American universities, the need to address their mental health concerns has become increasingly pressing. International students face major stresses over and above the well documented issues of the millennial cohort, and now comprise a significant proportion of the students requiring mental health services. Working with this population presents special challenges to health care clinicians and counselors, and appreciating the issues and how to respond can sometimes alter the course of a person’s life. This presentation will summarize important considerations in working with this population, including the manner in which students present, appreciating perceived stigma, and the need to work with students in a culturally informed manner. Practical ideas and suggestions will be shared.

Margaret Ross, MD

Psychiatrist, Behavioral Medicine, Student Health Services;

Medical Director, Center for Anxiety and Related Disorders Boston University

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

Concurrent Sessions ~ D ~ 10:30-Noon

D-1: Screening for Sleep Difficulties in a College Health Service

Abstract: Sleep difficulties are a major challenge on college campuses. A goal for Healthy Campus 2020 is to reduce the proportion of students who report their academic performance was adversely affected by sleep difficulties in the last 12 months.

We will demonstrate the feasibility of initiating screening for sleep difficulties in a college health service, as well as using brief motivational interviewing and targeted tools for students who screen positive.

Ann Bracken, MD

Co-Director, Clinical Medical Services;

Associate Director of Assessment, Office of Institutional Research Dartmouth College

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5; NBCC: 1.5 NASW: 1.5

D-2: HIV PREP: The Next Step in HIV Prevention

Abstract: The landscape of HIV prevention is changing. An important component of this evolution is the use of HIV antiviral medication as a preventative measure, known as pre exposure prophylaxis (PREP). Recent research, specifically the iPrex study at Fenway Health, has shown that taking ARV's daily reduces the rate of HIV transmission. This presentation will review the research, efficacy, side effects and application of PREP in clinical practice.

Ariel L. Watriss, MSN, NP-C, WHNP-BC

Nurse Practitioner Tufts University

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

D-3: Grand Rounds: Mental Health

Abstract: Grand Rounds: Mental Health will provide one or two cases that will be presented and discussed. Challenges faced in treating emerging adults will be discussed. They face imagining the life they will have and finding ways to live it. They discover what is true about themselves and others, and what is not true. We discover what goals they can reach, and those they cannot. They find people we can love, and, those whose love they cannot earn or hold onto. They discover that the potential for success does not always lead to success, and that success is not the same as fulfillment and contentment.

Alan Siegel, EdD

Chief, Mental Health and Counseling Service Massachusetts Institute of Technology

CME: 1.5; CNE (Nursing): ; PsyCE: 1.5; NBCC: 1.5; NASW: 1.5

**D-4: Nourish: A Collaborative Effort & Innovative Approach to Develop, Implement, & Assess
a Year-long Healthy Eating Awareness Campaign**

Abstract: The Office of Health Promotion partnered with Nutrition Services, Dining Services, and a Public Relations class to develop a healthy eating awareness campaign called Nourish. The purpose of the campaign is to improve knowledge of healthy eating by broadening the scope of what healthy eating is and to reduce the perceived barriers to healthy eating. The collaborative effort was innovative and extraordinary.

Elise Tofias Phillips, MEd

Director, Health Promotion Boston College

Sheila Tucker, MA, RD, CSSD, LDN

Executive Dietician, Nutritionist Boston College

CME: 1.5; CNE (Nursing): 1.5; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

D-5: SHE DELIVERS SO YOU CAN, TOO! The Condom Fairy Program: A Novel Strategy for Promoting Healthy Sexual Behaviors

Abstract: While most campuses provide condoms to students through outreach and “fish bowls,” research and CDC guidelines suggest that these distribution strategies are limited. In addition, privacy concerns and embarrassment interfere with students’ condom access. This session will describe a novel program that meets CDC recommendations, addresses barriers, and provides unique opportunities for health education. Outcomes associated with implementing a large-scale, ‘snail mail’ delivery service of safer sex supplies and health promotion materials will be discussed.

Katharine Mooney, MPH, CHES
Wellness Coordinator Boston University

CNE (Nursing): 1.5

D-6: A Practical Approach to Cognitive Behavioral Treatment of Academic Performance Anxiety

Abstract: Anxiety associated with performance situations is a normal and adaptive part of emotional functioning that actually serves to enhance the performance. However, an excessive amount of anxiety, either in anticipation of or during the performance can be disruptive and counter-productive. Students can be vulnerable to perceiving academically evaluative situations as threatening in several different aspects of performance such as test-taking, paper-writing, and course-related discussions/activities. Estimates of the prevalence of functionally impairing test anxiety range from 20-35% in studies of college student populations (Naveh-Benjamin, Lavi, McKeachie, & Lin, 1997; Zeidner, 1998). Such anxiety is a combination of physiological over-arousal, worry, and emotion-driven coping behaviors that occur during performance situations. This program will present how to formulate excessive academic performance anxiety as a target of treatment from a cognitive behavioral (CBT) perspective. The presentation will also cover how to design and implement treatment that is specifically driven from the CBT case formulation. Evidence-based interventions will include cognitive challenging from a Socratic questioning method, stress management interventions, mindfulness-based interventions, and exposure with response prevention.

Lisa Smith, PhD
Associate Professor and Director Boston University
Caroline Kerns, MA
Clinical Fellow, Center for Anxiety and Related Disorders (CARD) Boston University

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; NBCC: 1.5; NASW: 1.5

General ~ **General** ~ General 1:00-2:00pm

General Session: The Sexual Violence on Campus and School's Obligations under Title IX of the Education Amendments of 1972 (Title IX)

Abstract: Thursday’s general session will examine the importance of addressing sexual harassment and sexual violence on school campus. Civil rights attorney, Kate Upatham will describe a school's required response to student-on-student sexual violence, explain schools' procedural requirements under Title IX, describe appropriate educational and prevention programs and strategies, and provide examples of remedies. The session will cover such questions as:

- which employees are obligated to report incidents of possible sexual violence to school officials;
- what are the reporting responsibilities of school employees who provide or support the provision of counseling, advocacy, health, mental health, or sexual assault-related services to student
- who have experienced sexual violence;
- what information is a responsible employee obligated to report about an incident of possible student-on-student sexual violence;
- what should a responsible employee tell a student who discloses an incident of sexual violence, and more.

During this presentation, issues of confidentiality and a school's obligation to respond to sexual violence, such as what factors should a school consider in weighing a student's request for confidentiality will be reviewed.

Kate Upatham, JD
Civil Rights Attorney, US Department of Education, Office for Civil Rights (OCR)
CME: 1; CNE (Nursing): 1; PsyCE: 1; CHES: 1; MCHES: 1; AAFP: 1; NBCC: 1; NASW: 1

Concurrent Sessions ~ **E** ~ 2:15-3:45PM

E-1: The Neurobiology of Food Motivation in Anorexia Nervosa

Abstract: Anorexia nervosa is a psychiatric illness predominantly affecting young women that is characterized by self-induced starvation. Morbidity and mortality are significant, and treatment options are limited. Neurobiological pathways involving food motivation are altered in anorexia nervosa and represent potential treatment targets. This presentation will review recent evidence for abnormal secretion of appetite-regulating hormones in anorexia nervosa, associated with altered perception of appetite, increased psychopathology, and hypo-activation of relevant areas of the brain. Implications and research directions will be discussed.

Elizabeth A. Lawson, MD, MMSc
Asst. Professor of Medicine, Harvard Medical School
Massachusetts General Hospital

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

E-2: Risk Management: Students Participating In Study Abroad Programs

Abstract: University of Massachusetts Amherst has over 1200 undergraduate students participating in Study Abroad Programs each year. Health Risk assessment and educational resources for risk mitigation were a focus of a campus wide risk management strategy.

This presentation will review the development and implementation of a collaborative program between the University's International Risk Management Committee, International Programs Office and University Health Service Travel Medicine Clinic to improve travel health knowledge for students, families, faculty and staff.

Linda Hoer, RN, MS
Director, University Health Services
University of Massachusetts Amherst
Patricia Donahue-Leitch, MSN/EMBA, APRN-BC
Nurse Practitioner
University Health Services, University of Massachusetts - Amherst

Carol Lebold, BA
Associate Director, Education Abroad
International Programs Office, University of Massachusetts - Amherst

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5; NASW: 1.5

E-3: Integrative Treatment of Substance Use & Other Mental Health Disorders in the College Population

Abstract: Substance use and other mental health disorders frequently co-occur in college students, leading to complex clinical presentations. This complexity can at times leave clinicians unsure as to how to proceed in the treatment, or lead them to treat these concerns in isolation. This presentation will provide a theoretical framework to both understand and treat substance use and other mental health disorders in a joint manner, leading to more comprehensive and effective treatment.

Felix Pizzi, LMHC, CCMHC
Assistant Dean, Student Affairs; Director of Counseling The Boston Conservatory

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; MCHES: 1.5; NBCC: 1.5 NASW: 1.5

E-4: Mini BASICS: Reducing Staff Time from 3 Hours to 30 Minutes When Providing Brief Alcohol Screening and Intervention for College Students

Abstract: Traditional BASICS consists of a minimum of 2-3 hours of staff time to complete; 1-2 hours for individual or group education and 1 hour for the delivery of a personalized feedback report (PFR). With limited staff resources Dartmouth College excluded the initial 1-2 hour psychoeducational session and utilized a 30 minute delivery of the PFR. Analysis of the program indicates a significant reduction in high risk drinking for participants.

Brian S. Bowden, MEd

Coordinator: AOD Programs Dartmouth College

Ann Bracken, MD, PhD

*Co-Director, Clinical Medical Services;
Associate Director of Assessment, Office of Institutional Research Dartmouth College*

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; NBCC: 1.5; NASW: 1.5

E-5: Lock, Lights, Out of Sight: Security Planning for Health Services

Abstract: Most Health Services routinely practice fire drills and medical codes, but do not have plans in place for security/safety emergencies. We will describe how to perform an office environment safety assessment. We will discuss the techniques we have developed in collaboration with our Public Safety department to train staff in responding to security emergencies, and to practice security emergency drills

Margaret Higham, MD

Medical Director Tufts University

Kathleen Savage, RN

Nurse Manager Tufts University

Geoffrey Bartlett

Director of Emergency Management Tufts University

CME: 1.5; CNE (Nursing): 1.5; CHES: 1.5; AAFP: 1.5; NASW: 1.5

E-6: Visual Design Concepts for Health Education: How to create effective, good-looking visual materials without a graphic designer

Abstract: Learn how to create professional-looking visual materials that effectively inform and persuade your intended audience with this session on basic design skills, affordable tools, and best practices from the field of health literacy.

Leah Berkenwald, MA

Coordinator, Wellness Education Wentworth Institute of Technology

Claudia Trevor-Wright, BA, MA, JD

Assistant Director of Health Education and Wellness Wellesley College

CNE (Nursing): 1.5; CHES: 1.5; NASW: 1.5

Concurrent Sessions ~ **F** ~ 4:00-5:30pm

F-1: Grand Rounds: Medical

Abstract: Guided discussion and analysis of challenging or otherwise meaty medical cases. This session entails heavy audience participation.

Peter Davis Smith, MD

Medical Director Trinity College

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

F-2: Screening for Alcohol Misuse in a College Health Service

Abstract: The U.S. Preventive Services Task Force (USPSTF) published recommendations that clinicians screen adults aged 18 years or older for alcohol misuse and provide persons engaged in high-risk drinking with brief behavioral counseling interventions to reduce alcohol misuse.

We will demonstrate the feasibility of initiating screening for alcohol misuse in a college health service using brief motivational interviewing techniques for students who screen positive.

We will review a Model for Improvement as a framework to guide implementation of this intervention.

Ann Bracken, MD, PhD

Co-Director of Clinical Medical Services;

Associate Director of Assessment, Office of Institutional Research Dartmouth College

Brian Bowden, MEd

Coordinator, AOD Programs Dartmouth College

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; AAFP: 1.5; NBCC: 1.5 NASW: 1.5

F-3: Toward Multidisciplinary Treatment & Training: Success, Challenges & Solutions

Abstract: Over the last few years, the number of students seeking mental health services has steadily increased, which reflects international trends in college mental health (AUCCCD, 2013). This presentation will discuss the implementation of innovative multidisciplinary treatment structures and how training has been effected in light of these contemporary challenges. The presenters will be clinicians and trainees representing the disciplines of Psychology, Psychiatry, Social Work, and Counseling. The roles of the supervisor and trainee will be examined in the following areas: clinical practice, community outreach, interdisciplinary collaboration, ethical and legal issues, and supervision.

John Miner, MD

Co-Director, Psychological Counseling Services Williams College

Deborah Flynn, NP

Director of Medical Services Williams College

Craig Piers, PhD

Director of Education and Training Williams College

Elizabeth Schewe, MA

Therapy Extern Williams College

Karen Theiling, LMHC

Staff Therapist Williams College

Margaret Wood, MSW, LICSW

Co-Director, Psychological Counseling Services Williams College

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; NBCC: 1.5 NASW: 1.5

F-4: Come As You Are: How (and Why) to Promote Women's Sexual Wellbeing in the 21st Century

Abstract: Women's sexual wellbeing is different from men's - and not just because of reproductive health issues or infection risk. Women's experience of arousal, desire, and orgasm, the way stress, love, and culture influence behavior, and the interaction between sex and relationships are all different for women's sexuality. This is a talk about what's true about women's sexuality and what college health professionals can do to make the world a better place for women's sexuality.

Emily Nagoski, PhD

Director, Wellness Education Smith College

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; NBCC: 1.5; NASW: 1.5

F-5: Medical Marijuana Laws in New England: An Update

Abstract: Medicinal Marijuana laws have now been enacted in all six New England states. These laws have a significant impact on college campuses and college health. This presentation will review these laws, their legal implications and explore how campuses are dealing with them.

Gordon Smith, Esq.

Executive Vice President Maine Medical Association

Jessica Greher Traue, EdM

Senior Assistant Director, Wellness & Prevention Bentley University

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; AAFP: 1.5; NASW: 1.5

F-6: Medical Leaves of Absences A to Z

Abstract: Guiding students struggling with health and psychological issues to consider a medical leave of absence has become increasingly difficult. Even the most ill, at risk students are resistant to a leave of absence and their parents, peers and often times staff and faculty become involved. We will review past and current difficulties and how the medical leave and readmission process has evolved. We will walk through a leave of absence from A to Z...withdrawal from the university, application for readmission, denial, appeal and readmission. We will also address the internal and external pressures the staff supporting students on leave manage.

Maria E. Suarez, MSW

Associate Dean & Director Student Support Services Brown University

Kevin Charles, DEd

Assistant Vice President, Student & Academic Services;

Executive Director, Student Health Services University of New Hampshire

CME: 1.5; CNE (Nursing): 1.5; PsyCE: 1.5; CHES: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

Friday, October 31

Featured Session ~ **G/H** ~ 8:45-Noon

G/H-3: DBT in the College Population: Advanced Application of Core Skills and Principles

Abstract: Back again this year, Dr. Jesine Xavier is a Doctor of Psychology in private practice in Needham, Massachusetts, specializing in individual, group, family and couples therapy. Also an adjunct professor at Boston College, Xavier attended Tufts University, where she received a Bachelor of Arts degree in Psychology. She attained a Doctorate of Psychology degree from Illinois School of Professional Psychology and has completed additional DBT training with Behavioral Tech. For five years, she was a member of an adolescent DBT consultation team led by Michael Hollander, PhD, DBT Senior Consultant at McLean Hospital. Her areas of expertise include adolescents, families, high-risk behaviors, and multi-problematic clients.

This three-hour session will be held on Friday during two concurrent session time slots.

Pre-register for the session, please choose both codes G3 and H3.

Jesine Xavier, PsyD

Private Practitioner Adjunct Professor, Boston College

CME: 3; CNE (Nursing): 3; PsyCE: 3; NBCC: 3; NASW: 3

Concurrent Sessions ~ **G** ~ 8:45-10:15am

G-1: Concussion Management in 2014

Abstract: Greater public awareness of concussion has resulted in an increased number of students presenting to student health centers with a complaint of concussion. Managing this predominantly clinical diagnosis can be challenging for student health professionals as they help students navigate initial cognitive rest and subsequent return to academics and physical activity. This presentation will review the pathophysiology of concussion and a return to function approach that facilitates recovery while mitigating patient stress.

Mark Peluso, MD, FAAFP

Medical Director and Head Team Physician Middlebury College

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

G-2: Vaccines on Campus: Raising Awareness and Dispelling Myths

Abstract: Vaccines are one of the greatest achievements of modern medicine, but even at institutions of higher education most students, faculty and staff don't understand how they work. In fact, many hold inaccurate views that can prevent them from protecting themselves and others from infectious diseases such as influenza and HPV. In this presentation we'll first cover the basics of vaccines: how they were discovered, how they work and what they have done for humanity. We'll also consider the perplexing issue of vaccine rejection and how it may be addressed. We'll then discuss some of the methods employed by the presenter to raise awareness of vaccines on the Brown campus.

Richard Bungiro, PhD

Senior Lecturer, Molecular Microbiology and Immunology Brown University

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

G-4: Health Promotion Peer Review in Practice

Abstract: Assessment is important in guiding our work and is critical to our institutions. Many student health professionals use peer review in their work to validate that they are providing evidenced-informed strategies. During this working session there will be an opportunity for health educators to practice peer review strategies with each other on such topics as program initiatives, BASICS, assessment tools and policies. Participants will have both the opportunity to get feedback on their own work as well as learn from the review of others' work.

Fran Taylor, MA

Director, Wellness Programming College of the Holy Cross

Joleen M. Nevers, MAEd, CHES, CSE

Health Education Coordinator University of Connecticut

Ryan Travia, MEd

*Director, Department of Health Promotion & Education;
Director, Office of Alcohol & Other Drug Services Harvard University*

CNE (Nursing): 1.5; CHES: 1.5; NASW: 1.5

G-5: Study Abroad, Hooking up, and Sexual Assault in Undergraduates

Abstract: Hooking up and studying abroad are increasingly common aspects of college student life. Both have also been associated with risk of sexual assault among students in recent research. These two talks will include presentation and discussion of findings from research surveys of hooking up, studying abroad, and campus sexual assault at two institutions.

Matthew O. Kimble, PhD

Associate Professor, Dept of Psychology Middlebury College

William Flack, PhD

Associate Professor Bucknell University

CME: 1.5; CNE (Nursing): 1.5; CHES: 1.5; NBCC: 1.5; NASW: 1.5

G-6: Bridge to Health: A Pilot Support Program Designed to Increase Exercise Behaviors as Treatment for Students with Mental Health Concerns

Abstract: The Bridge to Health is an exercise support program for students with mental health symptoms. The BTH links students who experience a variety of barriers to regular exercise with a personal trainer who works in conjunction with the mental health and health providers. Barriers can include low socio-economic status, low exercise efficacy, and mental health symptoms. The BTH trainer works with students individually and in a group to address and overcome these barriers.

Jeanne Haley, MSW, LICSW

Staff Clinician Framingham State University

CNE (Nursing): 1.5; PsyCE: 1.5; NBCC: 1.5; NASW: 1.5

G-7: Results and Lessons of the “Get More Sleep!” Campaign: A Campus-Wide Intervention to Change the Sleeping Habits of College Students

Abstract: Sleep has been shown to be a factor that affects academic performance, depression, anxiety, and mood in college students. For this reason, a number of professionals have recommended the implementation of sleep quality monitoring and sleep hygiene education on college campuses. The “Get More Sleep!” Campaign sought to make students aware of the all-encompassing effects of sleep, and to educate students on what good sleep hygiene entails, through a week-long, campus-wide intervention, made possible with the funds from the 2013 NECHA grant. In our presentation, we will: 1) Review and talk about the state of student sleep in the U.S., 2) discuss the results of the campaign, and 3) discuss the implications of our results, and the current literature, and how they could help colleges and universities with their approach to improving student health.

Suzanne Bornschein, MD

Staff Physician Providence College

Caroline Doyle, BA

2013 Graduate Providence College

CME: 1.5; CNE (Nursing): 1.5; CHES: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

Concurrent Sessions ~ **H** ~ 10:30-Noon

H-1: The ABCs of ABX

Abstract: Review of common respiratory infections presenting to college health services. Differentiating viral from bacterial, reviewing organisms causing bacterial respiratory infections and learning how to choose effective and appropriate antibiotics and other therapeutic modalities. This lecture will cover families of antibiotics, which are useful and which are not useful in common community acquired respiratory infections.

Stacey Sperling, MD

Staff Physician Tufts University

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

H-2: Mind -Body Intervention in College Health

Abstract: Is there a place for Mind-Body intervention in the College Health setting? With Virginia Tech, the increase in Mental Health issues, domestic and sexual violence, the answer is emphatically, YES! This presentation will highlight the science behind Mind-Body Medicine and introduce the clinician to the art of Mind-Body interventions in a 6 week curriculum designed specifically for the college student. Case studies will be discussed.

Lisa H. Howe, MSN, ANP-BC

Nurse Practitioner

New England Conservatory of Music

CME: 1.5; CNE (Nursing): 1.5; CHES: 1.5; AAFP: 1.5; NBCC: 1.5; NASW: 1.5

H-4: The Wellness Challenge: Evidence-Based Upstream Prevention

Abstract: This session will describe the implementation of a 4-week Wellness Challenge designed to encourage participants to boost their well-being by trying out new health behaviors. Activities were selected to fit a weekly theme of social, physical, spiritual, or mental and emotional wellness, and based on research demonstrating their impact. A pre- and post-assessment were administered to Challenge participants and a control group. Results showed that participating in the Challenge increased several measures of well-being.

Jessica Gifford, LICSW

Mental Health Education Amherst College

CNE (Nursing): 1.5; CHES: 1.5; NBCC: 1.5; NASW: 1.5

H-5: All About the Thyroid Gland

Abstract: Thyroid disorders and questions about possible thyroid disorder are common problems in primary care and college health. In this presentation, we will explore the thyroid gland—how it works; what can go wrong; how to figure that out and what to do about it

Michelle Paavola, MD

Primary Care Physician, Center for Health & Wellbeing University of Vermont

Cheryl Flynn, MD, MS, MA

Medical Director, Center for Health & Wellbeing University of Vermont

CME: 1.5; CNE (Nursing): 1.5; AAFP: 1.5

H-6: Becoming a Tobacco-Free/Smoke-Free Campus: Riding the Wave of Health

Abstract: While approximately 25% of 18-22 year old full-time college students report current smoking, colleges and universities provide a distinct opportunity to prevent tobacco use and nicotine addiction through tobacco/smoke-free campus policies. Such policies create optimal learning environments and healthy campus norms. Participants will learn the benefits of a tobacco/smoke-free campus policy, best practices and key steps involved, and resources available. Challenges, impacts on specific populations, and support for smokers will also be discussed.

Tami Gouveia, MSW, MPH

Executive Director Tobacco Free Mass

Betsy Rosenfeld, JD

Regional Health Administrator US Department of Health and Human Services

Ann Becker, RN, BSN

Public Health Nurse University of Massachusetts Amherst

CNE (Nursing): 1.5; CHES: 1.5; MCHES: 1.5; NBCC: 1.5

as of Monday, October 6

Presenters

NECHA Annual Meeting

Geoffrey Bartlett

Director of Emergency Management
Tufts University

Medford, MA *E-5*

Ann Becker, RN, BSN

Public Health Nurse

University of Massachusetts Amherst

Amherst, MA *H-6*

Leah Berkenwald, MA

Coordinator, Wellness Education

Wentworth Institute of Technology

Boston, MA *Pre-4, E-6*

Nicole Bihler, MEd, CHES

Director, Wellness Services

The Boston Conservatory

Boston, MA *A-4, H-7*

Suzanne Bonnschein, MD

Staff Physician

Providence College

Providence, RI *G-7*

Brian S. Bowden, MEd, LPC

Coordinator: AOD Programs

Dartmouth College

Hanover, NH *E-4, F-2*

Ann C. Bracken MD, PhD

Co-Director of Clinical Medical Services; Associate
Director of Assessment, Office of Institutional
Research

Dartmouth College

Hanover, NH *D-1, E-4, F-2*

**Fred H. Brennan, Jr., DO, FAOASM, FAAFP,
FACSM**

Head Team Physician,

University of New Hampshire

Seacoast Orthopedics and Sports Medicine

Somersworth, NH *B-1*

Katharine Bryda, MS, RNC

Nursing Coordinator

Mount Holyoke College

So. Hadley, MA *Pre-2*

Richard Bungiro, PhD

Senior Lecturer, Molecular Microbiology
and Immunology

Brown University

Providence, RI *G-2*

Mary Bucher, MS, FNP

APRN

University of Vermont

Burlington, VT *B-6*

Kevin Charles, DEd

Asst VP, Student & Academic Services

Executive Director; Student Health Services

University of New Hampshire

Durham, NH *C-3, F-6*

Amanda Childress, MEd

Assistant Director & Sexual Assault Awareness

Program Coordinator

Dartmouth College

Hanover, NH *C-2*

Deborah Cohen, MEd

Director of AccessAbility Services

Mount Holyoke College

So. Hadley, MA *PM-3*

Patricia Donahue-Leitch, MSN/EMBA, APRN-BC

Nurse Practitioner

University of Massachusetts Amherst

Amherst, MA *E-2*

Caroline Doyle, BA

2013 Graduate

Providence College

Providence, RI *G-7*

William Flack, PhD

Associate Professor

Bucknell University

Lewisburg, PA *G-5*

Cheryl Flynn, MD, MS, MA

Medical Director

University of Vermont

Burlington, Vermont *B-6; C-1; H-5*

Deborah Flynn, NP

Director of Medical Services

Williams College

Williamstown, MA *F-3*

Janel Funk, MS, RD, LDN

Registered Dietitian

The Boston Conservatory

Brookline, MA *C-5*

Jodi Galin, PhD

Clinical Psychologist

Counseling & Nutrition Center 360

Lexington, MA *Pre-1*

Lauri Gallimore RN, BS

Director of Nursing

Dartmouth College

Hanover, NH *B-2; C-2*

Jessica Gifford, LICSW

Mental Health Education

Amherst College

Amherst, MA *H-4*

Samuel Z. Goldhaber, MD

Professor of Medicine

Harvard Medical School

Brigham and Women's Hospital

Boston, MA *A-1*

Tami Gouveia, MSW, MPH

Executive Director

Tobacco Free Mass

Framingham, MA *H-6*

Jessica Greher Traue, EdM

Senior Assistant Director, Wellness & Prevention

Bentley University

Waltham, MA *F-5*

Jeanne Haley, MSW, LICSW

Staff Clinician

Framingham State University

Framingham, MA *G-6*

SuEllen Hamkins, MD

Assistant Director, Psychiatric Services

University of Massachusetts-Amherst

Amherst, MA *B-3*

Margaret Higham, MD

Medical Director

Tufts University

Medford, MA *Pre-1, E-5*

Linda H. Hoer, RN, MS

Director, University Health Services

University of Massachusetts Amherst

Amherst, MA *E-2*

Lisa H. Howe, MSN, ANP-BC

Nurse Practitioner

New England Conservatory of Music

Boston, MA *H-2*

Cathryn Imperato, RN, DNP, NP-C, WHNP-BC

Nurse Practitioner

UC Berkeley

Berkeley, CA *A-6*

Caroline Kerns, MA

Clinical Fellow, Center for Anxiety
and Related Disorders (CARD)

Boston University

Boston, MA *D-6*

Matthew O. Kimble, PhD

Associate Professor, Dept of Psychology

Middlebury College

Middlebury, VT *G-5*

Jeanne M. Kincaid, JD

Attorney

Drummond Woodsum

Portsmouth, NH *Pre-3, C-3*

Elizabeth A. Lawson, MD, MMSc

Asst. Professor of Medicine,

Harvard Medical School

Massachusetts General Hospital

Boston, MA *E-1*

Rochelle Litalien, MS, RD, LD

Registered Dietician

University of New Hampshire

Durham, NH *Pre-3*

Carol Lebold, BA

Associate Director,

Education Abroad International Programs Office

University of Massachusetts Amherst

Amherst, MA *E-2*

Elaine Longley, BSN

Nursing Coordinator

Smith College

Northampton, MA *PM-2*

Presenters

NECHA Annual Meeting

Melissa Lopez, RN, BSN, MPH

Director, SHS
University of Bridgeport
Bridgeport, CT *B-2*

Keith Maddox, PhD

Associate Professor of Psychology;
Director, Social Cognition Lab
Tufts University
Medford, MA *Keynote, A-5*

Michelle Mandino, MSW

Prevention Specialist, Office of Alcohol and Other
Drug Services
Harvard University
Cambridge, MA *B-4*

Jon Mattleman, MS

Owner
Youth/Family Resources
Belmont, MA *C-4*

John Miner, MD

Co-Director, Psychological Counseling Services
Williams College
Williamstown, MA *F-3*

Rebecca Minus, RN

Staff Nurse
Brown University
Providence, RI *Pre-2*

Katharine Mooney MPH, CHES

Wellness Coordinator
Boston University
Boston, MA *D-5*

Charles C. Morse, MA, LMHC

Director of Counseling
Worcester Polytechnic Institute
Worcester, MA *A-3*

Emily Nagoski, PhD

Director, Wellness Education
Smith College
Northampton, MA *F-4*

Joleen Nevers, MAEd, CHES, CSE

Health Education Coordinator
University of Connecticut
Storrs, CT *G-4*

Michelle Paavola, MD

Primary Care Physician, Center for Health &
Wellbeing
University of Vermont
Burlington, VT *H-5*

Lisa Pearl, RD

Dietician
Counseling & Nutrition Center 360
Lexington, MA *Pre-1*

Lisa Pearlman, BSN, RN, FNP

Director, Student Health Services
Lasall College
Newton, MA *A-2*

Mark Peluso, MD, FAAFP

Medical Director and Head Team Physician
Middlebury College
Middlebury, VT *PM-3; G-1*

Craig Piers, PhD

Director of Education and Training
Williams College
Williamstown, MA *F-3*

Felix F. Pizzi, LMHC, CCMHC

Assistant Dean, Student Affairs;
Director of Counseling
The Boston Conservatory
Boston, MA *E-3*

Joshua Relin, PsyD

Staff Psychologist
University of Massachusetts-Amherst
Amherst, MA *B-3*

Betsy Rosenfeld, JD

Regional Health Administrator
US Department of Health & Human Services
Boston, MA *B-3*

Margaret S. Ross, MD

Psychiatrist, Behavioral Medicine, BU Student
Health Services; Med Director, Center for Anxiety
and Related Disorders
Boston University
Boston, MA *B-5, C-6*

Kathy Savage, RN

Nurse Manager
Tufts University
Medford, MA *PM-2, E-5*

Elizabeth Schewe, MA

Therapy Extern
Williams College
Williamstown, MA *F-3*

Alan E. Siegel, EdD

Chief, Mental Health and Counseling Service
Massachusetts Institute of Technology
Cambridge, MA *D-3*

Gordon Smith, Esq.

Executive Vice President
Maine Medical Association
Manchester, ME *F-5*

Lisa Smith, PhD

Associate Professor and Director
Boston University
Boston, MA *D-6*

Peter Davis Smith, MD

Medical Director
Trinity College
Hartford, CT *F-1*

Stacey Sperling, MD

Staff Physician
Tufts University
Medford, MA *H-1*

Maria E. Suarez, MSW

Associate Dean
Director Student Support Services
Brown University
Providence, RI *C-3; F-6*

Fran Taylor, MA

Director, Wellness Programming
College of the Holy Cross
Worcester, MA *G-4*

Karen Theiling, LMHC

Staff Therapist
Williams College
Williamstown, MA *F-3*

Elise Tofias Phillips, MEd

Director, Health Promotion
Boston College
Chestnut Hill, MA *D-4*

Ryan Travia, MEd

Director, Dept of Health Promotion & Educ
Director, Office of Alcohol & Other Drug Svcs.
Harvard University
Cambridge, MA *B-4; G-4*

Claudia Trevor-Wright, MA, JD

Asst. Director, Health Education & Wellness
Wellesley College
Wellesley, MA *E-6*

Sheila Tucker, MA, RD, CSSD, LDN

Executive Dietitian
Boston College
Boston, MA *D-4*

Kate Upatham, JD

Managing Attorney
US Dept of Education Office of Civil Rights
Boston, MA *E-0*

Amanda Vann, MEd

Sexual Respect Educator and Deputy Title IX
Coordinator for Students
Amherst College
Amherst, MA *A-4*

Ariel L. Watriss NP-C, WHNP-BC

Nurse Practitioner
Tufts University
Medford, MA *D-2*

Judy Whyte, RN

Head Nurse
Colby College
Waterville, ME *B-2*

Margaret Wood, MSW, LICSW

Co-Director, Psychological Counseling Services
Williams College
Williamstown, MA *F-3*

Jesine Xavier, PsyD

Psychologist
self employed
Needham, MA *G/H-3*

2014 Annual Meeting (paper) REGISTRATION FORM

Today's Date: _____ Or Register online - [click here](#)

NEW ENGLAND COLLEGE HEALTH ASSOCIATION October 29-31 Wentworth by the Sea New Castle, NH

Last Name: _____ First: _____ Preferred Degree: _____
 Position Title: _____
 Institution/Organization: _____
 Mailing Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _(____) _____ Email: _____

Check the following as they apply:

First time attendee

Yes, sign me up as a room monitor.

Wednesday Evening Soirée Guest or Single Day Tickets:

___ # tickets x \$45 each

= \$ _____

Three day registrants, your registration includes a ticket to the Soirée.

*
CE fees included in Registration
 ~
Registration fees independent of ACHA Membership status
 *

REGISTRATION	Thru - Oct. 15	Oct. 16 - 28	On-Site
Full 3-Day registration	___ \$355	___ \$395	___ \$400
Single Day, Wednesday	___ \$180	___ \$205	___ \$205
Single Day, Thursday	___ \$180	___ \$205	___ \$205
Single Day, Friday	___ \$150	___ \$150	___ \$160
Student, FT Undergraduate <i>(include copy of student ID)</i>	___ \$110	___ \$110	___ \$110
Student, FT Undergraduate Single Day: _____ <i>(include copy of student ID)</i>	___ \$55	___ \$55	___ \$55

TOTAL FEES:
 \$ _____

PAYMENT METHOD. 3 OPTIONS:

1) Check enclosed (payable to NECHA) Ck # _____

2) Purchase Order (enclosed) PO # _____

3) Credit Card Option, payment through PayPal. *Registrants choosing this option will be sent an invoice via email that will direct them to the PayPal payment site.*

Name of person who will process credit card payment:

Self; email address above.

Other Name/Email: _____

Please circle the workshops/concurrents you plan to attend. Your selections are not binding.

Pre-Mtg Workshops: **F** 1 2 3 4 5 6
PM 1 2 3 4
 Friday Concurrents:
 Wednesday Concurrents: **G** 1 2 3 4 5 6 7
A 1 2 3 4 5 6
B 1 2 3 4 5 6
H 1 2 3 4 5 6
 Thursday Concurrents:
C 1 2 3 4 5 6
D 1 2 3 4 5 6
E 1 2 3 4 5 6

A \$50 cancellation fee will apply to registrants who give notice prior to **October 25**.
 Refunds will *not* be granted after that date.

SEND YOUR COMPLETED REGISTRATION FORM TO:
NECHA 2014 ANNUAL MEETING
741 Hand Road No. Ferrisburgh, VT 05473
 Fax: 802 425-5507

If you require special accommodations or have additional needs in order to participate, please check this box. Indicate your requests in writing and include with your registration form.