



## A Message From NECHA's President

*Elizabeth Drexler-Hines, MPH, MCHES  
President, New England College Health Association*

Happy New Year!

I hope that you were able to spend time with family and friends over the holidays and also had time to rest and refresh. If anyone is feeling like me, I appreciate the renewal of a new year. I also recognize all of the hard work that lies ahead of us in college health for the year. This past week was very busy and it was also a good reminder that staying energized and refreshed for another semester is going to take some effort on my part. For me, that is a commitment to getting back to a daily mindfulness practice. For you, that may be something different. But I do hope that you are also able to incorporate those things into your daily work life, in any way possible, that keeps you passionate, healthy, and able to love the work that you do.

I am also looking forward to the opportunity to incorporate some of the things that I learned at the Annual NYSCHA/NECHA meeting this semester. From new information about cannabis, assessment strategies, and exploring restorative justice practices, the information that I took from the meeting has me approaching my work with new perspectives and practices. I am always grateful for the amazing work that comes from our network of professionals and the willingness to share it.

I am sure that there are many of you out there who are also doing this work and I hope that you will share it as well. If you're thinking: "I may have something to share, but it's not a big project or study." or "I'm not sure if I have enough for a session." Please consider submitting a proposal anyway! There is a team of volunteers who review all of the submitted proposals and who can also help you if you have questions or need assistance with adjustments. P.S. Did I mention that the meeting is in Newport, RI?

You can take a look at the submission form here: <http://nechaonline.org/2020annualmeetingcfp/> and the deadline is March 15th (no exceptions). The semester goes by quickly so I always say that the deadline is "fast approaching" even though it's January.

If you have any questions about submitting a proposal, please feel free to contact me or anyone on the Board: <http://nechaonline.org/necha-board/>

Best wishes for the new year,

Liz