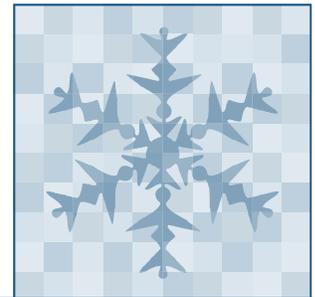




# News



New Look, New Logo, New England

Winter 2008



Bryant Ford, PhD

**G**reetings and Happy and Healthy 2008 to you! This newsletter marks my first contact with you since my election to the presidency last fall. I want to thank the general membership for your vote of confidence. I also want to thank all of the past presidents who have provided valued mentorship and assistance to me along the way.

In an attempt to keep you aware of the work being done by the NECHA board, I've identified a few meetings and events that have recently occurred or are in the pipeline that involve both board members and the general membership.

**Board of Directors (BOD) Meeting** at Keene State College in Keene, New Hampshire - Friday, January 25: The meeting provided an opportunity for the board to discuss and work on programmatic and fiscal matters of NECHA. We welcomed Mary Masson, ARNP and Margaret Highham, MD as newly elected Members-at-Large. We also carved out time at the meeting for committees to discuss and outline their work for the year.

**2008 Annual Meeting Planning Committee Meeting** at Mount Holyoke College - Friday, March 7: This meeting will include representatives from the various health disciplines across New England. The committee will review responses to our Call-for-Proposals, work on securing invited presenters, and other matters. There is still time (2<sup>nd</sup> phase deadline: March 1) to submit a proposal! The forms can be downloaded from the NECHA Web site at: [www.NECHAonline.org](http://www.NECHAonline.org)

The 2008 Annual Meeting will be held at the Mystic Marriott in Mystic, Connecticut October 29-31 of this year. Stay tuned!

**New NECHA Logo:** Many of you voted on the direction of the new logo at the Combined Meeting in Saratoga. We are pleased to unveil the new logo in this issue of NECHA News!

I am excited about the work ahead of us and the enthusiasm and energy of this board! If you have any questions, comments, or suggestions, please contact me. A listing and picture of the 2007-2008 Board of Directors is located on page 8.

I'd like to end this column with a few comments about Carole Worsh, NP. By now, many of you may have heard about her retirement from Pine Manor College as their Director of Health Services. She has been a dedicated NECHA/ACHA member for many years. In the following article, NECHA pays tribute to arguably the "Hardest Working Woman in College Health." Carole spent over 25 years in college health working tirelessly to improve the quality of health services to college students and the professional development of her colleagues. It is no doubt that her contributions have left an indelible mark in college health. Friends and colleagues have written about her extensive work experience, dedication and commitment to NECHA and the BOD, and her collegiality. She befriended and mentored many in New England and her absence in college health will be greatly missed. Although she will no longer be an active NECHA/ACHA member, it is my hope that she will remain accessible to continue passing along her passion and wisdom to us.

Congratulations goes out to Carole Worsh on her well-deserved retirement and many contributions to the college health profession. Best wishes, Carole!

*Bryant Ford, President*

*Bryant.Ford@Dartmouth.edu 603-646-9442*



**NEW Look,  
NEW Logo,  
NEW England...**

*Julie Basol  
Administrative Director  
Newsletter Editor  
julie@NECHAonline.org*

**M**uch thought and energy goes into the re-designing of a new logo. In marketing, if you're going to make a change, it better be bold enough for the public to notice, or even care, for that matter. A logo can create perceptions or serve as an invitation to take notice.

A logo may also invoke thoughts that a product is hip, solid, or trustworthy. It can create an identity and brand that benefits a product or service over a period of time. Or, sometimes, it just feels right to make a change!

In an era of four-color technology, NECHA's former slanted acronym created in the mid-70s (as far as we can determine), is being retired and with this issue of NECHA News, we are pleased to introduce our new logo. A sum of its parts - the map, blue bar, and background circle has adaptability for a multitude of applications, including our Web site:

**[www.NECHAonline.org](http://www.NECHAonline.org)**

Special thanks to Susie Erikson of Swell Design, for translating post-it note sketches and so many, many drafts into a logo

that, simply put, is going to work for years to come. I hope you like it!

I also hope you enjoy the changes and new feature articles of NECHA News: Clinical Check Up, The Admin Files, and Health Promotion Notion - there's something for everyone. Plus, we welcome back Dr. John Miner and his regular Psych Services Corner column.

We invite you to join us as a guest contributor. Give me a shout by April 1 and you could get published in our next issue!



The new year is typically a busy time for Psych Services. The events of the past year, especially at Virginia Tech, have propelled the issues of college/university mental health services into the national spotlight. This represents a challenge to increase our presence and to demonstrate the effectiveness of our services on campuses, while continuing to hold the unique and therapeutic space for students to consult and work, exploring and learning about their identity and their developmental process.

The challenges and multiple tasks for mental health professionals working in college mental health have become much more public. For most of us, these multiple tasks are not unknown. We've known for some time that our role involves much more than private 50-minute therapy sessions. We are therapists, counselors, consultants and administrators. In addition to providing treatment, we deal with emergency assessment, dialogue with deans, medical/psychological leaves and reinstatements, impacts of binge drinking, date rape and sexual assault, consultation to the residential community, dialogues about athletics, admissions and accommodations, while striving to be culturally competent in a rapidly changing world.

In several informal discussions, many colleagues have suggested that the original model of 'community mental health' is most appropriate as we develop and organize our task and mission. I believe it's a useful springboard for further discussions.

Various reports have come out about the events at Virginia Tech that have showed many alleged problems and flaws in several different systems. I suspect that any of us and/or our institutional practices could easily look flawed under the intense scrutiny that follows any such event. One take home message - review your practice's policies and procedures and make sure that you are following them. A very common theme in successful litigation is not about the actual decisions that are made....but the demonstration that a stated procedure was not followed.

Along with other recent national events and court cases, Virginia Tech has propelled the issues of college mental health problems into public awareness. This provides opportunity for us to demonstrate the roles and expertise that we offer in college settings. In order to do this effectively, we need to establish some shared guidelines and ex-

pectations that we can then bring into dialogue with college administrators and trustees.

An exciting new development is on the horizon regarding the possibilities for sharing and collaboration. Several of us at ACHA have been talking about the need to collaborate with the many organizations that deal with college mental health issues. ACHA's leadership has responded and recently held a Mental Health Summit in Baltimore, where invited leaderships of the APA's, ACCA, ACPA, AUCUUD, NASPA and NASW came together to discuss aspects of common missions and explore ways to collaborate in areas of policy development and practice guidelines. Spearheaded by ACHA, this is an exciting step, with the possibility of a follow up meeting at the NECHA Annual Meeting.

The ACHA and NECHA Annual Meetings have traditionally been the best places for such dialogues about the field of college mental health. It is often there, in the context of useful and thought provoking presentations, that colleagues have opportunity to discuss their work and the specific and unique aspects of the work in their particular institutions.

Many such issues will be elaborated on and discussed at ACHA's 2008 Annual Meeting. I encourage all of you to attend. Highlights include:

- Virginia Tech staff will present and discuss their experience to colleagues.
- Joanna Locke, MD, of the JED Foundation, has collected a panel to discuss how campus-wide collaboration can ease stress and distress in college students.
- Phil Resnick, MD, a forensic psychiatrist from Case Western, will present the Dorosin Lecture about the phenomenon of murder/suicide, as well as conduct a workshop on the assessment of violence in the college setting.
- Daryl Lapp, attorney and litigator for MIT's Elizabeth Shin case, will present/discuss appropriate ways to deal with the 'At Risk' student.
- Henry Chung, MD, (NYU) will present a model of depression screening, utilizing a specific model of collaborating with medical and psychological counseling services.
- Joy Pengilly, PhD, (Case Western) will lead the mental health thinking on the topic of obesity, a theme that all sections will present their perspectives about, in concordance with this year's national mandate.

(continued on page 7)



## The ADMIN FILES

*Sara S. Torbet, MEd  
Coordinator, Wellness Education  
Keene State College*

The New Hampshire Higher Education Alcohol & Other Drug (NHHEAOD) Committee, formally established in 1993, brings together representatives from NH public and private colleges and universities who are committed to addressing alcohol and other drug issues; these include health educators, counselors, social workers, nurses, and directors.

Institutional membership includes: Colby Sawyer College, Daniel Webster College, Dartmouth College, Franklin Pierce College, Hesser College, Keene State College, New Hampshire Technical Institute, Plymouth State University, Rivier College, Saint Anselm College, Southern New Hampshire University, and University of New Hampshire.

The committee is a collective voice for college AOD issues at a statewide level and promotes knowledge and advancements in the AOD field through joint programs and initiatives. Furthermore, the

committee strives to assist, support and strengthen representatives in their campus efforts to develop "low risk" environments through consultation, resource sharing and collaboration. The committee meets monthly throughout the academic school year at various New Hampshire campuses. Some of their recent initiatives include having alcohol educator George Parks in to train on the BASICS (Brief Alcohol Screen and Intervention for College Students) program; many of the New Hampshire schools have put this program into effect and are using it in their alcohol education efforts with students. In preparation for summer orientations the committee created a family guide to conversations about alcohol and other drugs. The brochure provides basic information intended to help prepare parents and students for the realities of alcohol and other drug use in the campus setting.

This spring the committee worked together to create and administer the NHHEAOD Alcohol and Other Drug survey for the first time electronically on their respected campuses. The survey, which was first implemented in 2001 in paper form, addresses student's personal use and attitudes toward alcohol, tobacco and other drugs and also asks for their perceptions of their peer's usage.

(continued on page 7)

..... & **New Location Too!**  
**NECHA 2008 Annual Meeting**

**THE COLLEGE HEALTH MYSTIQUE**

October 29-31

Mystic Marriott Hotel in Mystic, Connecticut home of the infamous  
~ **Elizabeth Arden Red Door Spa** ~

2<sup>nd</sup> Phase Call for Proposals due **March 1**

Check the Web site for forms and contact information:

[www.NECHAonline.org](http://www.NECHAonline.org)



**PRELIMINARY ANNOUNCEMENTS**

**THE COLLEGE HEALTH MYSTIQUE** is the theme for NECHA's 2008 Annual Meeting. Convening in Mystic, a town steeped in the history of America and the sea, we'll gather in a new location under a new moon! Sound mysterious? Add the aura of Halloween and you'll come to know there's much more to Mystic than their infamous pizza!

With the help of the '08 Planning Committee, we'll exploring current trends, examine the special role of college health professionals on campus, and agree or disagree - the movement to lower the drinking age, led by Thursday's general session presenter, John McCardell, PhD. Stay tuned for more as the Committee gets down to business!



**John McCardell, PhD**

**CHOOSE RESPONSIBILITY** Founder  
Dr. John McCardell to speak at  
2008 Annual Meeting Thursday, October 30

As a college health professional, you've no doubt dealt with excessive drinking and its alarming consequences. Binge drinking has become the norm for many students that you deal with, and will continue as such until we can come up with a fresh approach to this complex social issue.

The legal drinking age of 21 is not working – not in urban America, not in rural America, not on college campuses, not in, or out of, households, not in white collar America, not in blue collar America, and perhaps most emphatically not among adolescents age 13-17, where drinking is a more serious problem than ever before.

Several states, including Florida, Wisconsin, Vermont and Missouri, have studied the idea of lowering the drinking age from 21 to 18. The National Youth Rights Association has launched a petition drive to lower the drinking age and John McCardell, former president of Middlebury College in Vermont, has become the most visible advocate for the change.

"The law was changed in 1984, and the law had a very specific purpose, and that was to prohibit drinking among those under the age of 21," McCardell said. "The only way to measure the success of that law is to ask ourselves whether, 24 years later, those under 21 are not drinking." "The evidence is very clear," McCardell said. "It has had no effect."

Opposition to lowering the drinking age, however, remains strong. McCardell's group, Choose Responsibility, wants "drinking licenses" issued to those ages 18 to 21. He also wants youths to receive more education on responsible alcohol consumption. Seventy-seven percent of Americans are reportedly opposed to lowering the drinking age.

CHOOSE RESPONSIBILITY is a nonprofit organization founded to stimulate informed and dispassionate public discussion about the presence of alcohol in American culture and to consider policies that will effectively empower young adults age 18 to 20 to make mature decisions about the place of alcohol in their own lives. Read more on the NECHA Web site!

For more information about CHOOSE RESPONSIBILITY, visit: [www.CHOOSERESPONSIBILITY.org](http://www.CHOOSERESPONSIBILITY.org)

**"The time has come to address the reality of alcohol in America"**

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~ 2008 Planning Committee ~



Carole Worsh,  
APRN-BC, ANP

*Catherine Collins, MS, RN, CHES  
Wellesley College  
& Gerri Taylor, MS, APRN  
Bentley College*

It's hard to believe that Carole Worsh has left her position as Director of the Health Service at Pine Manor College. It's even more difficult to com-

prehend the fact that she has retired from the field of college health. Over the years, Carole has been an inspiration and mentor to many of us at NECHA. In this issue of NECHA News, we pay tribute to her by tracking her career in college health:

Recruited by her friend and neighbor, Carole Chisholm ("Chis"), Carole began her career in college health at Wellesley College. Chis was working as a part time night nurse in Wellesley's Simpson Infirmary and asked Carole if she would share the night shift position. The rest, as Chis says, is history! Carole spent many night hours listening to students expressing their worries, concerns, and ailments, as well as the joys and sorrows of their lives. Because of her experience with students, she often thought of going into psychiatric nursing. She loved the Wellesley students and was so good at listening and responding to them. Because of her love for students, she enrolled in Northeastern's NP program.

Upon completion of the program, there were no nurse practitioner openings at Wellesley so she applied for a "head nurse" position at Babson College. Within the year, she was promoted to Director of Health Services at

Babson. Since management responsibilities were new for her, she sought support from other NPs that served as directors of area small college health centers. She contacted directors at Bentley College and Framingham State. The three women launched NOND (Network of Nurse Directors) which is known today as CHAND (College Health Association of Nurse Directors). Carole's energy and enthusiasm became the driving force for the new organization. Members met on a regular basis at Wellesley to share policies, procedures, experiences, and the challenges confronting them. Carole ALWAYS welcomed new members with enthusiasm and warmth. CHAND has since become a model for similar groups in other parts of the country.

It was Carole who initiated the Louise Gazzara Award in honor of the former Tufts University Director of Nursing. Louise was a source of support and information for many newcomers to the field of college health.

NECHA continues to present the annual award which is given to a nurse that provides excep-

tional service in the field. In 2000, Carole was the recipient of this prestigious award.

During her 10 years at Babson College, Carole launched SAVA, a sexual assault awareness and violence prevention program. The program provided training for staff to be first responders in cases of sexual assault. Carole had a special interest in health education and spearheaded many HE programs at Babson and excelled as both an administrator and clinician. She left Babson College to become the Director of Nursing at Northeastern University where she continued to provide excellent service to students.

After Northeastern, Carole was hired as the Director of the Health Center at Pine Manor College. She oversaw the construction of an on campus Wellness Center complete with meditation areas for students, faculty and staff. Despite the small number of students on campus, Carole initiated a Student Health Advisory Board who assisted with education and outreach on campus. During her 13 years at Pine Manor, Carole was the recipient of a NECHA grant to address the issue of obesity on campus. Carole worked with staff from the Department of Public Health and faculty from the MGH Institute to launch the project. Some of the graduate nurse practitioner students from MGH (Massachusetts General Hospital Institute of Health Professions) had their community health and health promotion practicum at Pine Manor College with Carole. As one faculty member said, "Carole has been an inspiration for many NP students at MGH. She has a special talent for creativity in health promotion, and a gift for working with college students. It is a treat to see her in action."

In addition to her role in CHAND, Carole served as President of NECHA - twice! During her first term, she organized an annual meeting without the benefit of a conference planner. In fact, Carole served on the NECHA Board of Directors for MOST of her college career. She was a very involved board member and helped launch many initiatives and recruit new members.

She helped countless directors, even meeting nights and weekends to provide counsel. She has given so much to so many - always keeping the health of students as the top priority.

To provide further perspective on her impact, we include some comments from her CHAND colleagues: *Carole has been the heart and soul of CHAND and our very own college health expert. I'm inspired by her dedication, enthusiasm, and commitment to our students and the group. How will we survive without her leadership and support?*

*...she is an exemplary role model and a true nurse leader*

*Carole's experience and grace are shining examples of how one could be in charge without being supercilious and how one can have fun in spite of heavy responsibility*

*... always generous with advice; I always looked forward to hearing her "take" on issues.*

*When I think of CHAND, I think of Carole; my*

*thanks to her for all she has done for all of us.*

*...she always greeted me with a warm smile at the meetings...I've learned so much from her over the years.*

*Carole moved CHAND forward and kept the group interesting and vital.*

Finally, an acronym that Gloria Cater, former Associate Director of the Wellesley College Health Service says it all:

**C** is for caring and compassionate for students, as well as her peers.

**A** is for always willing to help in whatever way possible.

**R** is for respecting the differences in people and embracing diversity at all times.

**O** is for original - impossible to confuse with anyone else;

authentic and "for real."

**L** is for Leader- a leader in the Boston college health scene and beyond for many years

**E** is for Excellence in all that she does!

We wish Carole a wonderful, rich retirement and express our sincere gratitude to her for her commitment to college health and all of us!

*From Charley Bradley:* During my interview at Dartmouth College (in the early 90s), Yolanda Baumgartner asked me as if I knew Carole Worsh! At the time I did not, but knew from that day on, I had to meet her. *The Apprentice* may have "the Donald", but NECHA has "the Carole"! I become involved with NECHA and ACHA in large part due to Carole's encouragement and support along the way - and of course, her cohort in crime, Thelma Lake!

... she has always shown solid commitment to advancing college health, evidenced not only through her direct care responsibilities, but also through her incredible energy, support and concern for, and encouragement of others.

I am sincerely honored to have had the privilege of having Carole as a mentor as I began on the NECHA Board. Carole has a wealth of information and a dedication to college health that is admirable. Although I will miss seeing Carole at every NECHA meeting, I wish her the very best in her well deserved retirement.

*From Chad Henderson:* I first met Carole when I joined the NECHA Board in 1998. New to college health, Carole welcomed me, mentored me, shared her passion about college health with me ... inspired me to get involved. She shared the history of both CHAND and NECHA/ACHA with me, laughed with me, collaborated with me. I enjoyed every NECHA and ACHA meeting and the opportunity to spend time with Carole. We broke bread together and tipped a few on occasion. So Carole, as you transition to a life of leisure, thank you for all you have done for me, college health, and the thousands of students you have touched with your compassionate caring ... keep in touch friend.

May you enjoy fair winds and quartering seas.

# CLINICAL CHECK UP



## Wash Your Hands

Vanessa Britto, MD, MSc  
Director, Health Services Wellesley College

Wash your hands...  
w a s h   y o u r  
h a n d s ... w a s h   y o u r  
h a n d s ! This has to be  
one of the most impor-

tant public health messages that we convey and can't possibly stress enough to students and colleagues. Daily we are faced with questions from students about the "breaking news" they heard concerning a new "superbug" or illness that has caught the attention of CNN, *People* magazine, or an obscure Web site.

Sadly, we have heard the horror story of a young schoolboy in New York who recently succumbed to complications from Methicillin-Resistant Staph Aureus (MRSA) and some of us have had pointed conversations with administrators or others with worried looks on their faces who want to understand what this "norovirus thing" is. And we must not forget the countless discussions we have had with colleagues and committee members to help channel some of the fear and trepidation at the thought of a mutated avian flu virus stalking our campuses.

Having protocols, policies, and procedures for caring for wounds, encouraging people to remove themselves from public gatherings when they aren't well (without the absence being

considered punitive), and appropriately cleaning and disinfecting athletic equipment are all very important control measures for us. Nonetheless, the bottom line is.....we have to wash our hands! A mantra that I adopted long ago is: "If I can't remember when I last washed my hands....I wash them!" (As I get older, that span of time has shortened considerably!)

Our challenge is to continue to keep the issue of hand washing on the minds of students to guard against "issue fatigue". The message may blend into the background but that does not make organisms such as norovirus and MRSA go away. One approach we began at Wellesley

College several years ago, when the flu vaccine was in short supply, was to provide every student with a "gift bag" containing items such as a small bottle of alcohol-based hand sanitizer, a package of tissues, a disposable thermometer, and hand washing information. Although not a cheap proposition, our message was clear. That year we also began partnering with our Dean of Students office, the Department of

Environmental Health and Safety, and the Department of Information Services to purchase alcohol-based hand sanitizer, attached educational messaging to each bottle and placed one at every public computer terminal on campus. Sharing the cost across departments has helped offset the impact on any one area and the students are clear about our shared concern.

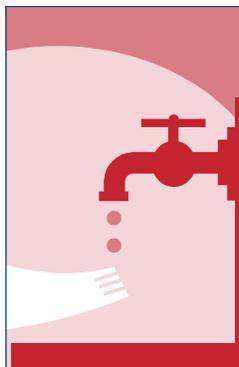
In the recent January 4 issue of *MMWR*, the CDC reported that a Washington, DC school with 380 students and staff had an outbreak of norovirus romp through the facility infecting 79 students and 24 staff members. The common denominator appears to have been one public computer's keyboard and mouse!

So the message and charge to us is clear and simple. With all of the tested and expensive antibiotics and antivirals at the ready, waiting to help stop MRSA and other organisms in their tracks don't forget the most important prescription you can write is:

**Remember to wash your hands...  
as many times a day  
as possible...**

**Refills:**

**Unlimited!**



## The Key Word is "PARTNERSHIPS"

Rebecca Johnson  
Keene State College

As a senior at Keene State, I'll soon receive my BS in Health Science, Nutrition.

As president of our Health Science Honors Society, Eta Sigma Gamma, the importance of student involvement in student groups, as well as with campus affairs, has increasingly become apparent to me. Until I became involved in student organizations, however, that I never realized how essential our voice is to everything from the way the campus functions to the development of new programs.

Despite recognition by administrators and other college professionals that a student voice is vital to a healthy campus (and despite active student involvement), opportunities remain undiscovered. While trying to raise money recently, Eta Sigma Gamma increased their resources by soliciting the Center for Health and Wellness to support our fundraising efforts. Chris Burke, the Center's director, gladly provided us with seed money for our project. In return, we plan to work with Coordinator of Wellness Education, Tiffany Mathews, to assist her with program planning and health promotion

activities. Members of Eta Sigma Gamma will gain valuable experience and participate in campus activities in many different ways.

I attended the Annual SOPHE (Society for Public Health Education) Conference this fall, which was themed "Partnerships to Achieve Health Equity." The key word here is partnerships. I left the conference determined to use partnerships to my advantage in the future. Working with the Center for Health and Wellness, our honors society had developed a new partnership that we hope will continue for years to come. Health science students can readily benefit college health centers because we can provide people power and lend knowledge to programs. We win too, in that we gain experience and insight as to the possibilities in future careers. Partnering with students - and not just health science students - is valuable for all involved. I encourage everyone to take advantage of student organizations to form partnerships that you may not have thought of before.



**ETA SIGMA GAMMA**

# Health Promotion Notion

Joleen Nevers, MAEd

The other day, I was having lunch with a colleague from another department. We were talking about job responsibilities and got on the topic of Health Educators. She asked me a question worthy of

sharing....*If you left UConn, would the person filling your position work some evenings and weekends like you do?* My response, "if the person doesn't, then he/she is not a health educator". After replying with such a bold statement, I began to wonder why I have such high expectations for myself and the field of Health Education.

I reflected on my initial contacts within the field with my high school and undergraduate college health educators. I recall them working with students well after others had left for the day, working weekends and overall, being accessible to students. I also reflected on my master's work in the field and recall learning about meeting my target population "where they live" or in other words, on their turf. Whether in a church, at a town meeting, or the student union, I was taught not to expect people to come to me - I needed to go to them.

Anyone working in college health, even for a short time, realizes that once relationships start to form with students, we end up meeting up with them not only in their comfort zones (such as residence halls, weekly meetings, etc.), but all over campus. Whether we are known for alcohol, sexuality, stress management, mental health, or body image expertise, it seems that we become a magnet to students. In some cases, we find it difficult to juggle tasks, never mind leave on time or take lunch!

Luckily, I've had opportunity to get to know health educators from around New England who have been great role models for me. They strive to find balance in their own lives so that they can also become better role models for their students. In the new year, I'd like to share some of the wisdom (and this is the short list!) they have imparted on me.

**Take a lunch break.** This may seem easy enough but many health educators are the front line and can't seem to get out of the office. Fellow health educators have made great suggestions such as getting out of the office to grab lunch—hence combining a brisk walk with a task. Even if it is after 1:00pm, a lunch or getting some space from the office can be refreshing.

**Have a hard pause to a meeting/day.** When a meeting is scheduled to end at 2:00pm, it should end at 2:00pm. If further discussion is needed on a topic, the group may need to reconvene at another time. It also means that a person can end their workday at a specific time. For some people this may appear easier based on their obligations. Everyone, however, should be allowed to have a life outside of work and should be respected if they want to schedule their walk at 5:30pm or other commitments. Having a hard pause at meetings or to a work day allows people to keep their commitments outside of work which everyone should be allowed, without explanation.

**Take care of yourself.** Taking care of one's self means different things to different people. It may mean getting a monthly massage, going for a walk, meditating, or having a hard pause to the day (as listed above). It may also mean getting together with colleagues/friends to discuss a great/bad day or finding a support at work/home. Whatever it means to you, try to incorporate it into your life every day.

If we can commit to one of the suggestions listed above we can strive to find balance in our work lives. I would like to thank the Health Educators from NEHEN who have been such great role models and are constantly striving to balance themselves. Many people benefit from their experiences from the students to the staff, and other health educators whose lives they touch.

REGION V, NYSCHA & NECHA  
07~ COMBINED ANNUAL MEETING ~07  
UNITED IN COLLEGE HEALTH  
Saratoga Springs, New York October 10-12

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Presented by the  
New York State  
College Health Association

Over 100 New Englanders crossed over to New York for the 2007 Combined Annual Meeting. Go to [www.NYSCHA.org](http://www.NYSCHA.org) to download handouts from many of the sessions. Thank you, New York!

(Psych Services Corner, continued from page 2)

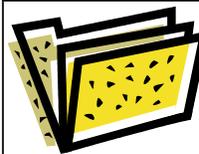
We'll also have discussions about ADHD, prevention of suicide, addressing needs of diversity students, assessing and treating bipolar students, administrative issues following tragedies, telephone triage systems, best practices on combining medical and psych counseling services...and more. I encourage all of you to attend, what I think will be, a very stimulating and informative meeting.

NECHA's 2008 Planning Committee is making plans for this fall's annual meeting in Mystic. I imagine that many of the same topics and themes will be presented, as we continue to find ways to discuss the interesting and complicated work we do.

I am pleased to have the opportunity to shape and build the identity of the ACHA Mental Health Section, serving as Chair beginning June 2008. I see my task as trying to clarify these and other issues as well as advance our unique specialty as college mental health professionals. I welcome your ideas and input as I head into this role.

Hope to see you in Orlando....and in Mystic.....John

(Admin Files, continued from page 2)



The data from each school is being used on individual campuses to aid in Social Norm Marketing Campaigns and campus programming. Collectively the data from all schools is being compiled; with the hopes of presenting this information to the New Hampshire College and University Presidents later in the year.

To learn more about the New Hampshire Higher Education Alcohol and Other Drug Committee visit their website:

[www.nhhead.org](http://www.nhhead.org)

## NECHA *News*

is published 3 times year with its Fall, Winter, Spring/Summer issues. Contributions of college health interest are welcomed!

For details, contact [Julie@NECHAonline.org](mailto:Julie@NECHAonline.org)

**Deadline: April 1** for the spring/summer issue.

## Extra *NEWS* around Extra *New England* ☆☆☆☆

### Connecticut College

CC Curtiss, Health Education Consultant for Connecticut College, has just accepted a new position at Connecticut College as the Director of Student Wellness & AOD Education.

### Eastern Connecticut State University

Aliza Makuch formally of the Governor's Prevention Partnership in Connecticut accepted a position in October at Eastern Connecticut State University as the Coordinator of Substance Abuse and Prevention.

### University of Connecticut

The True Colors Annual Conference, True Colors XV: A Global Perspective, will be held at the University of Connecticut on Friday, March 14 and Saturday, March 15, 2008. True Colors, Inc. Sexual Minority Youth and Family Services is a non-profit 501(c)(3) organization that combats homophobia, gender bias, and racism. They provide support, education, and advocacy to those responsible for the health, education, and well-being of Lesbian, Gay, Bisexual, Transgender, and Intersex Youth and Families. A Pre-Conference Professional Institute will be held on Thursday, March 13 for clinic and mental health, child welfare, health care and substance abuse prevention providers. For more information about next month's conference or True Colors please go to

[www.ourtruecolors.org](http://www.ourtruecolors.org)

### Wesleyan University

Save the date for the annual BACCHUS Area 10 Spring Conference, focused on addressing college health and safety issues through peer education. Wesleyan's Peer Health Advocates, with help from Wesleyan's Student Health Advisory Committee, will be hosting the conference here at Wesleyan University in Middletown, CT on April 5-6.

Saturday, April 5 will be the conference while Sunday, April 6 will be the (optional) Certified Peer Educator Training. For more information about the conference, please contact Lisa Currie:

[lcurrie@wesleyan.edu](mailto:lcurrie@wesleyan.edu).

## NOMINATE A COLLEAGUE FOR A 2008 NECHA AWARD

Do you know an outstanding colleague who has made exceptional contributions to their students, institution, and the field of college health? If so, consider nominating him or her for the NECHA President's or Louise Gazzara awards!

Individuals may be nominated by any member or member institution of ACHA and/or NECHA. Nominations should include background information about the candidate and submitted by letter or email by **May 31, 2008**.

### Submit nominations to:

Charley Bradley, RNC, Awards Chair  
Dartmouth College Student Health Center  
7 Rope Ferry Road #6143 Hanover, NH 03755  
or to [charley.bradley@dartmouth.edu](mailto:charley.bradley@dartmouth.edu)

## WHO WILL WIN THE 2008 NECHA PRESIDENT'S AND LOUISE GAZZARA AWARDS?

Nomination forms available at:

[www.NECHAonline.org](http://www.NECHAonline.org)

## NECHA GRANT CALL for PROPOSALS Open to the College Health Community

The 2008 NECHA Grant Committee invites you to respond to our Annual Grant Call for Proposals. The purpose of the grant proposal is to assist schools in improving the quality and delivery of student health services and promoting innovative health programming within New England's college health community.

The Board invites New Englander to propose projects at grant-funded levels up to \$1000. The total number and size of awards will be based on merit, need, and the number of proposals received. Grant projects should produce benefits with wide application for college health.

Projects that involve student participation and a multi-disciplined/multi-departmental approach to address shared concerns are especially encouraged.

Recent recipients of the NECHA Grant include Wellesley College, New England College, and Bridgewater State.

Proposals should include description of the program and goals, use of funds, and relevance to college health.

**Deadline for proposals: May 31, 2008**

*Bryant Ford, PhD NECHA President  
Chair, NECHA Grant Committee  
603 650-1442 [bryant.ford@dartmouth.edu](mailto:bryant.ford@dartmouth.edu)*

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\* = year one of a 2-yr term  
\*\* = year two of a 2-yr term

NEW ENGLAND COLLEGE HEALTH ASSOCIATION

2008 ~ ANNUAL MEETING ~ 2008

## THE COLLEGE HEALTH MYSTIQUE

Mystic, Connecticut October 29-31

2<sup>nd</sup> Phase Call for Proposals due March 1

[www.NECHAonline.org](http://www.NECHAonline.org)



### 2007-2008 NECHA Board

L to R, front row: John Miner, Mary Masson, Margaret Highham, Christine Burke, Bryant Ford.  
L to R, back row: Joleen Nevers, Ellen Reynolds, Lynn Wachtel, Charley Bradley, Vanessa Britto.

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