#### **NECHA 2018 Annual Meeting**

Guiding Our Students, Lighting The Way

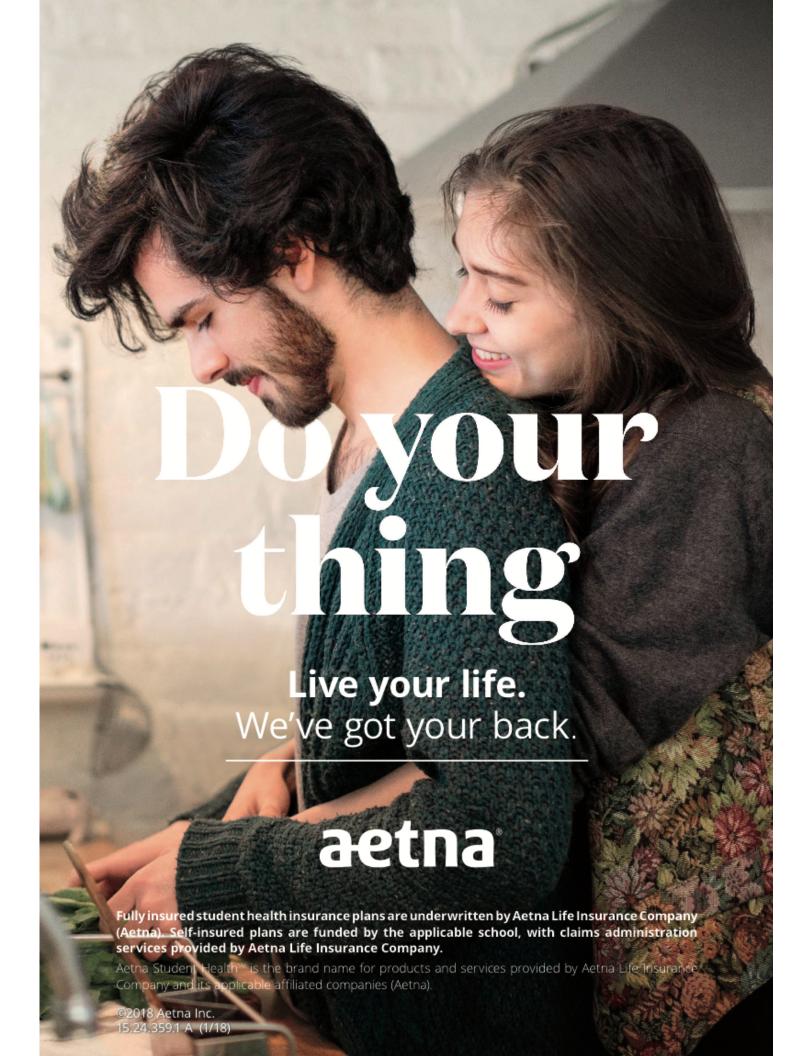


#### College Health Professionals Must-Attend Meeting of the Year

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

Register online at www.NECHAOnline.org





#### **NECHA 2018 AGENDA**

#### Wednesday, November 7

8:00 AM Breakfast (Registration & Exhibits begin)

8:30 - 11:30 AM Pre-Meeting Workshops

11:45 - 12:30 PM Lunch & Exhibits

12:30 - 1:00 PM Welcome, Opening Remarks & 2018 NECHA Award Announcements

1:00- - 2:00 PM General Session

2:15 - 3:45 PM Concurrent – A – Sessions

3:45 - 4:15 PM Afternoon Break with Exhibitors

4:15 - 5:45 PM Concurrent – B – Sessions

6:00 - 6:45 PM Screening of documentary film "If They Had Known"

8:30 - 9:30 PM Dessert & Wine Reception Honoring the 2018 NECHA Award Recipients

#### Thursday, November 8

7:00 AM 30-Minute Yoga

7:30 AM Continental Breakfast (Registration & Exhibits continues)

8:30 - 10:00 AM Concurrent - C - Sessions

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

10:30 AM - Noon Concurrent – D – Sessions

Noon - 1:00 PM Lunch & Exhibits

1:00 - 2:00 PM General Session

2:15 - 3:45 PM Concurrent – E – Sessions

3:45 - 4:15 PM Afternoon Break with Exhibitors

4:15 - 5:45 PM Concurrent – F – Sessions

6:00 - 7:00 P 60-Minute Yoga

#### Friday, November 9

7:00-8:00 AM Continental Breakfast with Board of Directors (Registration continued)

8:00-9:00 AM General Session

9:15 - 10:45 AM Concurrent – G – Sessions

10:45 - 11:00 AM Morning Break

11:00 - 12:30 PM Concurrent - H - Sessions

# GREAT NEWS! You can access event info on your phone!

Download the Yapp app on your phone and stop by the registration table for more information on how to access the annual meeting app.

Thank you to BENTLEY UNIVERSITY for creating this feature for NECHA 2018!

**Dr. Kimberly DALY, DNP, APRN, FNP-C,** Associate Director, Salem State University **2018 Annual Meeting Program Chair, President-elect** 

#### Guiding our Students: Lighting the Way, Portland, ME

Now, perhaps more than ever, institutions of higher education are facing significant challenges. These come from a variety of factors which are not limited to political, financial, social, racial and cultural influences. Even since our last meeting in Burlington, VT last year, so much has changed in the political- social landscape. We struggle to keep up, much less stay ahead.

The struggles may be great, but our collective commitment to support the health and wellbeing of our college students is palpable. The theme of this year's meeting: Guiding our Students: Lighting the Way celebrates our strength and commitment to helping support our students despite adversity and hardship. Together, we can channel our wisdom and share innovative ways to engage and foster success in our students. Our three featured speakers represent diverse areas that will address some of our greatest challenges we face and provide support for achieving ongoing wellness. Opening the conference, Dr. Christopher Willard, will provide an in-depth look at Mindfulness and how to use this technique to address rising rates of anxiety and mental health demands on our campuses. On Thursday, we are pleased to welcome Dr Alfiee Breland-Noble to continue the discussion on mental health and specifically address mental health disparity in students of color. She will provide expert guidance on best practices as highlighted in a recent publication on this topic from the Steve Fund.

The highlights of this publication will also be presented November 14<sup>th</sup> in Austin, TX at the Young, Gifted and @Risk Conference. The conference will close out with an informative discussion from Julia Brown, Esq. from the Immigrant Legal Advocacy Project (ILAP), Portland, Maine. ILAP is leading the way, alongside partners like the ACLU, to provide legal aid to undocumented and immigrants in Maine. The session will address the issues we all face around how to <u>support undocumented and immigrant</u> students seeking to pursue their dream of a college education!

I would like to my deepest appreciation to the program planning team for all their efforts in creating this amazing conference. This includes: Lauri Gallimore, Sarah Cavicchi, Dr. Julie Ross (mental health), Judy Whyte (nursing), Sharon Capuano (clinical medicine), and Emily Rosenthal (health promotion). I'd also like to acknowledge Becky Minus, Ellen Reynolds, Gerri Taylor, and Joleen Nevers for their ongoing support and guidance.

My hope is that attendees will leave the conference feeling better prepared to face these challenges head on and come out stronger, better prepared to guide our students and lead the way!

Have a wonderful Conference,

Dr. Kimberly Daly



#### SPECIAL THANKS TO THE PLANNING COMMITTEE

#### **PROGRAM CHAIR:**

Kim Daly DNP, APRN, FNP-C, Salem State

#### 2018 COMMITTEE MEMBERS:

Barbara A. McCall, MPH, CHES, Middlebury College

Becky Minus, Brown University

Charlie Morse, MA, LMHC, Worcester Polytechnic Institute

Cheryl Flynn MD, MS, MA, University of Vermont

Deborah Perkins, RN, MPH, Southern NH University

Elizabeth Drexler-Hines, MPH, MCHES, College of the Holy Cross

Ellen Reynolds, MS, FACHA, University of Rhode Island

Emily Pagano, MS, University of Connecticut

Emily Rosenthal, MPH, LMSW, Southern Connecticut State University

Felix F. Pizzi, M.S.Ed., LMHC, CCMHC, Southern New Hampshire University

Gerri Taylor, MS, ANP-BC, Bentley University

Jeff Maher, MD, Bowdoin College

Jessica Greher-Traue EdM, Bentley University

Joleen M. Nevers, MAEd, CHES, CSE, CSES, University of Connecticut

Judy Whyte, RN, BSN, Colby College

Julie Ross, PhD, Tufts University

Kalei Ensminger, MSN, NP, Salem State University

Lauri Gallimore BS, RN, Dartmouth College

Leah Berkenwald, MA, Babson College

Lisa Keefe RN, BSN, Wellesley College

Lisa Lisius, RN, Univ. Of Maine- Farmington

Lisa Pearlman MSN, FNP-BC, Wentworth Institute of Technology

Marianne Coscia RN, BSN, Tufts University

Marta L. Carlson, Ph.D., Assumption College

Sarah Dionne, LICSW, U Mass Lowell

Sharon Capuano MSN, FNP-BC, Salve Regina

Program Planning Committee members have been asked to complete conflict of interest statements regarding relationships with commercial entities. All members of the Program Planning Committee have reported no relevant financial conflicts of interest.

#### **NON-DISCRIMINATION STATEMENT**

NECHA is an organization of individuals dedicated to promoting the health, safety, and well-being of college students through primary care, mental health services, health counseling, health education, and health promotion activities. NECHA also recognizes its role as an advocate for health services and their representatives in areas relating to college health.

#### CONTINUING EDUCATION

<u>CME Credits:</u> This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American College Health Association and New England College Health Association. The American College Health Association is accredited by the ACCME to provide continuing medical education for physicians. This live activity has been approved for *AMA PRA Category I Credit*™.

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

<u>CE Credits for Psychologists (PsyCE)</u>: 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 14.0 hours of continuing education for psychologists. Psychologists must attend each session in its entirety in order to qualify for CE credit for that session.

<u>CECH Contact Hours (CHES/MCHES)</u>: 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 continuing education contact hours. Maximum advanced-level contact hours available are 13.0 contact hours.

**NBCC Credits:** NECHA 2018 has been approved by NBCC for NBCC credit. Sessions approved for NBCC credit are clearly identified. NECHAI 2018 is solely responsible for all aspects of the program. NBCC Approval No. SP-2925.

<u>Nursing Contact Hours (CNE):</u> This continuing nursing education activity was approved by the Pennsylvania State Nurses Association Approver Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**NASW Contact Hours:** This program is Approved by the National Association of Social Workers (Approval # 886449811-7160) for 18 continuing education contact hours.

#### **EVALUATIONS**

Successful Completion of the Educational Activity

To receive continuing education credit/contact hours, participants are required to:

- a) sign in at the Registration Booth upon arrival at the meeting
- b) attend each session for which credit is requested in its entirety
- c) complete the online session evaluation (or paper evaluation form for each session)

Evaluations for continuing education credit and future planning will be conducted online.

The link will be active at www.NECHAonline.org and on the onsite Yapp app during and immediately following the conference.

Evaluations must be submitted in one sitting and completed by Friday, November 16, 2018.

Certificates of attendance will be distributed online as evaluations are completed.

# **REGISTRATION INFORMATION** STATE OF THE STATE

#### **DISTINGUISHED SPONSORS**

#### ATTENDEE BAG SPONSOR:



Gallagher Student Health & Special Risk is committed to being the nation's leading fullservice independent

insurance program administrator for the educational community by providing highquality, customized, and affordable health and sports insurance to schools, and the students and families they serve.

#### KINDNESS ROCK SPONSOR:



**Aetna** is an American managed health care

traditional and consumer directed health care insurance plans and related services, such as medical, pharmaceutical, dental, behavioral health, long-term care, and disability plans.

#### **RECEPTION SPONSOR:**



Emily Nagoski: Sex educator, author, research and activist Emily Nagoski is the author of the New York Times bestseller, COME AS YOU ARE: the surprising new science that will transform your sex life.

#### INFUSED WATER BOTTLE SPONSOR:



ROSS has been working with colleges and

universities in New England to provide cost effective solutions with comprehensive coverage. Our goal is to create a custom plan that is tailored to meet the needs of each institution and student.

#### **EXHIBITORS**

Academic Healthplans Acadia Healthcare

Aetna

Alfa Wassermann

American Assocaition of Nurse Practitioners

Cambridge Eating Disorder Center

**Caution Wear Corp** 

College Health TV

Consolidated Health Plans Student Health

Cross Insurance

**Eating Recovery Center** 

FutureHealth

Gallagher

Gilead Sciences

HealthLabs.com

**Medical Practice Specialists** 

Medicat, LLC.

Medline

Merck Vaccines

MY Biomedical

Oxford Immunotec

Pfizer Vaccines

Pharmedix

Point and Click Solutions, Inc

Sanofi Pasteur

The Allen J Flood Company

**ThrivingCampus** 

University Health Plans

#### **NON-ENDORSEMENT OF PRODUCTS**

Accredited status does not imply endorsements of any commercial products displayed in conjunction with this activity by NECHA, NYSCHA, ACHA, or by any accrediting body listed above.

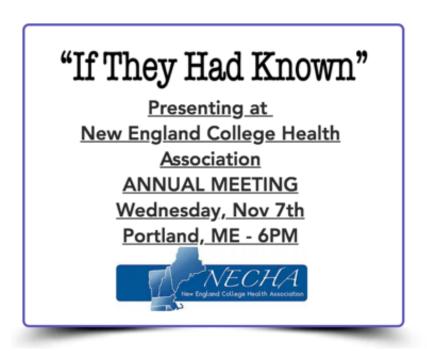


Current guidelines require that participants in continuing education activities be made aware of 1) any relationships between speakers and commercial entities, and 2) any limitations in data cited. Through the Call for Programs process, speakers were asked to complete Faculty Disclosure Forms regarding relationships with commercial entities. Speakers will be asked to verbally address any limitations in data cited.

The following presenters have indicated that they have relationships with commercial entities to disclose:

Christopher Willard has disclosed that he has been a paid speaker on the topic of Mindfulness.

All other speakers listed in this program have indicated that they have no relationship with commercial entities to disclose.



More information about "If They Had Known" can be found at "If They Had Known" info table near registration table and screening will take place in the Vermont Room at 6:00 pm on Wednesday November 7th.

#### WEDNESDAY GENERAL SESSION

1:00 - 2:00 p.m.

#### **GS1: Making Mindfulness Stick on Campus**

**Learning Objective #1**: Clearly define mindfulness

Learning Objective #2: Learn the basic physiology and neuroscience of mindfulness

Learning Objective #3: 3. Learn and practice basic mindfulness techniques to build resilience

and reduce stress in ourselves and our students

Presenters: Christopher Willard PsyD Faculty, Part Time Harvard Medical School

CME: 1; CNE (Nursing): 1; PHARM 0; PsyCE: 1; CHES: 1; MCHES: 0; NBCC: 1; NASW: 1

#### THURSDAY GENERAL SESSION

1:00 - 2:00 p.m.

# **GS2:** Mental Health and Students of Color: Helping Campuses Identify, Address and Find Solutions for Disparities

**Learning Objective #1**: Discuss health disparities in identifying and treating mental health issues in racially diverse student populations

**Learning Objective #2:** Idenitfy best practices for identifying and treating mental health concerns in students of color.

Learning Objective #3: Identify campus climate strategies to support the emotional well-being and mental health of students of color.

#### **Presenters: Alfiee Breland-Noble PHD MHSc**

Senior Scientific Advisor, The Steve Fund & Principal Director, The AAKOMA Center (dba MDIL Consulting) The Steve Fund & The AAKOMA Center (dba MDIL Consulting)

CME: 1; CNE (Nursing): 1; PHARM 0; PsyCE: 1; CHES: 1; MCHES: 1.5; NBCC: 1; NASW: 1

#### FRIDAY GENERAL SESSION

8:00 - 9:00 a.m.

# **GS3:** Undocumented students and Higher Education: Updates and Recommendations

**Learning Objective #1**: Describe the current state of the challenges faced by undocumented students in American schools of higher education.

**Learning Objective #2:** Review examples of systems, policies which campuses can enact to support undocumented students.

Learning Objective #3: Discuss concerns for undocumented students and provide feedback.

Presenters: Julia Brown Esq.

Advocacy and Outreach Attorney Immigrant Legal Advocacy Project



# PC1: Guiding Our Colleges and Lighting the Way Toward Transformative Health and Wellness Models in Student Affairs

**Learning Objective #1**: Discuss the evolution of "Wellness" in College Health.

**Learning Objective #2:** Describe strategies for transforming collaborative health models in student affairs. **Learning Objective #3:** Identify opportunities to develop collaborative health models in student affairs.

#### **Presenters: Gerri Taylor MS**

Associate Dean of Health, Counseling and Wellness Bentley University

#### **John Miner MD**

College Health Consultant Williams College (Retired)

#### **Gerard Fromm PhD**

Distinguished Faculty Erikson Institute, Austen Riggs Center (semi-retired)

#### Joleen Nevers MAEd, CHES, CSE, CSES

Associate Director, Wellness and Prevention University of Connecticut

CME: 0; CNE (Nursing): 3; PHARM 0; PsyCE: 0; CHES: 3; MCHES: 3; NBCC: 3; NASW: 3

#### PC2: Concussion Care in College Health

**Learning Objective #1**: Describe the major symptom groups in concussion **Learning Objective #2**: Describe a simple Vestibular/Ocular Motor Screening

Learning Objective #3: Discuss and review recent literature re: concussion management

#### **Presenters: Peter Doyle MD**

Associate Medical Director Tufts University Health Service Tufts University

CME: 3; CNE (Nursing): 3; PHARM 0.3; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0

# PC3: Once Upon a Time; Crafting and Communicating Our Stories in College Health

**Learning Objective #1**: Explain reasons for communication gaps

Learning Objective #2: List strengths of departmental program, vision and future opportunities for storytelling

Learning Objective #3: Describe one method or framework for storytelling

Learning Objective #4: Identify benefits of using appropriate charts and visuals to use to enhance story

#### **Presenters: Jessica Greher Traue EdM**

Director, Wellness & Health Promotion Bentley University

CME: 0; CNE (Nursing): 3; PHARM 0; PsyCE: 0; CHES: 3; MCHES: 3; NBCC: 0; NASW: 0



# PC4: Labs, Pilots, and Dreams: Innovations in University Mental Health Care Access

Learning Objective #1: Identify access challenges on their campus Learning Objective #2: Describe innovation examples on campuses Learning Objective #3: Discuss ideas to try on your own campus

Presenters: Will Meek PhD
Director of Counseling & Psychological Sevices Brown University

**Chetan Joshi PhD** 

Associate Director & Director of Clinical Services University of Connecticut

CME: 3; CNE (Nursing): 3; PHARM 0; PsyCE: 3; CHES: 0; MCHES: 0; NBCC: 3; NASW: 3

#### **PC5: Nurse Manager Roundtable**

**Learning Objective #1**: List challenges common to nursing management in College Health **Learning Objective #2:** Identify nursing management strategies to address these challenges

Learning Objective #3: Review human resource responsibilities and requirements that are common to nurses

in College Health management roles

Presenters: Lauri Gallimore BS, RN
Director of Nursing Dartmouth College
Judy Whyte RN
Head Nurse~Garrison Foster Health Center Colby College

CME: 0; CNE (Nursing): 3; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0



#### CONCURRENT SESSIONS A

Wednesday, Nov. 7 2:15-3:45 pm

A1: Accreditation: lessons and experiences from the field

Learning Objective #1: Identify rationale to justify the process of accreditation

Learning Objective #2: Describe the process and standards required to achieve accreditation

Learning Objective #3: Discuss challenges and barriers to achieving accreditation

Presenters: Ellen Reynolds MS

Director University of Rhode Island Health Services

**Judy Whyte RN** 

Head Nurse~Garrison Foster Health Center Colby College

Valerie Keifer DNP, APRN, ANP-BC

Nurse Practitioner/APRN University of Connecticut Student Health Services

Margaret Fitzgerald FNP-BC, MSN

Associate Director Bentley University

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 0; NASW: 0

# A3: Mindset Interventions: Low-cost, large-scale strategies to improve mental health, retention, and academic performance

Learning Objective #1: Define mindset interventions and how they work

Learning Objective #2: Explain the core components of a mindset intervention.

Learning Objective #3: Discuss how to create and implement an intervention

#### **Presenters: Jessica Gifford LICSW**

Associate Director of Health Education, Mental Health Promotion Amherst College

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 0; NBCC: 1.5; NASW: 0

# A4: Weed Better Be Ready: A Massachusetts College Prepares for Marijuana Legalization

**Learning Objective #1**: List the pros and cons of marijuana legalization

**Learning Objective #2:** Describe negative health effects for adolescents and young adults with increase marijuana usage.

**Learning Objective #3:** List 3 types of marijuana products and paraphernalia that are new to the participant **Learning Objective #4:** Describe strategies and ideas for implementing marijuana education on your campus

Presenters: Ilene Hofrenning MSN, FNP-BC

Director, Health Center Framingham State University

Joy LaGrutta Med

Alcohol & Drug Education & Prevention Specialist Framingham State University

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 0; NASW: 1.5

#### CONCURRENT SESSIONS A (continued)

Wednesday, Nov. 7 2:15-3:45 pm

#### A5: Development of a Nurse Delivered Wellness Visit: First Steps

Learning Objective #1: Identify why the wellness visit should be nurse directed.

Learning Objective #2: List the core components and tools for success in the nurse delivered wellness visit.

Learning Objective #3: Describe the student experience during the nurse delivered wellness visit.

Presenters: Kelley LaFleur MPH, MSN

Outreach Director, Family Nurse Practitioner UConn Student Health Services

**Tina McCarthy BSN** 

Director of Nursing UConn Student Health Services

**Laurie Savino RN** 

Registered Nurse UConn Student Health Services

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0

# A6: Meningitis B Response at UMass Amherst: Lessons Learned and Practice Pearls

**Learning Objective #1**: Discuss the stages of emergency preparedness in the event of a meningococcal outbreak on campus.

**Learning Objective #2:** Describe internal and external communication strategies used in a campus wide public health emergency.

Presenters: Ann Becker RN, DNP

Public Health Nurse University of Massachusetts Amherst

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0

#### CONCURRENT SESSIONS B

Wednesday, Nov. 7 4:15-5:45 pm

# B1: Dig Deeper: Why we should be going further with student health data to identify and address health disparities on campus, and how to do it with what you have

**Learning Objective #1**: Identify 3 compelling reasons to routinely dis-aggregate and analyze student health data in order to identify health disparities among underrepresented minorities on campus

**Learning Objective #2:** List how to can accomplish dis-aggregation and analysis with or without significant support from institutional research or additional personnel.

**Learning Objective #3:** Describe how to partner with key stakeholders on campus to address health disparities.

#### **Presenters: Claudia Trevor-Wright MA, JD, MCHES**

Assistant Director of Health Education Wellesley College

#### Jess Abramson BA expected, 2019

Health Data Analysis & Communications Student Aide Wellesley College Health Service

#### **Tracey Cameron PhD**

Assistant Dean of Intercultural Education/Director of Harambee House/Advisor to Students of African Descent Wellesley College

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

# **B2:** Psychopharmacologic Management of the depressed or anxious college student

Learning Objective #1: Define Depression (MDD and others) and Anxiety (GAD and others) based on DSM V criteria

Learning Objective #2: Review assessment and differential diagnosis of depression and anxiety

**Learning Objective #3:** Outline Pharmacologic Treatments of anxiety and depression (and related disorders)

#### **Presenters: Athena Davos BSN, MSN**

Psychiatric Mental Health Nurse Practitioner Optum Student Health

#### Marguerite Cycz BSN, MSN

Psychiatric Nurse Practitioner

CME: 1.5; CNE (Nursing): 1.5; PHARM 1.125; PsyCE: 1.5; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 0

#### **B3: Health Promotion: Peer Review**

**Learning Objective #1**: Identify three peer review strategies used by health promotion professionals to provide expert assistance/guidance.

**Learning Objective #2:** Identify three factors that could positively or negatively impact the peer review process.

**Learning Objective #3:** Identify the knowledge of peer review by conducting a review of work submitted by health promotion peers.

#### Presenters: Erin Kaminski MEd

Wellness Educator Merrimack College

#### **Christine Johnston MPH**

Assistant Director, Alcohol & Other Drug Education and Health Promotion Springfield College

Tara R. Schuster MS, MCHES

Coordinator of Health Promotion Rensselaer Polytechnic Institute

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 0; NASW: 0



#### **CONCURRENT SESSIONS B** (cont.)

Wednesday, Nov. 7 4:15-5:45 pm

#### **B4: Thinking Outside the Office: Bringing Mental Health Treatment Outdoors**

**Learning Objective #1**: Identify the health and mental health benefits of time spent outdoors.

Learning Objective #2: Compare outdoor interventions with other leading mental health interventions.

**Learning Objective #3:** Identify strategies clinicians can use to help motivate clients to engage in activities outdoors year round, and to address barriers or obstacles that may interfere

#### **Presenters: Anne Cooper PsyD**

Clinical Psychologist Medical Psychology Center

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 1.5

# B5: Creating a Medical Home Away from Home-Implementing a Collaborative Care Model for students with complex medical needs on a college campus.

**Learning Objective #1**: Explain the challenges students with complex medical needs face when they enter the college campus environment.

**Learning Objective #2:** Describe a process to proactively identify incoming undergraduate and graduate students with complex medical needs.

**Learning Objective #3:** Discuss a model of collaborative practice implemented at Brown University Health Services for students with complex medical needs.

#### Presenters: Kristie Sullivan MHA, RN, CPEHR

Assistant Director, Operations and Administration of Health Services Brown University

Angela Dziok RN, BSN, RRT, BS, CPEN
Staff Nurse Brown University
Rebecca Minus RN, MSN, CNL

Staff Nurse Brown University

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0

# **B6:** Opioid Use Disorder & Medication Assisted Recovery: Caring for Our College Communities

**Learning Objective #1**: Identify opioid use disorder (OUD)

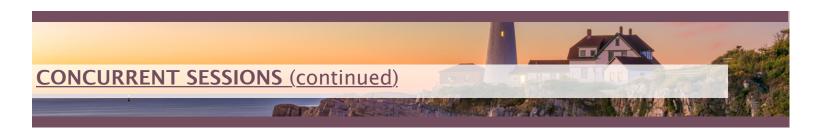
Learning Objective #2: Compare pharmacologic treatments used in Medication Assisted Recovery (MAR)

**Learning Objective #3:** Outline harm reduction strategies.

Presenters: Elisabeth Fowlie Mock MD, MPH, FAAFP

Academic Detailer Maine Independent Clinical Information Service

CME: 1.5; CNE (Nursing): 1.5; PHARM 1.125; PsyCE: 1.5; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 1.5



#### CONCURRENT SESSIONS C

Thursday Nov. 8 8:30-10:00 am

#### C1: Administration Hot Topics

Learning Objective #1: Discuss four (4) current, relevant, and important topics in college health. Learning Objective #2: Identify college health colleagues who face similar challenges and issues.

Learning Objective #3: Identify college health tools and resources to use in your practice.

**Presenters: Ellen Reynolds MS** Director URI Health Services Jennifer Hodshon MPH Associate Director URI Rebecca Minus RN, MSN, CNL

Staff Nurse Brown University

Kevin Charles DE d

Assistant Vice President, Student Life and Exec. Dir Health & Wellness University of New Hampshire

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0

#### C2: Medical Grand Rounds

Learning Objective #1: Identify key history components and strategies for working through a complex

**Learning Objective #2:** Identify key physical exam and other objective data collection (lab work, imaging, etc.) components in working through a complex case.

Learning Objective #3: Contrast among competing differential diagnoses.

#### Presenters: Peter (Davis) Smith MD

Staff Physician University of Connecticut Student Health Services

CME: 1.5; CNE (Nursing): 1.5; PHARM 0.15; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0

#### C3: Hot Topics: Vaping, e-cigarettes, and Juuling An understanding of the terms. use, and products

**Learning Objective #1**: Describe the current trends in vaping use.

Learning Objective #2: Identify the language used related to vaping and identify the products used for vaping.

Learning Objective #3: Identify best practices for prevention of e-cigarette/vape use on their campuses.

#### **Presenters: Christine Johnston MPH**

Assistant Director, Alcohol & Other Drug Education and Health Promotion Springfield College Ian Wong MSPH

Director, Health Promotion and Prevention Tufts University

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5



#### **CONCURRENT SESSIONS C** (cont.)

Thursday Nov. 8 8:30-10:00 am

#### C4: Developing an Intergroup Dialogue Program: Shedding Light on Identities & Inclusion

Learning Objective #1: Define comprehensive IGD program focused on race & ethnicity, with potential for focus on any other aspect of diverse identity.

Learning Objective #2: Discuss the opportunities & challenges of using an IGD model in your organization.

**Learning Objective #3:** Identify the buy-in for launching an IGD program at your institution.

#### Presenters: Cassandra DeQuevedo LMHC

Mental Health Clinician, Counseling Services University of Massachusetts, Lowell Marshall Greenleaf Ed.D.

Associate Director of Residence Life University of Massachusetts, Lowell

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

#### **C5: Nursing Grand Rounds**

Learning Objective #1: 1.Identify key history components in working through a complex case

Learning Objective #2: 2. Identify key physical exam and other objective data collection in working through a complex case

**Learning Objective #3:** Contrast among competing differential diagnoses

Presenters: Lauri Gallimore BS. RN Director of Nursing Dartmouth College Deborah Perkins RN, MPH

Assistant Director of Health Services Southern New Hampshire University

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0

#### **CONCURRENT SESSIONS D**

Thursday Nov. 8 10:30-Noon

#### D1: HIV Pre- Exposure (PrEP) in the campus health center: Recognizing barriers and implementing practice changes

Learning Objective #1: Identify common barriers and stigma associated with PrEP by patients and providers Learning Objective #2: Review non-biased techniques to take a sexual health history to identify patients at risk for HIV transmission

Learning Objective #3: Illustrate policy and procedures to incorporate PrEP/PEP into college health services

Presenters: Kimberly Daly DNP, APRN, FNP-C Associate Director Salem State University

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 0; NBCC: 0;

NASW: 0



#### **CONCURRENT SESSIONS D** (continued)

Thursday Nov. 8 10:30-Noon

# D2: Managing Sexual Assault – A Step by Step Approach to Providing Trauma Informed Care for Medical Providers in College Health

Learning Objective #1: Define trauma informed

Learning Objective #2: Explain a stepwise approach to caring for a patient who has been sexually assaulted

#### Presenters: Lisa Pearlman BA, RN, MSN, FNP-BC

Nurse Practitioner Wentworth Institute of Technology/ Optum Student Health

CME: 1.5; CNE (Nursing): 1.5; PHARM 0.45; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 1.5

#### D3: Sex & Substances: Changing the Narrative Around Consent & Alcohol

Learning Objective #1: Differentiate between drunkenness and incapacity in relation to sexual activity

Learning Objective #2: Discuss how policy influences educational initiatives

Learning Objective #3: Describe the use of student development theory in consent-related educational strategies

Presenters: Ashleigh Hala MSW, BSW

Director of Sexual Assualt Prevention & Response Services Babson College

Joleen Nevers MAEd, CHES, CSE, CSES Associate Director University of Connecticut

Claudia Trevor-Wright MA, JD, MCHES

Assistant Director of Health Education Wellesley College

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

# D4: Creating Peer Mentoring Model for Young Adults Living with a Serious Mental Health Condition

**Learning Objective #1**: Explain the social, emotional, & academic barriers uniquely faced by young adults living with a serious mental health condition, in particular those on medical leave from college.

**Learning Objective #2:** Describe the crucial elements of peer mentoring programs for students living with significant mental health conditions.

Learning Objective #3: Discuss recovery oriented peer mentoring program on participants campus.

Presenters: Courtney Joly-Lowdermilk BS, MSEd

College Mental Health Programs Manager Boston University

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 0; NBCC: 1.5; NASW: 1.5



#### **CONCURRENT SESSIONS D** (cont.)

Thursday Nov. 8 10:30-Noon

#### **D5: Healing the Wounded College Student**

Learning Objective #1: Identify the phases of normal wound healing.

Learning Objective #2: Describe what makes an acute wound a chronic wound.

**Learning Objective #3:** Outline how wound environments are like ecosystems and that wound healing is all about balance.

#### Presenters: David Micca DPM, CWSP, FACFAS, FABWM, FCCWS

MEDICAL DIRECTOR, MAINE MEDICAL CENTER WOUND HEALING & HYPERBARICS MAINE MEDICAL CENTER

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 0

# D6: Meet Them Where They're At: Strategies to Engage and Educate Students Through Interactive Health Messaging

**Learning Objective #1**: Outline the steps to develop a holistic health awareness campaign **Learning Objective #2:** Describe the vehicles for implementing a health awareness campaign

Learning Objective #3: Identify two practical implementation strategies for your campus health program

# Presenters: Elise Tofias Phillips MEd Director Office of Health Promotion Boston College

Makayla Davis MA, Higher Education and Student Affairs
Assistant Director Office of Health Promotion Boston College

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

#### **CONCURRENT SESSIONS E**

Thursday Nov. 8 2:15-3:45pm

#### E1: Cultivating Awareness of Racial Microaggressions

Learning Objective #1: Describe three categories of racial microaggressions

Learning Objective #2: Identify examples of racial microaggressions

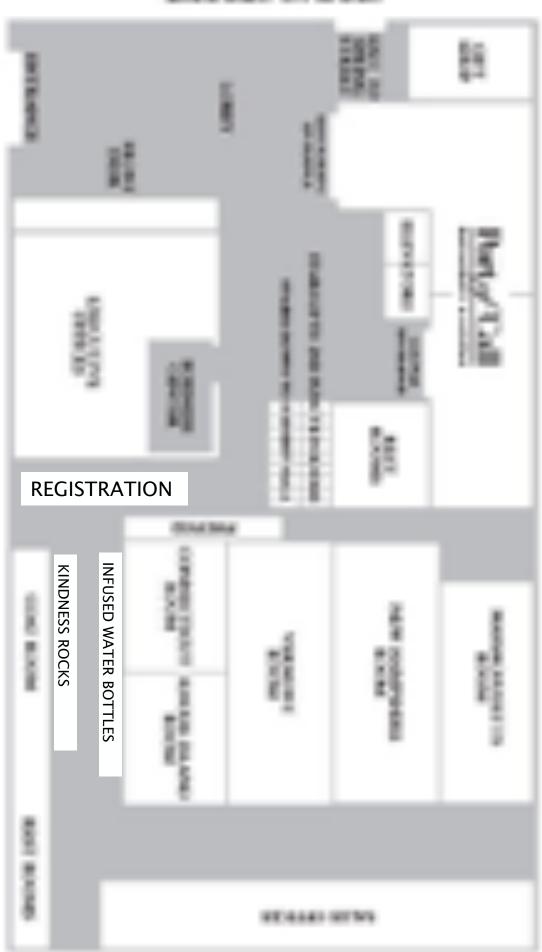
Learning Objective #3: Describe the impact of racial microaggressions on people of color

Presenters: Jaymie Campbell PhD

Director, Training and Capacity Building AccessMatters

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 1.5; MCHES: 0; NBCC: 1.5; NASW: 1.5

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#### **CONCURRENT SESSIONS E** (cont)

Thursday Nov. 8 2:15-3:45pm

#### E2: Inclusive health care 'down there': language for LGBT sexual health

**Learning Objective #1**: Describe different subgroups of gender and sexual minority communities

**Learning Objective #2:** Describe how different subgroups of gender and sexual minority communities experience similar and different sexual health needs.

**Learning Objective #3:** Identify methods for providing sexual health care that is inclusive of gender and sexual minority people

**Learning Objective #4:** Discuss original LGBTQ data that will help practitioners to be more inclusive in their practice.

#### **Presenters: Corey Flanders PhD**

Assistant Professor of Psychology and Education Mount Holyoke College
Ollie Schwartz B.A. Queer Studies, M.Ed. expected 2019
Health Education Assistant Mount Holyoke College

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

#### E3: College Health Coaching: An Innovative Approach to Positive Behavior Change

Learning Objective #1: Outline the steps involved in developing a Health Coaching program

Learning Objective #2: Describe the Foundation of Health Coaching Skills

Learning Objective #3: Identify two practical implementation strategies for your campus health program

#### **Presenters: Elise Tofias Phillips MEd**

Director, Office of Health Promotion and Health Coach Institute Boston College
Makayla Davis MA Higher Education

Manager Health Coach Institute, Assistant Director Office of Health Promotion Boston College

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 0; NBCC: 1.5; NASW: 1.5

# E4: Mental Health Impacts for International and Foreign Born Students in Regards to Current Policy Reform.

**Learning Objective #1**: Identify up to date policy implications and specific stressors for international and foreign born students

**Learning Objective #2:** Review specific impacts of current administrative policies on student mental health and comorbid academic success.

**Learning Objective #3:** Discuss specific treatment planning models and strategies to support foreign born students.

#### Presenters: Sarah Dionne BA, MSW

Mental Health Clinician/ AOD Intervention Coordinator UMass Lowell

#### Cassandra DeQuevedo LMHC

Mental Health Clinician, Diversity & Inclusion Coordinator University of Massachusetts, Lowell

Allyson Lynch M.Ed

Coordinator of International Programs University of Massachusetts Lowell

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 1.5

#### **CONCURRENT SESSIONS E** (continued)

Thursday Nov. 8 2:15-3:45pm

#### **E6: Bringing Resilience Programs to Campus**

**Learning Objective #1**: Identify the seven factors of resilience and their connection to wellbeing. **Learning Objective #2:** Identify teaching resources and interventions that foster resilience building.

Learning Objective #3: Discuss building resilience intervention on participants' campus.

Learning Objective #4: Address questions

#### Presenters: Lea Christo, LICSW MSW

Coordinator, Resilience in the Helping Professions Certificate of Advanced Graduate Study Assumption College Mary Ann Mariani PhD in Developmental Psychology from Boston College, 1990

Faculty, Human Services and Rehabilitation Studies Department, Graduate Programs Assumption College Elizabeth Drexler-Hines MPH, MCHES

Director, Wellness Programming Holy Cross

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

#### **CONCURRENT SESSIONS F**

Thursday, Nov 8 4:15-5:45 pm

# F1: Making our Voice Count: Legislative Advocacy 101 for College Health Professionals

**Learning Objective #1**: Identify professional competencies related to advocacy and the barriers to engaging in advocacy as well as opportunities to overcome those barriers.

**Learning Objective #2:** Describe various methods and media used to engage in legislative advocacy, trends in student advocacy

**Learning Objective #3:** Identify 1 short term and 1 long term legislative advocacy goal using legislative advocacy skills

Presenters: William Ikard JD

SCOTUS Campaign Manager Planned Parenthood of Northern New England

Claudia Trevor-Wright MA, JD, MCHES

Assistant Director of Health Education Wellesley College

CME: 1.5; CNE (Nursing): 1.5; PHARM 0.45; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

#### F2: Increasing sexually transmitted infection screening in the college health setting

**Learning Objective #1**: Identify psychosocial factors that contribute to decision making in the young adult, as they relate to sexual health

**Learning Objective #2:** Discuss CDC MSM screening recommendations **Learning Objective #3:** Describe components of sexual health history form

**Presenters: Jeffrey Maher MD** 

Medical Director Health Services Bowdoin College

**Julie Gray PAC** 

Physician Assistant Bowdoin College

Bronwyn Sewell BSN, RN, MSN, WHNP-BC, ANP-BC

Nurse Practitioner Bowdoin College

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 0; NASW: 1.5

#### **CONCURRENT SESSIONS F** (cont.)

Thursday, Nov 8 4:15-5:45 pm

F3: Social Media: The Glitches and the Glories

**Learning Objective #1**: Discuss barriers to social media implementation

**Learning Objective #2:** Identify successful strategies

Learning Objective #3: Identify resources that can be utilized to improve social media implementation

Presenters: Joleen M. Nevers MAEd, CHES, CSE, CSES

Associate Director University of Connecticut

**Cassy Setzler BA** 

Program Assistant University of Connecticut

CC Curtiss M.Ed.

Director of Student Wellness and Alcohol/Other Drug Education Connecticut College

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 0; NASW: 0

# F4: The impact of identity intersectionality on gender based violence response systems on Campus

**Learning Objective #1**: Describe ways that identity intersectionality and power impact engagement with students with marginalized identities

**Learning Objective #2:** Outline ways reporting systems and resources would be different were they to be equally accessible to all students.

**Learning Objective #3:** Identify areas for short- and long-term change that will improve the accessibility of response systems for students of color and other marginalized identities.

#### Presenters: Elizabeth Stahler MSW, LICSW

Staff Counselor: Trauma and Gender Based Violence Specialist Dartmouth College

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5

#### F5: Infectious Diseases and Their Impacts on the College Health System

Learning Objective #1: Identify risk factors for four common Infectious Disease

Learning Objective #2: Describe three strategies effective in mitigating vector-born or zoonotic disease transmission

Learning Objective #3: Describe reporting process for Notifiable Conditions

#### **Presenters: Siiri Bennett MD**

State Epidemiologist Maine Center for Disease Control and Prevention, and University of Maine Kate Colby MPH

Field Epidemiologist University of Southern Maine, Maine Center for Disease Control and Prevention

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 0



#### **CONCURRENT SESSIONS F** (cont.)

Thursday, Nov 8 4:15-5:45 pm

#### **F6:** A Model for Trauma-Informed Care on College Campuses

Learning Objective #1: Describe "traumatic event" and the impact of trauma on academic performance for college students including strategies students might implement to address symptoms

Learning Objective #2: List strategies for providing trauma-informed care as a university administrator, counselor, faculty member, advisor, and coach

Learning Objective #3: List approaches to building an integrated trauma-informed model of care across campus/in the community

**Presenters: Courtney Joly-Lowdermilk MSEd** 

College Mental Health Programs Manager Boston University

#### Chelsea Cobb MA

Training Associate Boston University

**Courtney Martin Masters in Higher Education Administration** 

Director of Academic Advising Boston University

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 1.5

#### **CONCURRENT SESSIONS G**

Friday, Nov. 9 9:15 - 10:45 am

#### G1: Developing and Executing a Program to Support Students With **Undocumented Status at a Four Year Private University**

Learning Objective #1: Describe the obstacles that students with undocumented status face.

Learning Objective #2: Describe best practices and challenges for establishing a program that addresses the needs of this population.

Learning Objective #3: Identify ways their institution can utilize frameworks already in place to address the needs of this group of students.

**Presenters: Robert Mack EdD** 

Associate Dean for Student Success and Advising Tufts University

**Margot Cardamone MA** 

Associate Director for Student Success and Advising Tufts University

**B. Francis Chen LICSW** 

Staff Social Worker Tufts University

**Dana Fleming JD** 

Assistant General Counsel Tufts University

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 1.5; MCHES: 0; NBCC: 1.5; NASW: 1.5



#### **CONCURRENT SESSIONS G** (cont.)

Friday, Nov. 9 9:15 - 10:45 am

#### **G2:** On the Front Lines: Providing Gender Affirmative Care in College Health

Learning Objective #1: Describe factors that influence gender identity.

Learning Objective #2: Identify concrete steps to create a welcoming healthcare environment for transgender individuals.

**Learning Objective #3:** Identify resources for current guidelines and clinical standards for transgender healthcare.

#### Presenters: Mary Colleen McDonald MSN, FNP-BC

Associate Chief of Nursing MIT Medical, Massachusetts Institute of Technology

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 0

#### G3: The problem with "fat talk": New research and strategies to combat selfdisparaging talk on campus

**Learning Objective #1**: Describe the nature, function, and impact of fat talk.

Learning Objective #2: Identify strategies to combat fat talk at the individual, group, and population levels.

Learning Objective #3: Discuss applications of research for your campus community.

#### **Presenters: Leah Berkenwald MA**

Wellness Promotion Program Manager Brandeis University

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 1.5; MCHES: 0; NBCC: 1.5; NASW: 1.5

# G4: Facilitating Smooth and Successful Returns to Campus after Medical Leave for an Eating Disorder

**Learning Objective #1**: Identify the various types of eating disorders.

**Learning Objective #2:** Identify challenges in providing support to students with eating disorders on a college campus.

**Learning Objective #3:** Explain approaches to support an at-risk student.

Presenters: Seda Ebrahimi PhD

Director and Founder CEDC Cambridge Eating Disorder Center

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 0; NBCC: 1.5; NASW: 1.5

#### **CONCURRENT SESSIONS G** (cont.)

Friday, Nov. 9 9:15 - 10:45 am

#### G5: Medical Billing Implementation- Lessons, Experiences and Challenges

Learning Objective #1: identify the various components of a medical billing program

Learning Objective #2: Identify challenges to medical billing implementation

Learning Objective #3: identify tools and resources available to implement and support a medical billing program

in a student health services.

Presenters: Kim Daly DNP, APRN, FNP-C
Associate Director Salem State University
Dianna Jones DNP, CNP, FNP-BC
Associate Dean and Medical Director Regis College
Diana Denning MPH, MSN, WHNP-BC, RN
Administrative Director Brandeis University

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 0; NBCC: 1.5; NASW: 1.5

#### **CONCURRENT SESSIONS H**

Friday, Nov. 9 11:00 am -12:30 pm

#### H1: The NCAA CHOICES Grant Two Ways: Changing the culture with studentathletes

**Learning Objective #1**: Describe strategies for designing customized substance abuse interventions and obtaining dedicated funding.

**Learning Objective #2:** Outline two funded NCAA CHOICES programs that involve student athletes in substance abuse prevention, Project TEAM at Babson College and the JP Mule Games at Colby College.

**Learning Objective #3:** Discuss applications for grant-funded programs in different settings, strategies for partnership with Athletics, and maintaining a growth mindset through challenges.

**Presenters: Leah Berkenwald MA** 

Wellness Promotion Program Manager Brandeis University

**Ashleigh Hala MSW** 

Associate Director of Wellness/Director of Sexual Assault Prevention & Response Services Babson College Katie Sawyer LCPC, LADC, CCS

Coordinator of Alcohol and Drug Programs Colby College

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 1.5; NASW: 1.5



#### **CONCURRENT SESSIONS H** (cont.)

Friday, Nov. 9 11:00 am -12:30 pm

#### H2: Healing Hungry Hearts: Assessing and Treating Relative Energy Deficiency-Sport (RED-S) & Eating Disorders in Collegiate Athletics

Learning Objective #1: Identify the differences between eating disorders and RED-S

Learning Objective #2: Describe how to assess at-risk students for eating disorders and RED-S

**Learning Objective #3:** Identify the most appropriate answers to questions in three interactive, real-life case scenarios

Presenters: Meg Schrier MS,RD,CSSD,LDN

Sports dietitian Harvard University

Shira Evans MS, RD, CSSD, LD

Coordinator of Nutrition Programs, DP2 Sport Nutritionist Dartmouth College

CME: 1.5; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 1.5

# H3: Incorporating Principles of Radical Self Care into your Health Promotion Program.

**Learning Objective #1**: Define radical self care.

**Learning Objective #2:** Compare radical self care practices with commercial or commodified wellness.

**Learning Objective #3:** Describe ways that current health promotion practices could shift to become more radical and inclusive.

Presenters: Tanya Purdy MPH
Director, BWell Health Promotion Brown University
Barbara McCall MPH, CHES
Director of Health and Wellness Education Middlebury College

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 0; CHES: 1.5; MCHES: 1.5; NBCC: 0; NASW: 1.5

#### H4: Implementing Art Therapy in College Counseling Centers

**Learning Objective #1**: Define art therapy as a specialty within psychology.

**Learning Objective #2:** Identify benefits of art therapy in the college counseling center setting.

**Learning Objective #3:** Differentiate between role of art therapists and popular therapeutic art in the counseling setting.

Presenters: Jennifer Walsh MA, LMHC, ATR Campus Counselor Bay Path University

CME: 0; CNE (Nursing): 1.5; PHARM 0; PsyCE: 1.5; CHES: 0; MCHES: 0; NBCC: 1.5; NASW: 1.5

#### **CONCURRENT SESSIONS H** (cont.)

Friday, Nov. 9 11:00 am -12:30 pm

H5: Common sleep-related problems in college students.

Learning Objective #1: Define sleep.

Learning Objective #2: Review the biology of sleep as it relates to current diagnosis and management.

**Learning Objective #3:** Review common substances, including pharmacologic, used in the management of sleep-related disorders.

**Learning Objective #4:** Discuss behavioral and lifestyle strategies and tactics which may help improve sleep-related conditions in college students.

Presenters: Richard C Galgano D.O.

Senior Staff Physician Boston University, Student Health Services

CME: 1.5; CNE (Nursing): 1.5; PHARM 0.15; PsyCE: 1.5; CHES: 1.5; MCHES: 0; NBCC: 0; NASW: 1.5

## 2019 NECHA | NYSCHA Combined Annual Meeting Save The Date



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# PRESENTERS

# Jess Abramson BA expected, 2019

Health Data Analysis & Communications Student Aide Wellesley College

Wellesley, MA

**B1** 

#### Ann Becker RN, DNP

Public Health Nurse
University of Massachusetts
Amherst

Amherst, MA

**A6** 

#### Siiri Bennett MD

State Epidemiologist
Maine Center for Disease
Control and Prevention, and
University of Maine

Augusta, Maine

F5

#### Leah Berkenwald MA

Wellness Promotion Program
Manager
Brandeis University

Waltham, MA

G3, H1

# Alfiee Breland-Noble PhD, MHSc

Senior Scientific Advisor
The Steve Fund & The
AAKOMA Center (dba MDIL
Consulting)

Arlington, VA GS2

#### Julia Brown Esq

Advocacy and Outreach
Attorney
Immigrant Legal Advocacy
Project

Portland, Maine

GS3

#### Tracey Cameron PhD

Assistant Dean of Intercultural Education/Director of Harambee House/Advisor to Students of African Descent Wellesley College

Wellesley, MA

**B1** 

#### Jaymie Campbell PhD

Director, Training and Capacity
Building

AccessMatters

Philadelphia, Pennsylvania

E1

#### **Margot Cardamone MA**

Associate Director for Student Success and Advising Tufts University

Medford, MA

G1

#### Kevin Charles D.Ed.

Assistant Vice President,
Student Life and Exec. Dir
Health & Wellness
University of New Hampshire
Durham, NH

**C1** 

#### **B. Francis Chen LICSW**

Staff Social Worker
Tufts University

Medford, MA

G1

#### Lea Christo LICSW, MSW

Coordinator, Resilience in the Helping Professions Certificate of Advanced Graduate Study Assumption College

Worcester, MA

**E**6

#### **Chelsea Cobb MA**

Training Associate
Boston University

Boston, MA

F6

#### **Kate Colby MPH**

Field Epidemiologist
Maine Center for Disease
Control and Prevention, and
University of Maine

Augusta, Maine

F5

#### **Anne Cooper PsyD**

Clinical Psychologist
Medical Psychology Center

Beverly, MA

**B4** 

#### **CC Curtiss MEd**

Director of Student Wellness and Alcohol/Other Drug Education Connecticut College

. . . .

New London, CT

#### Marguerite Cycz BSN, MSN

Psychiatric Nurse Practitioner
Boston, MA

ooton, w

**B2** 

#### Kim Daly DNP, APRN, FNP-C

Associate Director
Salem State University

Salem, MA

D1, G5

#### Makayla Davis MA

Assistant Director Office of Health Promotion Boston College

Chestnut Hill, MA

D6, E3

#### Athena Davos BSN, MSN

Psychiatric Mental Health Nurse Practitioner Optum Student Health

Boston, MA

**B2** 

# Diana Denning MPH, MSN, WHNP-BC, RN

Administrative Director Brandeis University

Waltham, MA

G5

# Cassandra DeQuevedo LMHC

Mental Health Clinician, Counseling Services University of Massachusetts, Lowell

Lowell, MA C4, E4

#### Sarah Dionne BA, MSW

Mental Health Clinician/ AOD Intervention Coordinator UMass Lowell

Lowell, MA

E4

#### **Peter Doyle MD**

Associate Medical Director
Tufts University Health Service
Tufts University

Medford, MA

PC2

# Elizabeth Drexler-Hines MPH, MCHES

Director, Wellness Programming Holy Cross

Worcester, MA

**E6** 

# Angela Dziok RN, BSN, RRT, BS, CPEN

Staff Nurse
Brown University

Providence, RI

**B**5

#### Seda Ebrahimi PhD

Director and Founder CEDC
Cambridge Eating Disorder
Center

Cambridge, MA

G4

#### Shira Evans MS, RD, CSSD,

LD

Coordinator of Nutrition Programs, DP2 Sport Nutritionist Dartmouth College

Hanover, NH

H2

#### Melody Faux MSN

NP-C

**Bowdoin College** 

Brunswick, ME

**F**2

# Margaret Fitzgerald FNP-BC, MSN

Associate Director
Bentley University

Waltham, MA

**A1** 

#### **Corey Flanders PhD**

Assistant Professor of Psychology and Education Mount Holyoke College

South Hadley, MA

**E2** 

#### **Dana Fleming JD**

Assistant General Counsel Tufts University

Medford, MA

G1



Distinguished Faculty
Erikson Institute, Austen Riggs
Center (semi-retired)

Stockbridge, MA

PC<sub>1</sub>

#### Richard C Galgano DO

Senior Staff Physician
Boston University, Student
Health Services

Boston, MA

**H5** 

#### Lauri Gallimore BS, RN

Director of Nursing
Dartmouth College

Hanover, NH

PC5, C5

#### Jessica Gifford LICSW

Associate Director of Health Education, Mental Health Promotion Amherst College

Amherst, MA

#### Julie Gray Masters PA-C

**Bowdoin College** 

Brunswick, ME

F2

#### Marshall Greenleaf EdD

Associate Director of Residence Life University of Massachusetts, Lowell

Lowell, MA

Jessica Greher Traue EdM

Director, Wellness & Health Promotion
Bentley University

Waltham, MA

PC3

#### Ashleigh Hala MSW, BSW

Director of Sexual Assualt Prevention & Response Services Babson College

> Wellesley, MA D3, H1

#### Jennifer Hodshon MPH

Associate Director
University of Rhode Island
Kingston, RI

**C1** 

**A4** 

# **Ilene Hofrenning MSN, FNP-BC**

Director, Health Center
Framingham State University
Framingham, MA

#### William Ikard JD

SCOTUS Campaign Manager
Planned Parenthood of
Northern New England
Portland, ME

F1

#### **Christine Johnston MPH**

Assistant Director, Alcohol & Other Drug Education and Health Promotion
Springfield College

Springfield, MA

B3, C3

# Courtney Joly-Lowdermilk BS, MSEd

College Mental Health
Programs Manager
Boston University

Boston, MA

D4, F6

# Dianna Jones DNP, CNP, FNP-BC

Associate Dean and Medical Director Regis College

Weston, MA

G5

#### Chetan Joshi PhD

Associate Director & Director of Clinical Services
University of Connecticut

Storrs, CT

PC4

#### Erin Kaminski M.Ed.

Wellness Educator
Merrimack College

North Andover, MA

**B**3

C4

# Valerie Keifer DNP©, APRN, ANP-BC

Nurse Practitioner/APRN University of Connecticut

Storrs, CT

**A1** 

#### **Jeffrey Maher MD**

Medical Director Health Services Bowdoin College

Brunswick, ME

F2

#### Will Meek PhD

Director of Counseling & Psychological Sevices
Brown University

David Micca DPM, CWSP, FACFAS, FABWM, FCCWS

Medical Center Wound Healing

Medical Director, Maine

Maine Medical Center

Providence, RI

Portland, ME

PC4

#### Kelley LaFleur MPH, MSN

Outreach Director, Family Nurse Practitioner University of Connecticut

Storrs, CT

**A5** 

#### Mary Ann Mariani PhD

**Courtney Martin MA** 

**Boston University** 

Faculty, Human Services and Rehabilitation Studies Dept, Graduate Programs Assumption College

Director of Academic Advising

Worcester, MA

Boston, MA

**E6** 

F6

#### Joy LaGrutta

Alcohol & Drug Educations & Prevention Specialist Framingham State University

Framingham, MA

**A4** 

## Barbara McCall MPH, CHES

Director of Health and Wellness Education Middlebury College

Middlebury, VT

**H3** 

#### John Miner MD

& Hyperbarics

College Health Consultant
Williams College (Retired)
Williamstown, MA

Rebecca Minus RN, MSN,

PC1

**D5** 

#### Allyson Lynch M.Ed

Coordinator of International Programs
University of Massachusetts
Lowell

Lowell, MA

**E4** 

#### **Tina McCarthy BSN**

Director of Nursing
University of Connecticut

Storrs, CT

Elisabeth Fowlie Mock MD, MPH, FAAFP

CNL

Staff Nurse

**Brown University** 

Academic Detailer

Maine Independent Clinical
Information Service

Holden, ME

Providence, RI

B5, C1

B6

#### **Robert Mack Ed.D**

Associate Dean for Student Success and Advising Tufts University

Medford, MA

**G1** 

# Mary Colleen McDonald MSN, FNP-BC

Associate Chief of Nursing
MIT Medical, Massachusetts
Institute of Technology

Cambridge, MA

G2



Associate Director, Wellness and Prevention
University of Connecticut

Storrs, CT

PC1, D3, F3

Lisa Pearlman BA, RN, MSN, FNP-BC

Nurse Practitioner
Wentworth Institute of
Technology/ Optum Student
Health

Boston, MA

**D2** 

Deborah Perkins RN, MPH

Assistant Director of Health Services Southern New Hampshire

Southern New Hampshire University

Manchester, NH C5

**Tanya Purdy MPH** 

Director, BWell Health Promotion Brown University

Providence, RI

Ellen Reynolds MS

Director

University of Rhode Island

Kingston, RI A1, C1

Laurie Savino RN

Registered Nurse
University of Connecticut

Storrs, CT

Katie Sawyer LCPC, LADC, CCS

Coordinator of Alcohol and Drug Programs
Colby College

Waterville, ME

H1

Meg Schrier MS,RD,CSSD,LDN

Sports dietitian
Harvard University

Boston, MA

**H2** 

Tara Schuster MS, MCHES

Coordinator of Health
Promotion
Rensselaer Polytechnic
Institute

Troy, NY

**B3** 

Ollie Schwartz BA, MEd-2019

Health Education Assistant
Mount Holyoke College

South Hadley, MA

**E2** 

**Cassy Setzler BA** 

Program Assistant
University of Connecticut

Storrs, CT

F3

Bronwyn Sewell BSN, RN, MSN, WHNP-BC, ANP-BC

Nurse Practitioner
Bowdoin College

Brunswick, ME

F2

Peter (Davis) Smith MD

Staff Physician

University of Connecticut

Storrs, CT

**C2** 

Elizabeth Stahler MSW, LICSW

Staff Counselor; Trauma and Gender Based Violence Specialist Dartmouth College

Hanover, NH

F4

Kristie Sullivan MHA, RN, CPEHR

Assistant Director, Operations and Administration of Health Services Brown University

Providence, RI

**B5** 

**Gerri Taylor MS** 

Associate Dean of Health, Counseling and Wellness Bentley University

Waltham, MA

PC<sub>1</sub>

**Elise Tofias Phillips MEd** 

Director Office of Health Promotion Boston College

Chestnut Hill, MA

D6, E3

**A5** 

# Claudia Trevor-Wright MA, JD, MCHES

Assistant Director of Health Education
Wellesley College

Wellesley, MA B1, D3, F1

# Jennifer Walsh MA, LMHC, ATR

Campus Counselor
Bay Path University
Longmeadow, MA
H4

#### **Judy Whyte RN**

Head Nurse~Garrison Foster Health Center Colby College

Waterville, ME PC5, A1

#### **Christopher Willard PsyD**

Faculty, Part Time
Harvard Medical School
Cambridge, MA
GS1

#### **lan Wong MSPH**

Director, Health Promotion and Prevention
Tufts University

Medford, MA

**C**3

Session	Program Title	CME	CNE	PHARM	PsyCE	NBCC	NASW	CHES	MCHES
Wednesday, Nov.7, 8:30-11:30 am									
PC1	Guiding Our Colleges and Lighting the Way Toward Transformative Health and Wellness Models in Student Affairs	0	3	0	0	3	3	3	3
PC2	Concussion Care in College Health	3	3	0.3	0	0	0	0	0
PC3	Once Upon a Time; Crafting and Communicating Our Stories in College Healthsubmitting as a precon workshop	0	3	0	0	0	0	3	3
PC4	Labs, Pilots, and Dreams: Innovations in University Mental Health Care Access	3	3	0	3	3	3	0	0
PC5	Nurse Manager Roundtable	0	3	0	0	0	0	0	0
Wednesday, Nov. 7, 1:00 - 2:00 pm									
GS1	Making Mindfulness Stick on Campus	1	1	0	1	1	1	1	0
Wednesday, Nov. 7, 2:15-3:45 pm									
A1	Accreditation: lessons and experiences from the field	1.5	1.5	0	0	0	0	1.5	1.5
A3	Mindset Interventions: Low-cost, large-scale strategies to improve mental health, retention, and academic performance	0	1.5	0	0	1.5	0	1.5	0
A4	Weed Better Be Ready: A Massachusetts College Prepares for Marijuana Legalization	1.5	1.5	0	0	0	1.5	1.5	1.5
A5	Development of a Nurse Delivered Wellness Visit: First Steps	0	1.5	0	0	0	0	0	0
A6	Meningitis B Response at UMass Amherst: Lessons Learned and Practice Pearls	1.5	1.5	0	0	0	0	0	0
Wednesday, N	Nov. 7, 4:15-5:45 pm  Dig Deeper: Why we should be going further with student health								
B1	data to identify and address health disparities on campus, and	1.5	1.5	0	0	1.5	1.5	1.5	1.5
B2	Psychopharmacologic Management of the depressed or anxious college student	1.5	1.5	1.125	1.5	1.5	0	0	0
В3	Health Promotion: Peer Review	0	1.5	0	0	0	0	1.5	1.5
B4	Thinking Outside the Office: Bringing Mental Health Treatment Outdoors	1.5	1.5	0	1.5	1.5	1.5	0	0
B5	Creating a Medical Home Away from Home-Implementing a Collaborative Care Model for students with complex medical needs on a college campus.	1.5	1.5	0	0	0	0	0	0
B6	Opioid Use Disorder & Medication Assisted Recovery: Caring for Our College Communities	1.5	1.5	1.125	1.5	1.5	1.5	0	0
Thursday Nov	v. 8, 8:30 - 10:00 am								
C1	Administration Hot Topics	1.5	1.5	0	0	0	0	0	0
C2	Medical Grand Rounds	1.5	1.5	0.15	0	0	0	0	0
C3	Hot Topics: Vaping, e-cigarettes, and Juuling An understanding of the terms, use, and products	1.5	1.5	0	0	1.5	1.5	1.5	1.5
C4	Developing an Intergroup Dialogue Program: Shedding Light on Identities & Inclusion	0	1.5	0	1.5	1.5	1.5	1.5	1.5
C5	Nursing Grand Rounds	0	1.5	0	0	0	0	0	0
Thursday Nov. 8, 10:30 - Noon									
D1	HIV Pre- Exposure (PrEP) in the campus health center: Recognizing barriers and implementing practice changes	1.5	1.5	0	0	0	0	1.5	0
D2	Managing Sexual Assault – A Step by Step Approach to Providing Trauma Informed Care for Medical Providers in College Health	1.5	1.5	0.45	0	1.5	1.5	0	0
D3	Sex & Substances: Changing the Narrative Around Consent & Alcohol	0	1.5	0	0	1.5	1.5	1.5	1.5

D4	Creating Peer Mentoring Model for Young Adults Living with a Serious Mental Health Condition	0	1.5	0	0	1.5	1.5	1.5	0
D5	Healing the Wounded College Student	0	1.5	0	0	0	0	0	0
D6	Meet Them Where They're At: Strategies to Engage and Educate Students Through Interactive Health Messaging	1.5	1.5	0	0	1.5	1.5	1.5	1.5
Thursday, Nov. 8, 1:00 - 2:00 pm									
GS2	Mental Health and Students of Color: Helping Campuses Identify, Address and Find Solutions for Disparities	1	1	0	1	1	1	1	1
Thursday No	v. 8, 2:15-3:45 pm								
E1	Cultivating Awareness of Racial Microaggressions	1.5	1.5	0	1.5	1.5	1.5	1.5	0
E2	Inclusive health care 'down there': language for LGBT sexual health	1.5	1.5	0	1.5	1.5	1.5	1.5	1.5
E3	College Health Coaching: An Innovative Approach to Positive Behavior Change	0	1.5	0	0	1.5	1.5	1.5	o
E4	Mental Health Impacts for International and Foreign Born Students in Regards to Current Policy Reform.	1.5	1.5	0	1.5	1.5	1.5	0	0
E6	Bringing Resilience Programs to Campus	1.5	1.5	0	1.5	1.5	1.5	1.5	1.5
Thursday, No	ov 8 4:15-5:45 pm								
F1	Making our Voice Count: Legislative Advocacy 101 for College Health Professionals	1.5	1.5	0.45	0	1.5	1.5	1.5	1.5
F2	Increasing sexually transmitted infection screening in the college health setting	1.5	1.5	0	0	0	1.5	0	0
F3	Social Media: The Glitches and the Glories	0	1.5	0	0	0	0	1.5	1.5
F4	The impact of identity intersectionality on gender based violence response systems on Campus	1.5	1.5	0	1.5	1.5	1.5	1.5	1.5
F5	Infectious Diseases and Their Impacts on the College Health System	1.5	1.5	0	0	1.5	0	0	0
F6	A Model for Trauma-Informed Care on College Campuses	0	1.5	0	1.5	1.5	1.5	0	o
Friday, Nov.	9, 8:00-9:00 am								
GS3	Undocumented students and Higher Education: Updates and Recommendations	0	1	0	0	1	1	1	0
Friday, Nov.	9 9:15 - 10:45 am								
G1	Developing and Executing a Program to Support Students With Undocumented Status at a Four Year Private University	0	1.5	0	1.5	1.5	1.5	1.5	0
G2	On the Front Lines: Providing Gender Affirmative Care in College Health	1.5	1.5	0	0	1.5	0	1.5	1.5
G3	The problem with "fat talk": New research and strategies to combat self-disparaging talk on campus	1.5	1.5	0	1.5	1.5	1.5	1.5	0
G4	Facilitating Smooth and Successful Returns to Campus after Medical Leave for an Eating Disorder	0	1.5	0	0	1.5	1.5	1.5	0
G5	Medical Billing Implementation- Lessons, Experiences and Challenges	1.5	1.5	0	0	1.5	1.5	1.5	0
Friday, Nov.	9 11:00 - 12:30 pm								
H1	The NCAA CHOICES Grant Two Ways: Changing the culture with student-athletes	0	1.5	0	0	1.5	1.5	1.5	1.5
H2	Healing Hungry Hearts: Assessing and Treating Relative Energy Deficiency-Sport (RED-S) & Eating Disorders in Collegiate Athletics	1.5	1.5	0	1.5	1.5	1.5	0	0
НЗ	Incorporating Principles of Radical Self Care into your Health Promotion Program.	0	1.5	0	0	0	1.5	1.5	1.5
H4	Implementing Art Therapy in College Counseling Centers	0	1.5	0	1.5	1.5	1.5	0	0
H5	Common sleep-related problems in college students.	1.5	1.5	0.15	1.5	0	1.5	1.5	0

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# New England College Health Association NECHA 2018

#### **MEETING GOALS**

Along with the NECHA membership and invited guests, the purpose and goals of the 2018 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.



547 Franklin Street, Framingham, MA 01702 sarah@nechaonline.org 617.699.1774 www.NECHAonline.org