



A Message From NECHA's President

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Greetings NECHA!

I hope this letter finds you well as we enter the spring semester. January always brings a feeling of renewal however this month feels particularly sanguine. Despite a year of unprecedented tumult, daylight hours continue to be two minutes longer each day and we have almost an hour of extra sunlight compared to last month.

Our first virtual annual meeting in December, *Health Equity: Light the Way*, could not have been such a success without the help of so many talented volunteers. Whether you presented a workshop, facilitated a focus group or track lunch, or helped with behind the scenes planning your impact was felt and appreciated. I'm pleased to say that we had 197 attendees, 29 concurrent workshop sessions, ten discussion groups and seven continuing education options offered. Attendees should have received virtual swag and each institution was also sent a copy of *Burnout: The Secret to Unlocking the Stress Cycle* by Emily & Amelia Nagoski, the amazing and authentic keynote speakers.

The theme for next year's annual meeting is **Resiliency, Innovation and Unity: building a bright future**. Despite the negative impact of the COVID pandemic and comorbidities of inequity, civil discord, and racial injustice, we have persevered. Many of us have witnessed or created new strategies, systems, and space to provide care and support students, each other, and our communities. The strength and relevance of health, mental health, administration, and health education within Institutions of Higher Education (IHE) has never been more relevant. Together we can construct a healthy and holistic bright future within IHEs.

It is too soon to know whether our annual meeting will occur as originally planned on November 3-5 at [The Stoweflake](#) in Stowe, Vermont. However, I'm confident regardless of the format of the annual meeting it will be an opportunity to learn, connect, and share expertise and innovation across disciplines. The call for proposals will open in early February. If you have any questions about the submission process please don't hesitate to reach out.

Whether you've been part of NECHA for decades or you are a new member, there are many ways to get involved. We will continue to host free NECHA sponsored zoom sessions organized by track. These sessions have been a great way to gather together to connect, check-in, share ideas, struggles and resources with each other. The agendas are very loose and will be facilitated by a Board member and other volunteers. Stay tuned for zoom invites.

Another way to become involved with NECHA is by joining the Program Planning Committee. Each year we establish a multidisciplinary team to review program submissions to ensure the annual meeting is filled with diverse and scholarly sessions. Joining the Program Planning Committee involves one to two zoom meetings and asynchronous independent program review. It is another great opportunity to connect with and learn from IHE colleagues.

There are more updates and announcements to follow in the coming weeks. Please visit the [NECHA website](#) for updates. I am truly looking forward to a bright year ahead.

Wishing you all the best,

Tanya