

ACHA 2025

Broadening Our Scope

New Orleans • May 27-31



**PRELIMINARY
PROGRAM ABSTRACTS**



AMERICAN
COLLEGE
HEALTH
ASSOCIATION

Tuesday, May 27

Advance ticket purchase is required for all pre-conference workshops. Workshops are open to all registered meeting attendees (excluding spouses/partners) or those who pay the “workshop only” fee. See [Meeting Registration](#) details.

9:00 am – 12:00 pm

Strategic Leadership in College Well-Being: Elevating Health Promotion Professionals to Executive Roles

Ashleigh Hala, LICSW (Massachusetts College of Liberal Arts); Julie Edwards, EdD (Cornell University); Oliver Tacto, DSW, MSW, MPH, CHES (Maryville University)

There is a rise of the executive leader in college health and wellbeing. Those in health promotion are uniquely positioned to lead efforts from a systems and settings, whole campus perspective. Health promotion practitioners can strategize, manage a brand, oversee funding, and supervise multiple disciplines. Emerging leaders must master storytelling and self advocacy to demonstrate that their health promotion skillsets are fit for advancement. Attend to well position yourself to become the next leader in college health and wellbeing.

Developing, Implementing, and Evaluating Opioid Overdose Prevention Programs on a College Campus

Michael McNeil, EdD, CHES, FACHA, Alic Czachowski, EdD, CHES, and Rocco Siravo, MA (Columbia University)

This pre-conference session is designed to support the development, implementation, and evaluation of evidence-informed opioid education and naloxone training programs on college campuses. Participants will explore the rationale, politics, implementation challenges, and evaluation approaches for campus-based opioid education and naloxone training programs. Strategies for adapting programs to individual campuses will be discussed.

Achieving AAAHC Accreditation for College Health: Part I

Joy Himmel, PsyD, MA, BSN (Old Dominion University); Valerie Kiefer, DNP, MS (University of Tampa)

Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will focus on the core barriers or fears in beginning the process of preparing for accreditation and complying with the standards. It will provide numerous reasons to seek accreditation for all sizes of schools. It will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and a health clinic alone. Quality and process improvement, essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement studies, and information will be shared on how to succeed in obtaining accreditation.

Tuesday, May 27

9:00 am – 12:00 pm (cont.)

Practical Clinical Strategies for Comprehensive Sexual Health Care

Paul Broker, MD, AAHIVS, Jason Newman, MD (University of Texas Southwestern Medical Center)

This presentation explores strategies to enhance sexual health care on college campuses, focusing on STI screening, treatment, and prevention, including PrEP, PEP, and Doxy PEP. Participants will learn evidence-based approaches to improve access, adherence, and health outcomes through system-based, structural, and policy interventions. Emphasis will be placed on addressing disparities in care for underserved populations, fostering culturally competent practices, and integrating preventive measures into campus health services to reduce infections and promote community wellness.

HBCUs from 1837 to 2025: Broadening the Impact of Health Practice, Research, and Publication for Inclusive Communities

Charli Kennedy, PhD, and Lindsay Dozier, MPH (North Carolina Central University); Tondra Moore, PhD, JD, MPH (Prairie View A&M University)

HBCUs provide the foundation to increase awareness of resources and accessible pathways to advance the health and well-being of students and the broader campus community. Improving health outcomes and addressing disparities involves being aware of barriers and implementing collaborative strategies. These efforts focus on promotion and prevention, mental health and performance, and clinical health practice to enhance advocacy, publications, and research for collegiate and community settings to inform scalable practices across institution types.

Emerging Trends in Nutrition and Impact on Attitudes, Beliefs, and Behaviors Towards Food and Body

Lauren Futrell Dunaway, PhD, MPH, RD, LDN, and Carli Gertler, RD, LDN (Tulane University)

This session explores emerging nutrition trends among college students and their impact on food and body relationships. Drawing from experiences in clinical counseling and classroom settings, presenters will share evidence-based strategies for addressing nutrition misinformation while promoting weight-neutral approaches. Discussion includes implementing Health at Every Size principles, revising academic content, and developing campus-wide initiatives. Participants will gain practical tools for creating inclusive nutrition environments and building effective cross-campus partnerships.

Tuesday, May 27

9:00 am – 12:00 pm (cont.)

Mental Health Ethics: Lessons from the Humanities

Ari Ofengenden, PhD (Tulane University)

This hands-on workshop explores the multidimensional nature of anxiety and depression, integrating historical, philosophical, and modern psychological frameworks. Participants will engage with Stoicism, Buddhism, and Epicurean philosophies, alongside Cognitive Behavioral Therapy (CBT) and psychoanalytic theories. Media analysis and case studies, including films and critiques of social media, highlight societal influences on mental health. Through interactive activities and reflective discussions, attendees will develop holistic strategies to address mental health challenges in personal and professional contexts.

2:00 pm – 5:00 pm

Unlocking Student Potential: The Art of ADHD Diagnosis

Perry Mandanis, MD

This workshop will provide clinicians with the educational content they need for conducting informed clinical interviews and clinical reasoning in the diagnosis of ADHD. The workshop will offer hands on case studies and role playing for skill development of an ADHD evaluation.

Developing and Implementing a Health Equity Program

Amelia Ross, BA and Missy Jackson, MS, WHNP-BC (University of Georgia)

Adults who obtain a degree are healthier and live longer than their peers who do not. (Zajacova et al. 2018) According to the National Academies of Medicine (2017), medical care only contributes approximately 10-20% of the modifiable contributions to health outcomes, with the remaining being affected by health-related social needs. Institutions of Higher Education must assess and respond to the health-related social needs of their respective student bodies and measure and act upon health disparities in order to completely address student well-being and success.

Achieving AAAHC Accreditation for College Health: Part II

Joy Himmel, PsyD, MA, BSN (Old Dominion University); Valerie Kiefer, DNP, MS (University of Tampa)

Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will focus on the core barriers or fears in beginning the process of preparing for accreditation and complying with the standards. It will provide numerous reasons to seek accreditation for all sizes of schools. It will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and a health clinic alone. Quality and process improvement, essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement studies, and information will be shared on how to succeed in obtaining accreditation.

Tuesday, May 27

2:00 pm – 5:00 pm (cont.)

Blueprint for Impact: Strategic Planning for Health and Well-being Leaders

Oliver Tacto, DSW, MSW, MPH (Maryville University of Saint Louis); LaMarcus Howard, PhD (North Carolina Central University); Alexis Travis, PhD (Michigan State University); Erin Baldwin, MHA, MPH, FACHE (Iowa State University)

This pre-conference session will provide health and well-being leaders with a strategic framework for planning, integrating, and evaluating well-being initiatives within their institutions. Through a blend of presentation lecture, interactive workshop, and panel discussion, participants will learn how to align well-being initiatives with institutional goals, use data to inform decision-making, foster cross-departmental collaboration, and apply systems thinking. By the end of the session, leaders will be equipped with practical tools to drive impactful, measurable well-being outcomes for their communities.

Planning and Executing Table Top Preparedness Exercises for College Health Professionals

Sarah DeLozier, MS, AEM (Knoxville-Knox County Emergency Management Agency)

In an emergency, we often participate in tasks outside of our normal responsibilities. Exercises identify gaps in emergency planning and preparedness training and solidify key stakeholders' knowledge and skills. During this pre-conference session, we will discuss the importance of exercises and learn how to plan and adapt preparedness exercises to different campus' needs. Finally, we will work through a tabletop exercise so that participants gain hands on experience executing these important preparedness activities.

An Introduction to Dialectical Behavior Therapy for College Mental Health Settings

Luciana Silva, PhD, LMFT (Southeast Systemic Therapy and Consulting)

College mental health professionals are tasked with addressing the complex and diverse mental health needs of young adults who frequently struggle with mood instability, parasuicidal behavior and suicidal ideation, relational stress, maladaptive coping mechanisms, and developing a stable sense of self. Dialectical Behavior Therapy, with its focus on behavioral training in distress tolerance, interpersonal effectiveness, emotion regulation, and mindfulness, is a psychotherapy model uniquely suited to the needs of young adults and the demands of a higher education mental health setting (Pistorello & Chugani, 2021). University counseling centers who offered skills training groups either by themselves, or in combination with individual therapy sessions, found that student participants demonstrated improved emotion regulation as a result of these interventions (Chugani, Ghali, & Brunner, 2013; Meaney-Tavares & Hasking, 2013). There is evidence to support that students with suicidal ideation and self-harm behaviors, as well as those with less severe symptoms of distress tolerance skills deficit, can benefit from DBT treatment in college counseling centers (Pistorello, Fruzzetti, MacLane, Gallop, & Iverson, 2012; Panepinto, Uschold, Oldanese, & Linn, 2015). This session will introduce participants to the major components and workings of Dialectical Behavior Therapy, discuss how it can be used to address the complex mental health needs of college students, and provide guidance in starting to plan for how to incorporate it in participants' specific work settings.

Tuesday, May 27

2:00 pm – 5:00 pm (cont.)

Advanced Contraception Management

Jodell Yank, MSN, APRN-NP, WHNP-BC, FNP-BC (Doane University)

University student health centers have a responsibility to address the reproductive health needs of students. This includes providing access to a wide variety of contraceptive methods. Providers may not feel clinically prepared to discuss and prescribe contraception. During this session, the presenter will provide an in-depth overview of contraception including advanced management of all methods. Information on 2024 guidelines will be included. A portion of the session includes case study review and hands-on practice.

Clinical Approach to the Examination of the Ankle, Knee, and Shoulder in College Health: A Hands-On Workshop

Christopher Nasin, MD (University of Rhode Island, Student Health)

This workshop will focus on the approach to the musculoskeletal exam of the ankle, knee, and shoulder in a college aged adult. Participants should wear comfortable clothing and be prepared to practice the exam on each other.

An Overview of Dermatologic Conditions for the Non-Dermatologist

Shahzad Mustafa, MD (Rochester Regional Health)

This session will cover commonly encountered dermatologic conditions for the non-dermatologist. The session will cover atopic dermatitis and urticaria, amongst other conditions. The discussion will focus on the most recent evidence for diagnosis and management.

Wednesday, May 28

1:30 pm – 2:30 pm

First-Gen Student Mental Health and Well-Being: Successes and Opportunities

Bridget Yuhas, EdD (Butler University)

The need for information about how institutions address students' mental health is high. To this end, the National Survey of Student Engagement (NSSE) and the Student Well-being Institutional Support Survey (SWISS) partnered to create a Topical Module on student mental health and well-being for 2023. This session will describe what we learned from the survey and the implications for institutional practice. Special focus will be on first-generation students, whose unique challenges in navigating collegiate experiences can impact their well-being.

It's Time to Ungrind: Supporting Collegiate Communities Through Innovative Social Norming Campaigns

Whitney Platzer O'Regan, EdD (National Alliance of State Pharmacy Associations)

"Everyone is misusing alcohol and drugs" has become college lore. The result: it becomes self-fulfilling – student overestimate prevalence, use becomes more permissive, & consequences rise. Join us to explore "Time to Ungrind" - a social norms campaign that aims to resist society's culture of grinding & hustling while addressing student stimulant misuse & mental health challenges related to college life. Presenters will share campaign foundations, components, & how you can implement in collaboration with your campus's well-being champions.

Shaping the Future of Campus Well-Being: Key Association Efforts and Initiatives

Robyn Buchsbaum, MHS (American College Health Association); Mallory Jordan, MPH, MBA (National Alliance of State Pharmacy Associations); Erin O'Sullivan, MA, MFA (National Intramural and Recreational Sports Association); Emma Spalding, MAEd (National Association of Student Personnel Administrators)

Join representatives from NASPA, NIRSA, and ACHA as they share insights on national InterAssociation well-being efforts aimed at raising literacy and advancing conversations within the higher education community. The presenters will provide updates on the InterAssociation Well-being Collaborative and discuss how new activities are helping to shift the focus from individual wellness to whole-campus well-being initiatives. They will also highlight innovative well-being efforts on campuses.

The Dangers of Fake Pills and Illicit Fentanyl: DEA's Perspective

Richard Lucey, MA, and Leslie Faulkner, PhD, DNP, FNP-BC (Drug Enforcement Administration)

Fentanyl remains the deadliest drug threat facing our country. DEA laboratory testing indicates 7 out of 10 pills seized by DEA contains a lethal dose of fentanyl. This session will focus on what fake pills are and why they are so deadly, and resources from DEA's One Pill Can Kill awareness campaign. There will be ample time for attendees to ask questions of the presenters.

Wednesday, May 28

1:30 pm – 2:30 pm (cont.)

Benchmarking Committee Update

Jessica Higgs, MD (Bradley University)

The Benchmarking Committee last surveyed screening and prevention for depression, flu, smoking, and medical allergy documentation in 2018. Since that time, the COVID pandemic has disrupted routine screening and prevention habits. This survey was launched in Spring of 2024 to compare previous benchmarking standards in college health in 2018 to current standards in 2024. In addition, the Benchmarking committee would like to establish a baseline benchmark for wellness per health educators and results from that questionnaire will be discussed. Finally, a new survey looking at STI Screening guidelines and establishing benchmarks in this area will be reviewed.

Broadening Our Scope: Leveraging Generative AI for Enhanced Collegiate Well-Being

Monica C. Webb, PhD, MPH, CHES (University of Florida)

In the evolving landscape of technology, generative AI stands out as a transformative tool with the potential to revolutionize collegiate wellbeing. This presentation will explore how generative AI will impact the collegiate workplace, while reimagining operations and approaches in college health behavior change. By integrating AI-driven solutions, we can work to efficiently address the unique health challenges faced by college students, broadening our scope for a more supportive campus environment. [Abstract developed with AI]

Reimagining Campus Collaborative Care: An Approach to Mental Health Crisis Management in a Campus Primary Care Clinic

Jennifer Smith, MA, LPC-S, RPT-S, Rhonda Beagle, LVN, and Sarah Doss, MD, MPH (Texas State University)

Multidisciplinary clinical staff from a large public university offer a timeline and narrative from their experiences with both the traditional model of collaborative care and their own modifications over time with changing resources and discoveries of the optimal ways team-based collaborative care works for students presenting in crisis to their campus primary care clinic.

From Data to Action: Co-Creating an Action Roadmap with Campus Partners Using Systems Thinking

Diane Medsker, BA, Lauren Martinez, and Sarah Hong, MPH, MIA (University of Southern California)

Addressing complex social issues requires a systems lens and collaboration of many campus partners. In this session, we will review frameworks and foundational principles for collective action. We also share our four-step process for moving from data to action: 1) reviewing data to support collective understanding, 2) engaging in a systems thinking activity to identify leverage points, 3) translating system factors into a logic model for planned action, and 4) creating intentionally formed work groups.

Wednesday, May 28

1:30 pm – 2:30 pm (cont.)

Cross-Generational Mentorship to Advance Staff Growth, Satisfaction, and Work-Life Balance

Ashleigh Hala, LICSW (Massachusetts College of Liberal Arts); Gina Abrams, DrPH, EdM, LSW (International Institute for Restorative Practices); Paula Swinford (University of Southern California); Katryna Sardis, MSW, EdD (University of Missouri-Columbia)

Cross-generational mentoring promotes mutual learning, knowledge exchange, social connectedness, and innovation through trust, vulnerability, and the challenging of traditional power structures. More than climbing a hierarchical ladder, the focus is on growth enabled by intentional, boldly authentic, relationships. Hear from four professionals engaging in cross-generational mentorship, each sharing ways they have learned, taught, and built meaningful relationships with one another - contributing to professional growth, retention, and a greater sense, and new conceptualization, of work-life balance.

Clinical and Non-Clinical Partnerships: Building Sustainable Capacity for Infectious Disease Prevention and Response

Katherine McAvoy, MPH, CWHC, Marcel Pierre-Louis, BSN, MHA, and Alic Czachowski, EdD, MPH, CHES (Columbia University)

COVID-19 highlighted the importance of sustainable and scalable infrastructure for infectious disease response in higher education, but many institutions have downsized their infrastructure, leaving them vulnerable to future threats. This session presents a model for building sustainable capacity through a partnership between clinical and non-clinical health units. This model may also serve as a first step towards broader integration efforts. Participants will explore the benefits, barriers, politics, and process for implementing at their own institutions.

The Evolving Landscape of Atopic Dermatitis

Shahzad Mustafa, MD (Rochester Regional Health)

This session will cover the appropriate approach to atopic dermatitis. The discussion will include how to approach an appropriate diagnostic evaluation, and then focus on the most recent evidence-based treatment options.

The Broadening of Mental Health: The Next Paradigm Shift in Higher Education

Katelyn Cowen, MPH, CHES and David Walden, PhD (Hamilton College)

The presenters will share a way of thinking about the landscape of mental health in higher education that points to a coming paradigm shift, one that encompasses emerging movements in the field and promises a more sustainable and healthy future. They will outline key components of a vision that is aligned with how students see themselves and what they seek from college, that recognizes and honors the holistic nature of students and staff, and that could serve as the foundation for new approaches to a historical challenge in higher education. An initiative at our institution that we hope will bring this vision to life will be outlined.

Wednesday, May 28

3:00 pm – 4:00 pm

Where There is No Sexual Assault Nurse Examiner (SANE)

LaNika Wright, PhD, WHNP-BC, SANE-A, and C. LaShae Wilson, MSN, ANP-BC (East Carolina University)

Sexual assault is a prevalent issue on college campuses, with 44% of reported crimes being sexual offenses (National Center for Education Statistics, 2024). Research indicates that one in four college women may experience sexual assault during their education (Fisher & Cullen, 2004). Many victims do not report incidents to university authorities but often seek care from healthcare providers (Palm and Follette, 2008). This session will explore a comprehensive approach by college health services to support sexual assault survivors, particularly in the absence of Sexual Assault Nurse Examiners.

Fentanyl Test Strip Distribution: Integration into a Campus Overdose Education and Naloxone Distribution Program

Rocco Siravo, MA, NBC-HWC, CPAHA, Alic Czachowski, EdD, MPH, CHES, and Michael McNeil, EdD, CHES, FACHA (Columbia University)

Opioid overdose prevention programs are becoming more common place on campuses, but typically only include dispensing of naloxone. Integrating fentanyl test strips into these programs adds an additional harm reduction strategy to prevent overdose. In this session, participants will learn how one university collaborated across the institution and with the local health department to develop and implement a fentanyl test strip education and dispensing program for students, staff, and faculty.

Bridging the Gap: Supporting Student Parents and Advancing Reproductive Health Access in Community Colleges and Beyond

Martinique Free, MPH, PhD, Jennifer Turner, PhD, and Salma Elakbawy, MA (Institute for Women's Policy Research); Angelica Cancino de Sandoval (Austin Community College District Special Supports & Grants); Camillia Lui, PhD (Public Health Institute); Sang Leng Trieu, DrPhD (Oklahoma Community College)

Basic needs in higher education have grown more inclusive over time, but support is still lacking for student parents needs and sexual and reproductive health needs for community college students. This session will close the knowledge gap on non-traditional academic and non-academic support students' parents may benefit from and intuitional policies that can increase student parent support on campus. Ways community colleges expand access to sexual and reproductive health services for their students will be discussed.

Wednesday, May 28

3:00 pm – 4:00 pm (cont.)

Synergistic Partnerships: Enhancing Health Literacy and Community Involvement

Valdene Southon, JD, and Chevaan Peters, BA (Stellenbosch University)

Campus students often lack access to reliable health information due to busy schedules, limited awareness, and cultural barriers. This leads to health issues like stress, anxiety, and unhealthy habits. The presentation aims to address this by fostering collaboration between campus health services and social impact teams to develop comprehensive health literacy and community involvement programs. Stellenbosch University research and published papers were used to guide the establishment of the program.

Promoting Reproductive Health Care Access on Campus: Practical Examples of Implementation

Julia Matthews, MSN, MPH (Bentley University); Sharon Rabinovitz (Emory University Student Health Services); Jackie Recktenwald MEd (University of Pennsylvania); Yakira Teitel, MD, MPH (Bard College)

The ACHA Reproductive Rights Subcommittee (formerly Taskforce) continues its efforts to support reproductive health care on college campuses. Following the publication of *Providing Reproductive Health Care in a Changing Landscape* and the companion *Promoting Reproductive Health Care Access on Campus: Implementation Toolkit*, the RRS will share practical examples of implementation gathered from across the country so that participants can identify gaps and gain expertise to design programs supporting reproductive health care on their own campuses.

Focus on Flourishing: Using the Dual Continua Model of Mental Health to Reduce Student Distress and Increase Student Success

Lisa Schrader, EdD, MPH, MCHES (Middle Tennessee State University)

As rates of mental illnesses among college students continue rising, upstream prevention strategies are necessary. But viewing the problem through a lens focused on illness can reduce collaboration opportunities. The presenter will share research and programming based on the dual continua model of mental health to help engage students, faculty, staff, and administrators in the use of innovative strategies designed to boost flourishing and academic performance while simultaneously reducing mental illness symptomology.

2024 Campus Mental Health Services Survey Results

Michelle Zeitler, MPH (Ruderman Family Foundation); Robert Franek, BA (The Princeton Review)

The Ruderman Family Foundation and The Princeton Review will share the details of their collaboration to increase awareness around mental health services offered by higher education institutions. Data from the inaugural 2024 survey will be discussed, illustrating what services are available, as well as accessibility and effectiveness of those services from students' perspectives.

Timid to Bold: A Case Study Leveraging AI for Comprehensive Health Promotion

Kelly Gorman, MSC (University at Albany, State University of New York)

Artificial Intelligence is now everywhere, bringing both concern and world-changing opportunity. This session will present a case study of how an institution applied systems thinking to the implementation of artificial intelligence coaching to enhance a comprehensive health promotion strategy catered to the needs of diverse and historically marginalized populations. Through sharing the development, piloting, implementation, and evaluation, participants will learn why our administration shifted from feeling timid about AI to both bold and proud.

Wednesday, May 28

3:00 pm – 4:00 pm (cont.)

CANCELLED BY PRESENTER -- Elements for a Compliant Insurance Billing Program

Approach to the Evaluation and Management of Chronic Kidney Disease

Angelina Edwards, MD, FASN (Houston Methodist Hospital)

Chronic kidney disease increases risk for end stage renal failure, cardiovascular mortality and all cause-mortality. Screening for CKD with early identification and management reduces risk of adverse outcomes. This session will provide an overview of common laboratory parameters used for screening and assessing renal function. It will highlight key risk factors for CKD. Classification of chronic kidney disease will also be reviewed with an emphasis on mitigating risk of CKD progression and guidance for referral to Nephrology.

Comprehensive Suicide Prevention Strategies for College and Universities

Carrie Brown, PhD, and Cory Wallack, PhD (Syracuse University); Marcus Hotaling, PhD (Union College)

College students continue to report high levels of suicide ideation and suicide attempts. For example, in the Spring 2023 National College Health Assessment (ACHA, 2023), 28.3% of respondents reported thoughts of suicide in the past year while 2.3% of respondents reported having made at least one suicide attempt during the same period. These data points, along with survey findings such as those provided by Association for University and College Counseling Center Directors (AUCCCD, 2022) demonstrate the ongoing need for colleges and universities to develop innovative approaches to suicide prevention. The purpose of this session is to review relevant suicide prevention data for college campuses and present innovative and economical intervention strategies that have been deployed across college campuses. More specifically, this session will highlight interventions that promote a sense of belonging, enhance resiliency skills, and create greater access to mental health care services. These three factors were identified by each of the presenters as having a significant impact on their respective campuses.

Wednesday, May 28

3:00 pm – 4:00 pm (cont.)

Unlocking Student Potential: The Art of ADHD Diagnosis

Perry Mandanis, MD

This session will provide clinicians with the educational content they need for conducting informed clinical interviews and clinical reasoning in the diagnosis of ADHD. The workshop will offer hands on case studies and ADHD criteria for primary care providers.

4:30 pm – 5:30 pm

Expanding the Scope of Practice Using a Creative Staffing Model

Lauren Wehunt DNP, FNP-C (Berry College)

College health centers have seen an increase in utilization due to accessibility and ability to provide holistic care to their student population. Unfortunately, some student health centers lack resources to maximize staff's scope of practice causing some students to have to seek care off campus. The Berry College Health Center addresses these concerns by evolving their staffing model to improve access to care, integrating student work experiences, and continuously utilize evidence-based practice when treating students.

Affecting Systems Change by Problematizing Health Promotion Policies

Jordan Perry, MPH, MCHES (Appalachian State University)

In this session, participants will be introduced to poststructural theory, problematization as a methodology, and “What’s the problem represented to be?” (or WPR) as methods for deconstructing and reconstructing health promotion policies. WPR is a six question approach applicable to all health promotion policies and initiatives. Rather than focusing on individual behavior change, WPR provides a framework for users to advocate for stronger, more inclusive policies directed at systems change on campus.

Wednesday, May 28

4:30 pm – 5:30 pm (cont.)

Safe Choices: Modern Harm Reduction Strategies for College Life

Alexis Horace PharmD, BCACP (University of Louisiana at Monroe College of Pharmacy)

This presentation explores harm reduction strategies for students in higher education, beginning with an overview of the epidemiology of drug use among college students. This program will review past approaches to inform students about substance use and educate about harm reduction theory. An active learning game will engage participants in examining perceptions of harm reduction strategies. Additionally, the presentation reviews evidence supporting these strategies and highlights successful harm reduction programs designed specifically for youth.

Connecting Peer Review to Continuous Quality Improvement

Arthi Krishnan, MD (Southern Methodist University); Robert Williams, MD, CPH (Sam Houston State University)

This presentation will help health centers create a diagnosis-based peer review process that actively engages its professionals, produces data that can be measured against internal/external benchmarks, demonstrably contributes to the institution's quality improvement program, and fully meets AAAHC accreditation requirements.

Fostering Resilience and Inclusivity through Trauma-Informed Care for Campus Well-Being

Rosanna Cacace-Zakhir, MA, Kritika Gupta, PhD, PMP, CHES[®] (University of California, Riverside)

This presentation explores the integration of trauma-informed care (TIC) into everyday operations, focusing on strategies for improving student outcomes and promoting faculty and staff well-being. Attendees will learn the core principles of TIC, how trauma impacts academic and mental health, and practical approaches to implementing TIC in campus settings. Through polls, application exercises, and group discussions, participants will gain actionable skills for fostering a more inclusive, supportive, and resilient campus environment.

Beat the Heat: Recognizing and Treating Exertional Heat Illness

Andrew McBride, MD, CAQSM (Metropolitan State University of Denver); Wendy Sheppard MS, LAT, ATC (University of Richmond)

Heat-related illnesses pose significant risks to athletes, especially during intense physical activity. This talk will provide a comprehensive overview of heat-related illnesses, including their signs, symptoms, and effective treatments. We will delve into practical strategies for recognizing early warning signs and implementing immediate interventions to mitigate risks. Additionally, we will discuss criteria for safely returning athletes to play after experiencing heat-related issues, ensuring a balanced approach to recovery and performance.

Wednesday, May 28

4:30 pm – 5:30 pm (cont.)

Supporting Student Sexual Wellness through Asynchronous Health Education

Lauren Cordova, MEd (University of Pennsylvania)

In Spring 2020, a private, 4-year institution launched an internally-developed, asynchronous, sexual health education program that has served over 2,700 students and increased sexual health programming reach by 176%. The program has been positively received by participants and shown statistically significant improvements in knowledge, attitudes, and behavior. This session will showcase program data and explore program development and evaluation to empower attendees with knowledge and skills to bring asynchronous sexual health education to their campus.

Tuberculosis Risk and Early Detection in the U.S. College Population

Mary Woodring, DNP, MSN, APNP, FNP-BC, and Lynn Hacker, MPH/TM, MSN, BSN (University of Wisconsin Madison)

This session will provide a knowledge base for understanding the risk of exposure to tuberculosis in US college students. The potential risk of exposure is increasing as the incidence of TB in the US is rising and as the number of international students, who carry a higher TB disease burden, increases. It will also address screening and testing strategies for tuberculosis in campus settings as well as treatment of latent TB and recognition of active TB.

Integration with a Recreation Department: UHS Administrative Team Perspectives

Jen Swails, MBA, Ashley Campos, Tami Cate, and Damian Villalobos (University of California, Berkeley)

Integrating a recreation department with university health services under a new leadership structure enhances student well-being by providing a holistic approach to physical and mental health. The model fosters a supportive environment where students have seamless access to fitness, counseling, and health services. The integration also optimizes resource use and streamlines support services. This presentation will focus on the planning, implementation and initial months of integration from a university health services perspective.

Evaluation and Dissemination of a Bereavement Support Program for LGBTQIA+ Youth

Bridget Hughes, MA, and Lazara Paz-Gonzalez, DrPH (The Hetrick-Martin Institute)

Lesbian, gay, bisexual, transgender, and gender non-conforming youth, are impacted by high rates of traumatic loss, as well as by the experience of suffocated and disenfranchised grief. These youth also have unique bereavement concerns, distinct from their heterosexual and cisgender peers, given the ways that the developmental trajectory of LGBT adolescents can intersect with the processes of mourning and grief. The Hetrick-Martin Institute (HMI) is one of the nation's oldest and largest LGBT youth-serving organizations. Staff from HMI will present on the evolution, implementation, and evaluation of a new, community-based bereavement support program designed specifically for LGBT youth.

Wednesday, May 28

4:30 pm – 5:30 pm (cont.)

Learning to Manage Top College Derm Concerns

Lauren Payne, MD, MS, FAAD (Flourish Dermatology and Aesthetics)

This session provides an evidence-based overview of diagnosing and managing common rashes in a student health center, including seborrheic dermatitis, eczema, psoriasis, acne, and allergic skin reactions among diverse skin tones. Attendees will learn to identify clinical features, recommend first-line treatments (both otc and prescription), and recognize when referral criteria has been met. Through photographic and case- based examples and interactive exercises, participants will gain practical skills to enhance patient care and optimize dermatologist referrals in a college healthcare setting. Special attention will be given to addressing diverse skin types and treatment nuances for various populations.

Holistic Well-Being: Adapting to the Changing Needs of Students

Jessica Doty, EdD (University of Colorado Boulder); Michele Richardson, MDi,ThM, MBA, CSAEd (Bowie State University)

To adapt to the evolving demands of students and the diverse needs of a multi-generational campus population by developing and implementing a holistic, campus-wide well-being strategy. By understanding the values of today's students, particularly Generation Z, we can effectively promote health, and well-being across multi-generational and diverse populations, including students, staff, and faculty. This session will provide examples of strategies such as revising organizational structures, leveraging the Okanagan Charter, building faculty partnerships, engaging constituent groups, and collaborating with student organizations that can help in providing a campus-wide approach to well-being.

Thursday, May 29

8:00 am – 9:30 am

Engaging with the ACHA-NCHA Survey: Everything You Need to Know

Jennifer Jacobsen, MA, MPH (Macalester College)

No matter our role, institution, or comfort level with data, we can all benefit from engaging with the ACHA's National College Health Assessment. All conference participants from all functional areas in college health are invited to this interactive session to learn more about what the updated ACHA-NCHA survey entails, how it can inform your work, how it can be leveraged to advocate for policies and resources, and how to encourage student participation. Bring your curiosity!

Addiction Medicine Update for College Health Clinicians

Chris Frank, MD, PhD (University of Michigan)

This presentation will focus on accurate diagnosis and treatment of common substance use disorders seen in college health settings. We will use clinical cases to discuss common withdrawal syndromes for cannabis and alcohol use disorders. We will review medication treatment options for students with an alcohol use disorder and end with an open Q&A period regarding addiction medicine in college health settings.

Nurturing Staff Sustainability and Retention Through Multi-Level Supportive Frameworks

Brittany O'Malley, MPH, CHES (University of Texas at Austin); Ashleigh Hala, MSW, LICSW (Massachusetts College of Liberal Arts)

Let's face it, health promotion staff are not ok. The field is experiencing increased rates of burnout and declining employee retention. According to The Compass Report: Charting the Future of Student Affairs (NASPA), 1/3 of respondents weren't sure if they would stay in the field for the next five years. Each of us plays a role in creating a climate where wellbeing professionals can thrive - a climate that promotes care and retains talent. Join this session to learn more about how we, as a community, can foster resiliency in our field.

Strategies For Enhancing Motivational Interviewing Skills with Collegiate Peer Leaders

Ralph Wood, PhD, CHES, and Angela Wood, PhD, LCSW, MINT (Southeastern Louisiana University)

Collegiate Peer Leaders are frequently asked to support and assist their peers with the adoption of healthy behaviors and reduction of at-risk behaviors. This session will provide the participants recommendations to assist the training of collegiate peer leaders in the basics of motivational interviewing. Emphasis will be placed on the development targeted reflections and questions that reinforce/elicit "change talk" while minimizing "sustain talk" from at-risk.

8:00 am – 9:30 am (cont.)

From Theory to Practice: Application of DEIJA in College Health

Alic Czachowski, EdD, MPH, CHES, and Padma Entsuah, MPH, CHES (Columbia University); Michele Richardson, MDiv, ThM, MBA, CSAEd (Bowie State University); Nadine Aktan, PhD, FNP-BC (Rutgers School of Nursing); Daniella Recaberran, PhD (University of North Carolina)

This intermediate level session will provide a brief overview of key concepts related to diversity, equity, inclusion, justice, and accessibility, and its importance to college health. The majority of the session will focus on providing attendees an opportunity to work in small groups to apply these concepts to various college health-related case studies. Gaining these critical skills will allow college health professionals to better serve and advocate for their community members of all identities.

Strategic Planning, Identifying Key Performance Indicators, and Performing Leadership Rounds

Amy Magnuson, PhD, RD, and Hannah Stone (Florida State University)

This session will explore strategic planning in student health, focusing on identifying and utilizing key performance indicators (KPIs) and implementing leadership rounds. Attendees will gain insights into developing effective strategic plans, selecting and measuring KPIs, and enhancing communication and engagement through leadership rounds. By the end of the session, participants will be equipped with practical tools and strategies to improve student health services on their campuses.

Broadening the Scope of your Practice Through Collaboration and Integration of Mental and Physical Health

Judy Frueh, WHNP, BC, Kristen Peltz, MS, LPC (Northwest Missouri State University); DeeAnna Hess, DO (Oregon State University); Shelby Hanigan, DNP, MSN, RN, FNP-C (Abilene Christian University)

Three schools (Abilene Christian University, Northwest Missouri State University, Oregon State University) of different sizes and demographics will share their successes of collaboration and integration in their health care facilities and on campus. The schools will discuss how their efforts have been more effective in meeting the rising needs of the mental health epidemic in college students. Participants will learn ideas to become more fully integrated on their campuses.

Ordinary and Presumptive Trauma: Tools for Understanding Queer and Trans Pain

Sam Shelton, MA (Iowa State University)

Discourses surrounding trauma often lack a comprehensive engagement with sociological theories of power and oppression, resulting in practices of health care that fail to consistently and holistically meet the needs of peoples impacted by these systems (e.g., people of color, queer and trans people). This session will explore a theoretical and practical framework of “ordinary trauma” and “presumptive trauma” to provide tools for integrating a systems-level analysis of trauma into health promotion work.

8:00 am – 9:30 am (cont.)

Nursing Hot Topics

Deborah Hester, RN, BSN (Sam Houston State University); Jacqueline Hop, DNP, MBA, RN, CPN, CIC (University of Central Florida); Chendamoni Beaty, RN, MSN (University of Georgia); Corliss Gossett, RN, BSN (School of the Art Institute of Chicago)

This nursing session will cover essential topics including implementing infection prevention programs, sexually transmitted infections (STIs), documentation, nurse triage, and nursing staff retention and recruitment. Participants will gain knowledge on effective infection control practices, STI recognition and prevention, accurate documentation techniques, and efficient triage decision-making. Additionally, the session will address strategies for improving nursing staff retention and recruitment, fostering a supportive work environment, and enhancing staff well-being.

Clinical Medicine and Advanced Practice Clinicians Hot Topics: Mycoplasma Genitalium, Pertussis, and the Pitfalls of GLP-1s

John Laury, MSN, CRNP (University of Pennsylvania); Hunter Spotts, MD, FAAFP (Duke University); Cathryn Imperato, DNP, NP-C (University of California, Berkeley).

Three topics of timely concern are addressed: Mycoplasma genitalium, pertussis, and the pitfalls of GLP-1s.

Increasing Access to Long-Acting Reversible Contraception (LARC): Providing Students with Reliable Reproductive Health Options

Lindsay Phillips, MD, MSc (Rochester Institute of Technology); Susan Ernst, MD (University of Michigan); Yakira Teitel, MD, MPH (Bard College); Amanda Rodriguez, MSN, APRN, FNP-C, and Angela Tanguma, MSN, APRN, FNP-BC, MSCP (University of Texas Rio Grande Valley); Eleanore Kim, MD (University of California, Berkeley)

Unintended pregnancies pose a significant barrier to the completion of higher education, particularly among young populations. (Cabrera et al., 2018). The provision of Long- Acting Reversible Contraception (LARC), including contraceptive rods and IUDs, supports students hoping to prevent pregnancy. College health clinics face barriers such as access to devices, a shortage of trained clinicians and fears regarding the management of complex insertions or removals. This session will provide several case examples on how college clinics may access LARC devices and models for provider training. There will be ample time for conversation regarding management of difficult insertions or removals.

How to Apply the ACHA Well-being Assessment to your Assessment and Evaluation Needs

Nicole Brocato, PhD (Gallium Social Sciences); Mary Hoban, PhD, MCHES (American College Health Association)

Because well-being is complex, supporting well-being requires a complex range of programs, policies, and practices tailored to students' needs. Effectively assessing and evaluating our well-being supports can be overwhelming. We will present ACHA's Well-being Assessment as one solution to these pressing needs, compare and contrast different approaches to measuring well-being, provide guidance for interpreting well-being measurement results, and provide structures for applying well-being measures to program evaluation and design.

Thursday, May 29

10: 00 am – 11:30 pm

Navigating the Basics of Sexually Transmitted Infection Screening: A Practical Approach

Paul Broker, MD, AAHIVS (University of Texas Southwestern Medical Center)

This presentation will equip college health professionals with essential knowledge and practical skills for effective Sexually Transmitted Infection (STI) screening. Topics include updated guidelines and best practice for routine and symptom-based screening for HIV, syphilis, chlamydia and gonorrhea. Participants will explore strategies for improving screening rates and implementing effective policies to enhance patient outcomes and reducing STI transmission.

Creating Holistic Gender Affirming Care Across College Campuses and Healthcare Systems

Tay Richardson, MS, APCC, Tay McCavanagh, PsyD, and Mely Quiroz, BA, MA, MS, APCC (University of California San Diego)

The Gender Affirming Care Coordinators launched Services for Trans, Intersex, and gender Diverse Experiences (STRIDE) in Fall 2023. STRIDE works collaboratively with providers across campus in centering holistic support while navigating the nuanced experiences of gender expansive students. The presentation addresses STRIDE's positionality and the multidisciplinary, holistic approach at supporting trans, intersex, and gender diverse students on college campuses. Themes include: gender euphoria, body autonomy, informed consent, trauma informed care, provider countertransference, and multidisciplinary practices.

ACHA Advocacy and Government Relations Update

James Wilkinson, MA, CAE (American College Health Association); Jason Marmon, MA, JD (Active Policy Solutions); Rita O'Neill, JD, MHA (University of Southern California)

Advocacy Committee Chair Rita o'Neill, CEO James Wilkinson, and advocacy counsel Jason Marmon will update attendees on the view from Washington, including federal legislative and regulatory issues; interactions with key federal agencies like CDC; share details and status of the College Health Index; and explain the context and status of issues where ACHA is leading, and which we are actively monitoring. We will also cover coalitions of allies in higher education, an approach which amplifies ACHA's impact and heightens our profile. We will also highlight how members can help advocacy efforts.

2025 ACHA-NCHA Annual Update

Mary Hoban, PhD, MCHES, and Christine Kukich, MS (American College Health Association); Alyssa Lederer, PhD, MPH, MCHES (Indiana University School of Public Health-Bloomington)

This program will share findings from the first six years of data collection with the NCHA III, demonstrate data trends, share analyses based on NCHA data from the last 12 months, and provide updates from the NCHA Advisory Committee and the ACHA Research Department.

10: 00 am – 11:30 pm (cont.)

Navigating Campus Support for Diverse Communities with Eating Disorders

Dani Gonzales, PsyD, NRHSP, Michelle Katz, MS, RD, MPH, CHES, and Tiffany Nakamura, LPCC (University of Southern California)

USC's Keck School of Medicine Student Health Center has seen a rise in culturally diverse students facing challenges in managing Eating Disorder (ED) treatment. This plenary will examine the implementation of culturally sensitive, evidence-based practices, emphasizing collaboration with campus providers. Presenters will discuss the role of cultural humility and acculturation in clinical care, alongside the importance of adapting therapeutic and dietetic interventions, advocating for enhanced campus resources to support comprehensive, interdisciplinary care and improved treatment outcomes.

Best Practices in Providing Affirmative Mental Health Care to Students Who Engage in Sex Work

Wardeh Hattab, LCSW-R, CST (Columbia University)

This presentation addresses how providers can competently address the unique mental health needs of students who engage in sex work. This session will focus on how clinicians can examine their biases of student sex workers. Session participants will learn psychotherapy interventions that affirm the psychological needs of students who engage in sex work and enhance therapeutic rapport. The session will also discuss systems of power and oppression in the sex work field that impact students.

Borgs, Bongs, and the Evolution of Prevention

Marissa Whitaker, MS (State University of New York at Cortland)

Alcohol and cannabis use are ever-evolving on college campuses, but many traditional prevention strategies have remained rooted in abstinence for decades. This presentation will explore the historically binary nature of prevention, and how this has led to individuals falling through the cracks, because they may not want to prevent all use. Cannabis and alcohol trends will be described, and how harm reduction casts a more inclusive net when discussing substance misuse.

10: 00 am – 11:30 pm (cont.)

Health Promotion Section Hot Topics: Hot Topics Lightning Rounds

Kelly Gorman, MSc (University at Albany, State University of New York); Ashleigh Hala, BSW, MSW (Massachusetts College of Liberal Arts); Brittany O'Malley, MPH, CHES (University of Texas at Austin); Alic Czachowski, EdD, MPH, CHES (Columbia University)

Important conversations are emerging in Health Promotion related to data collection/utilization, collaboration, supervision, and organizational structuring. This session will seek to close the knowledge gaps that exist related to using NCHA data in campus strategies, operationalizing collaboration, implementing effective supervision, and promoting cohesive organizational structuring to support the process of health promotion. Through panel- and group-facilitated discussion, participants will come away with more knowledge and capacity for application across all of these topic areas.

ACHA and JUHA Joint Session: Different “Programs in Practice” Across Three Countries (Canada, USA, Japan)

Mayumi Yamamoto, MD, PhD, MBA, and Ryo Horita, PhD, CP, CPP (Gifu University); Junko Okuyama, MD, PhD, CP (Shokei Gakuin University); Sandra Koppert, BCom (Mental Health Commission of Canada); David Pilon, PhD (Dalhousie University); Joyce Dewitt-Parker, PhD (University at Albany, State University of New York)

This session will inspire action by showcasing promising programs in practice and related frameworks that support the mental health and well-being of students across Japan, Canada, and the United States. During this session, participants will learn about the similarities, differences, and challenges of programs that aim to support student mental health. Listening to these different perspectives will provide helpful lessons learned and insights to others who are developing or updating their current programs.

Improving College Health with Epidemiology: Tools for Success

Angie Ghanem-Uzqueda, PhD, MPH (University of Southern California); Elizabeth Edwards, MPS, and JoLynn Montgomery, PhD, MPH (University of Michigan); Rina Rosnow, MPH (The University of Pennsylvania)

Utilizing health data from a college campus can have profound impacts on operations, planning, and health outcomes of students. A panel of college health epidemiologists will demonstrate the importance of epidemiology in college health and how to implement epidemiologic principles into everyday practice, including the process of collecting, cleaning, analyzing and presenting data for impactful public health actions within the student health center and on campus.

Optimizing Contraception Prescribing

Eleanore Kim, MD, and Efren Bose, MA, PharmD (University of California, Berkeley)

Optimizing access to nursing and pharmacist prescribing workflows can be an effective option to reduce barriers for students to request and obtain contraception after-hours and without requiring additional clinical appointments. This session will discuss implementation of an EMR portal workflow as a starting point for students to request contraceptive prescriptions and services in collaboration with pharmacist prescribing and nursing protocols.

Thursday, May 29

10:00 am – 11:30 pm (cont.)

It Takes a Village: Expanding a Rape Crisis Response Beyond Your Campus Survivor Support Office

Gaby Tiscareno-Atilano, BA, and Sarah Randazzo, LMFT (University of Southern California)

This presentation addresses the critical gap in holistic, multidisciplinary care for college survivors of power and gender-based harm, emphasizing the need for enhanced collaboration between clinicians, medical professionals, and campus resources. Current practices often focus on crisis counseling and advocacy, not addressing student's medical, social, academic, and basic needs. Supported by research, expert guidelines, and USC's Student Health Center practices, this session equips participants with the knowledge and tools to integrate trauma-informed, survivor-centered, holistic care within a University health center.

1:30 pm – 2:30 pm

Leveraging Business Maturity Models for Organizational Growth: A Case Study from CU Boulder's Division of Health and Wellness

Jessica Doty, EdD, and Michael Klitzke, MA (University of Colorado Boulder)

This presentation highlights CU Boulder's Division of Health and Wellness using a business maturity model to enhance organizational growth. By setting five evidence-based goals, the division assessed its current state, identified strengths and gaps, and informed strategic planning. Attendees will learn how to apply maturity models in higher education and wellness contexts, access tools for documentation and assessment, and use findings to optimize resources, improve responsiveness, and understand organizational perceptions internally and externally.

Increasing Collaboration and Reducing Mental Health Stigma through an Athlete Care Team (ACT)

Lindsay Wetzel Polin, MA, CHES (Cal State Monterey Bay)

This session will discuss a collaboration between Athletics, Health and Wellness Services, and the Basic Needs Office at Cal State Monterey Bay to support student-athlete basic needs and mental health to reduce stigma associated with accessing services. Members of the CSUMB Athlete Care Team (ACT) will review our efforts to normalize mental health conversations, improve accessibility of services, and increase education and training to support a spirit of help-seeking for student-athletes.

Thursday, May 29

1:30 pm – 2:30 pm (cont.)

Beyond the Prescription Pad: Non-Hormonal Interventions for Supporting Gender Identity

Ellen Goldberg, MSN, RN (East Carolina University); Penny Jacobs, CRNP-FNP (University of Maryland)

This presentation explores non-hormonal interventions for individuals who identify as transgender or gender diverse who are seeking to affirm their identities and alleviate dysphoria. By examining various non-prescription options, healthcare professionals will be equipped with the knowledge to provide a higher level of comprehensive, inclusive care, enhance patient support, and improve health outcomes.

Eating Disorders: Identification, Medical Management and Interdisciplinary Referral

Courtney Salaway, RN, MSN, FNP-BC, and Kathryn Shepley, RN, MSN, CPNP (University of Virginia)

The prevalence of eating disorders on college campuses is rising. This session will seek to empower campus health professionals to implement ED screening tools, diagnose, medically treat, and refer ED students as part of a collaborative team. Presentation will include review of DSM criteria, screening tools, signs/symptoms, medical management, complications, when to refer and special considerations- men, transgender clients, GLP 1 agonists and atypical presentations.

Empowering Students to Overcome Barriers to Bystander Engagement in Settings Where College Students are at Risk of Sexual Assault

Rick Haasl, MEd, EdD (West Texas Agricultural and Mechanical University)

This program features original research and provides insight into college students' perceptions of the barriers to bystander engagement in settings where there is risk of sexual assault. Content includes factors that prevent bystander engagement in settings specific to the risk of sexual assault. Significant points of discussion will focus on best practices for developing bystander education programs that empower students to overcome barriers to bystander engagement in settings where there is risk of sexual assault.

Telemedicine in Higher Education: Evaluating Appointment Type Effectiveness in Primary Care for Scalability and Efficiency

Trina Ridout, MD, MEd, Roanna Kessler, MD, Shaherbano Khalid, MPH, and Kathy Linne von Berg, MD (Johns Hopkins University)

Since the COVID-19 pandemic, the adaptation and demand for telemedicine has expanded, prompting Johns Hopkins University Student Health primary care to adopt a hybrid approach, offering both in-person and telemedicine visits. The goal is to increase access for a growing student population in the coming years. This session aims to share the QI study findings, which are focused on refining telemedicine scheduling and discerning optimal appointment types as well as analyzing data on patient satisfaction and use of internal resources versus a contracted vendor. These insights will help guide the effective allocation of scheduling and resources, allowing for optimizing scalability and service accessibility.

1:30 pm – 2:30 pm (cont.)

Our Yeast Was Rising, Recurrent and Resistant: What we did when we noticed a trend

Monique Steel, MSN, WHNP-BC, RN, and Elizabeth Edwards, MPH (University of Michigan)

As the risk for fluconazole resistant yeast infection increases, this presentation aims to provide treatment recommendations and findings from an original research study investigating temporal trends and risk factors for recurrent and fluconazole resistant yeast infections in a college health center. This session will detail how to recognize an increase in pathogenic changes in yeast and next steps to take to provide better care for patients.

An Integrated Care Approach to Effective and Equitable ADHD Assessment in Campus Settings

Kelli Howard, PhD, LP, and Nicole (Gigi) Giordano, PhD LP (University of Saint Thomas)

Well-documented sociodemographic disparities in ADHD assessment and treatment suggest that students may enter college both under and over-diagnosed with ADHD. (Shi et al., 2021; Wexler et al., 2021). Integrated college health settings are uniquely positioned to support an ethical and equitable approach to ADHD assessment, but may not always consider the developmental, generational, and sociodemographic factors informing students' symptoms. This presentation will outline research-based best practices for ADHD assessment in integrated college health settings.

A Blueprint for Campus Partners to Involve Students in Strategic Programming

Cameron Nix, CHES, BS (North Carolina State University)

This session will outline a blueprint for universities to harness the expertise of student groups in program development. Participants in health promotion or the larger student affairs capacity should walk away with at least three actionable steps to implement at their institution to better understand and support the needs of their unique student population.

Serving the Neurodiverse College Student

Daniel Liles, MS (University of North Carolina)

This presentation explores effective communication and interaction strategies to enhance neurodiverse students' educational outcomes and campus experiences. Attendees will gain practical insights into implementing accommodations tailored to neurodiverse needs, fostering inclusivity and academic success. Additionally, the session identifies risk factors for suicidality, co-occurring mental health challenges, and substance use disorders within this population. Participants will leave equipped with actionable knowledge to support neurodiverse students' well-being, resilience, and overall integration into higher education environments.

Thursday, May 29

1:30 pm – 2:30 pm (cont.)

Healthcare and Mental Health Service Utilization among South Asian College Students

Suraj Chaturvedi, Keshv Srinivasan, Kevin Bobby, Brittany Boyer, PhD, and Andrew Alan (The University of Texas at Austin)

South Asian (SA) Americans represent a growing population in postsecondary institutions with unique sociocultural characteristics that impact their interactions with systems of care. However, reliance on U.S. census classifications that only include one broad Asian category obscures heterogeneity in service utilization among ethnic subgroups. This presentation reviews sociocultural contributors to health and mental health utilization among SA students and presents original research comparing utilization among SA students, Caucasian students, and Asian students of non-SA origin.

3:00 pm – 4:00 pm

Applications for AI in Student Health Today

Frank Dang, John Bollard (University of California, Santa Cruz)

CHAT-GPT and GPTs are all the rage right now. Whats good, whats bad? How can you prepare we will show you novel ways of using them and risks to avoid. Write policies, improve student outreach, and use resources more efficiently(time, people, money).

Transforming the Classroom: Exciting and Interactive Techniques for Our College Health Classroom

Larry K. Olsen, DrPH, MCHES; and Stephan Goodwin, PhD (University of Delaware); Shelly Krajany, PhD, CHES (University of Kentucky)

Attendees will participate in exciting and effective skill-building teaching activities to improve their critical thinking, team building, and problem-solving skills. The techniques emanate from the presenters more than 100 years of teaching experience in college classrooms. Techniques will demonstrate how to integrate a diversity of culturally appropriate activities that result in increased learning, interest, and student participation. These innovative techniques will help motivate students to take responsibility for their choices and improve their interactions with others.

Revolutionizing Campus Crisis Response Through Student Well-Being and Intervention Follow Up Teams (SWIFT)

Ginger Wilkerson, PsyD, LMFT (University of California, Riverside)

This session explores the development and implementation of SWIFT, a mobile mental health crisis intervention team designed to reduce law enforcement involvement in non-violent student crises. Attendees will learn how to design and implement an interdisciplinary crisis response model, engage key campus units, and overcome logistical challenges. The session will also focus on strategies for providing trauma-informed care and equitable follow-up services to ensure long-term student well-being.

3:00 pm – 4:00 pm (cont.)

A Discussion on Evaluating and De-Labeling Inaccurate Penicillin Allergies

Denise Savage-Desai, DNP, APRN, FNP-C (Vanderbilt University)

An estimated 8%-25% of the population has a penicillin allergy label. Up to 90% of patients labeled with penicillin allergy can tolerate penicillin when tested. College health clinics treat young adults for bacterial infections that are best treated with beta-lactam antibiotics. This presentation will discuss addressing and evaluating penicillin allergy labels using a validated assessment tool. We will also discuss implementing a penicillin direct oral challenge program in the college health clinic.

From Tabletops to Trainings: Lessons on Managing Mass Casualty Events

Spencer Wong, MD, FAAFP, TECC/TEMS-T (California State University East Bay)

Gun violence on campuses is rising, with mass shootings significantly impacting the community. Current law enforcement strategies focus on “Stop the killing. Stop the dying,” but many higher education healthcare professionals lack preparation for post-violence care. This session reviews lessons from an interagency training between a university and local EMS and offers participants an opportunity to practice skills that enhance campus preparedness for mass casualty scenarios.

Feeding Futures: Confronting Food Insecurity on University Campuses

Ebony Copeland, MD, MPH, Xiomara Francis, MPH, Jordan Everett, MPH, CHES, and Paris Adon, EdD, MSA, BS (Howard University)

Food insecurity is a growing issue on college campuses where students often struggle to meet their nutritional needs due to increasing financial constraints. This session will define food insecurity and its impacts on college campuses and those that are most likely to suffer from it. During this session the participants will have the opportunity to take a critical look at food insecurity on their campus and brainstorm solutions at multiple levels.

Transforming Alcohol Intervention: Ethical Insights from College Students for University Health Practitioners and Staff

Benjamin Neil Montemayor, PhD, and Arham Hassan (West Texas Agricultural and Mechanical University)

Alcohol research among U.S. college students is common, often uncovering patterns of heavy alcohol use indicative of an alcohol use disorder (AUD). This session presents original research on students' perceptions of university responsibility and treatment preferences if identified as being at high risk for an AUD. Attendees will gain practical strategies for designing and implementing interventions that prioritize student well-being, bridging the gap between research and health services to create more ethically sound, participant-centered programs.

3:00 pm – 4:00 pm (cont.)

Defining Scope of Student Health Services

James Jacobs, MD, PhD (Stanford University)

College student health and counseling centers must ultimately have a scope of practice. It is not an option to be all things to all patients. Some services, such as evaluation of URIs, musculoskeletal injuries, and STIs or prescribing of SSRIs are self-evident, but what about allergy immunotherapy, performing colposcopy, suturing of facial lacerations, prescribing for alcohol use disorder/opioid use disorder, or treatment of eating disorders? Who decides? Who pays? Who approves? Participants will gain access to an editable rubric and template for methodical consideration of the student health center's scope of practice. Detailed examples will be reviewed.

Improving IUD Insertion Experience: The Impact of Counseling and Pain Management Interventions

Iris Turay, CRNP, WHNP, and Symone Stephens, CRNP, WHNP (Johns Hopkins University)

This presentation focuses on enhancing pain management, counseling, and interventions for IUD insertions in college health settings. We will discuss evidence-based strategies for patient-centered care and individualized pain control, drawing from current research and our quality improvement study. Participants will gain skills in pre-IUD counseling, pain assessment, and protocol development. The session aims to bridge the gap between provider perceptions and patient experiences, improving acceptance and utilization of IUD services in college health settings.

Bridging the Gap: Integrating Student Health and Mental Health Services in California Community Colleges

Nicole Johnson, RN, PHN, MSN (Cuesta Community College); Elizabeth Perelli, RN, MS, APRN (Health Services Association of California Community Colleges)

Community colleges are a prime setting to deliver student health and mental health services that reach a diverse group of students who tend to be underserved or overlooked in mainstream health systems. Using data from the Health Services Association of California Community College's annual survey from 2021/22 to 2023/24 (college n=52) and case studies, this program will highlight strategies for successful delivery and integration of student health and mental health services given college infrastructure and resources.

Building an Ecosystem of Prevention with Data-Driven Student Onboarding Courses

Rebecca Harrington, MA (State University of New York at Delhi); Erin Czerwinski (Carnegie Mellon University)

This session will share how a data-driven onboarding course for substance abuse and sexual violence prevention evolved through collaboration with campus stakeholders and the Open Learning Initiative (OLI). Using learning engineering principles, the course provides insights that inform both online and in-person programming. This process led to the development of a health promotion ecosystem, where data from onboarding programs drives year-round prevention planning and engagement across campus constituencies.

Thursday, May 29

3:00 pm – 4:00 pm (cont.)

Student Health Clinics: To Bill or Not to Bill Payers for Services, the Legal Implications, Risks, and Strategies for Complying with the Law and Reducing Risks

Andrew Schillinger, JD (Foster Garvey PC); Joel Schwartzkopf, DPAS, MBA (University of Washington)

Many institutions of higher education bill or want to bill payers including federal health care programs (e.g., Medicaid) for the clinical services they provide to students. While billing payers presents as a “simple fix” to gaps in funding and/or an opportunity to expand services, it can be a complex and high risk activity. The presentation will introduce attendees to some of these legal issues and risks and offer strategies for complying with the law and reducing risk.

Friday, May 30

8:00 am – 9:30 am

Executive Leaders in Well-being: Roles and Responsibilities

Anna Fitch Courie, DNP, RN, PHNA-BC, (Clemson University); Oliver Tacto, DSW, MPH, CHES (Maryville University); Joel Schwarzkopf, DPAS, MBA, FACHE (University of Washington); Lanika Wright, PhD, WHNP-BC, SANE-A (East Carolina University); Sherra' Watkins, PhD, LCMHC-S, LCAS, CCS, CRC (University of Utah)

Many institutions of higher education are seeing mental health and well-being as both risk and opportunities across campuses. Additionally, institutions are recognizing an uncoordinated approach where health and well-being resides in various departments on campus. Thus, they have begun to create CWO/AVC/AVP roles to help integrate multi-disciplinary and collaborative efforts to reduce silos and cultivate a culture of well-being. This session will present examples of this emerging role and corresponding responsibilities from five different institutions.

Pre-Exposure Prophylaxis for HIV Prevention Case Scenarios: Applying Knowledge to Practice

Paul Broker, MD, AAHIVS (University of Texas Southwestern Medical Center)

This session will focus on the practical application of Pre-Exposure Prophylaxis (PrEP) for HIV Prevention in college health settings through case-based learning. Designed for all skill levels and roles within student health clinics, the presentation will equip staff and providers with the knowledge to apply the latest PrEP guidelines, enhance decision-making, and offer culturally competent risk assessments. Participants will gain experience using real-world scenarios to improve PrEP implementation and adherence counseling for diverse student populations.

Do 'Well-Being' Surveys Measure Up?

Andrea Kimura, MEd, CHES, CWHC (University of Missouri-Columbia)

Student Affairs professionals lack consistency in selecting and applying tools to assess flourishing, resiliency, wellness, and well-being. This leads to challenges in accurately measuring student outcomes, addressing health disparities, and implementing effective interventions. Without clear guidance on the distinctions between these concepts and the proper tools for each, institutions struggle to fully support the student, resulting in gaps in services and data quality across campuses. A standardized approach will enhance assessment and therefore the outcomes.

Diagnosis and Treatment of Avoidant/Restrictive Food Intake Disorder (ARFID)

Chantal Gil, PsyD, and Melanie Trost, MD (Duke University)

Individuals with avoidant/restrictive food intake disorder (ARFID) face challenges in finding treatment, as not all eating disorder specialists are comfortable addressing it. While often viewed as a childhood diagnosis, ARFID also affects many adults. This session aims to demystify ARFID treatment for those working with university populations, covering its foundations, core symptoms, evaluative measures for assessment, and effective medical and psychological treatment options.

Friday, May 30

8:00 am – 9:30 am (cont.)

College Health and Well-Being Data Hub Updates

Kawai Tanabe, MPH, and Mary Hoban, PhD (American College Health Association); Sarah Van Orman, MD, MMM, FACHA (University of Southern California); Giang Nguyen, MD, MPH, MSCE, FAAFP (Harvard University)

The College Health and Well-Being Data Hub is the ACHA data warehouse project intended to bring together sources of information about college student health and healthcare to better inform college health professionals, institutions of higher education, and policy makers. The Data Hub hosts 7 years' of data on service provision, utilization, staffing, budget, and health promoting policies and services from the IPS. In addition, the Data Hub has incorporated NCHA data from Fall 2019 to Fall 2024 on health and wellness issues among the student population and the effect on their academic performance. Presentation will include a demonstration of the Data Hub.

Elevating and Reimagining AOD Prevention, Intervention, and Recovery Practices within a Health-Promoting Campus Framework

M. Dolores Cimini, PhD (University at Albany); Ahmed Hosni (The Ohio State University); Richard Lucey (Drug Enforcement Administration); Paula Lee Swinford, MS, MHA (University of Southern California)

Join a panel of campus and national prevention and recovery professionals, administrators, and researchers to learn about how AOD prevention and intervention science and collegiate recovery practices align with the Health Promoting Campus framework and how we can address concerns that our work is rooted in historical and cultural inequities. We will explore how we might reimagine our efforts in the language of the Health Promoting Campus and establish metrics and outcomes that support the pillars of equity and social justice within this framework.

Technology Use, AI, and Mental Health: Digital Wellness in the Modern Age

Ryan Patel, DO, FAPA (The Ohio State University), Adam Dodge, JD (EndTAB)

Excessive and unhealthy ways of using technology and electronic media can produce a variety of mental health symptoms. This is a significant and common problem among college students. This program will discuss research on mental health impact of unhealthy technology use, strategies to use technology in healthy ways, and a unique tool called a personal media plan to help students create a plan to use technology in ways that support their mental health. Findings from our national study on current state, strength and gaps of current campus based digital wellness programs will also be discussed.

Friday, May 30

8:00 am – 9:30 am (cont.)

Burning Out: An Integrative, Trauma-Informed Approach to Addressing and Healing Vicarious Trauma, Burnout and Compassion Fatigue in University Healthcare Professions

Anneka Busse, PsyD, MMFT, and Megan Ensley, PsyD (University of Southern California)

Burnout, compassion fatigue, and trauma are common among healthcare professionals (Isobel, 2021). This presentation defines and distinguishes the difference between burnout and trauma and outlines coping strategies. The presenters will discuss ways in which university health centers can incorporate burnout awareness into staff-focused trauma-informed care. Participants will be invited to create effective self-care strategies in a safe space and will walk away with an outline evidence-based interventions for reducing burnout.

Administration Hot Topics

Amelia Ross, BA, and Shannon Kuykendall, CPC (University of Georgia); Laurel Halsey, MBA (Colorado State University) ; Amy Magnuson, PhD, RD, LD (Florida State University); Carman North, MPH, CPH (University of Tennessee, Knoxville); Sarah Doss, MD, MPH (Texas State University); Daniella Vargas (University of New Mexico)

Join college health administrators from across the country to discuss and information share around the hottest topics we face. These include strategic planning, accreditation, employee well-being, insurance and revenue, FERPA, interdisciplinary teamwork, health disparities, and more! Participants will have the unique opportunity to engage with a variety of colleagues for meaningful collaboration and brainstorming.

Acute Treatment and Prevention of Pediatric and Adolescent Migraine

Gage Rodriguez, MD (Ochsner Medical Center)

This lecture will prepare attendees to improve their skills to diagnose, refer, and treat migraine and other primary headache disorders commonly seen in the adolescent and pediatric population. Topics covered include pathophysiology and phases of migraine, key history and physical exam findings, and review of acute and prevention treatment strategies of migraine. Participants will learn to develop a comprehensive headache treatment plan and discuss ways to improve barriers to adequate care for adolescents with chronic headache.

Friday, May 30

8:00 am – 9:30 am (cont.)

Giving Voice to Values: The Development and Application of an Anti-Racist Lens in College Health

Joleen Nevers, MAEd, CHES, CSE, CSES, FACHA (Southern New Hampshire University); Davis Smith, MD (University of Connecticut); Kelly Gorman, MSc (University at Albany, State University of New York (SUNY))

Many college health organizations espouse values of anti-racism while struggling to put these values into practice within institutional practices and structures. Throughout the past four years ACHA has hosted semesterly White Accountability Spaces to initiate anti-racism work with practitioners who hold racially privileged identities. Using themes from this multi-year work, this session will seek to close the gap between aspirational values, internal racial identity development, and tangible anti-racist practice within the practice of College Health.

10:00 am – 11:30 am

Clinical Foundations for College Health

Davis Smith, MD (University of Connecticut); Kimberly Smith, MD (University of Southern California), James Jacobs, MD, PhD (Stanford University)

If you are relatively new to college health, you may still be building confidence in managing certain patient concerns which, though not uncommon in college health, may not have been common in your training or prior work environments. Worry no more! This section will provide an evidence- and experience-based foundation in history taking, physical exam, development of a differential diagnosis, and treatment planning and communication for several topics that commonly occur in college health as well as perspectives on how to contextualize care to the student health environment.

A Slice of Sunbelt: A Forum for Thought Leaders in College Health

Kathy Carstens, BSN, RN-BC (Davidson College); Katrin Wesner-Harts, EdD, FACHA (University of North Carolina Wilmington); Courtney Hinton, DO, MBA (North Carolina State University)

Student Health Centers face challenges on many fronts in today's changing world. The Southern College Health Association recognized these shared experiences and found a way for senior leaders in college health centers to come together in an informal way to network, brainstorm, problem solve and implement solutions culminating in what has become the Sunbelt Directors and Administrator meeting held each July in Charleston, SC. these decision makers meet, discuss and collaborate on current health and administrative issues in higher education. Topics of discussion are determined by the participants, and often include managing student health programs, communication strategies, health equity and inclusion, hiring practices, data dashboards and assessment, managing current and emerging medical concerns, budget models, and ways to measure success. This session will seek to show others how to develop their own regional or local meeting and demonstrate the framework on which Sunbelt was built.

Friday, May 30

10:00 am – 11:30 am (cont.)

Centering Health in Campus Planning: Relationships and Strategies

Laurel Halsey, MBA, Jody Donovan, PhD, MBA, and Adam Sargent, PhD (Colorado State University)

This session will discuss institutional and individual barriers to achieving your dream programming and service scope, and share strategies to clear the obstacles.

Bone Stress Injuries: A Multidisciplinary Approach to Identification, Management, and Prevention

Chad Wagner, MD, CAQ, PCSM, and Alicia Bosscher, RMPH, RDN (University of Wisconsin-Madison University)

Bone stress injuries are common among college students due to increased physical activity and diet/fitness culture. They are caused by factors like excessive mechanical stress, inadequate rest, poor nutrition, and lack of early detection. This presentation will discuss the causes, risk factors, prevention, and treatment of bone stress injuries, focusing on the higher incidence among female students. It will also emphasize the importance of a multidisciplinary approach involving medical providers, nutritionists, and athletic trainers.

Increasing Access to Abortion Care on College and University Campuses

Yakira Teitel, MD, MPH (Bard College); Kalei Ensminger, FNP-BC (Salem State University); Tamara Marzouk, MPH, LCSW (Advocates for Youth); Annie Sumberg, MPH (Essential Access Health); Rory Tito, MPH (Reproductive Health Access Project)

Clinicians and students, catalyzed by the Dobbs decision, face unique barriers to providing abortion care on campuses. This panel features experts on medication abortion implementation to demystify misinformation, identify challenges and facilitators, and help participants plan concrete steps they can take to provide access to abortion care on campus. Participants will walk away with strategies to build buy-in, enhance collaboration, train staff, and set up systems to provide timely and person-centered access to abortion care.

Building an Integrated Health and Well-being Division: Lessons Learned from Data to Action

Alexis Travis, PhD, Patty Oehmke, PhD, and Kristin Traskie, MPH, ACSM-CPT, NBHWC, CHWP (Michigan State University)

Two years ago, Michigan State University brought together 11 departments focused on the health and wellbeing of students, faculty and staff to form a new integrated division supporting physical, mental and social health of the campus community. This presentation will detail the lessons learned along our journey and provide a blueprint for institutions seeking to broaden their scope to an all-campus approach to health and wellbeing.

Friday, May 30

10:00 am – 11:30 am (cont.)

Supporting Psychosocial Well-Being in College Students Experiencing Hospitalization and Chronic Illness

Savannah Self, MS, CCLS (University of North Carolina Wilmington; Bradley University)

College students are experiencing a rise in hospitalization and the diagnosis of chronic health conditions, without the same level of support and resources available to them when they leave the hospital and reintegrate into college life. By exploring psychosocial theory on the developmental impacts of health-related stressors on adolescents and young adults, professionals will build and integrate a comprehensive framework of support for students with medical complexities to thrive in their college years and beyond.

High Hopes: Expanding Collaboration for Comprehensive Substance Abuse Treatment in the University Health System

Summer Nadel, PsyD, and Ryan Brown-Tyler, PsyD (University of Southern California); Christiana Grotlich, LCSW (Keck School of Medicine/University of Southern California)

Substance use among college students is associated with lower academic performance, legal issues, and increased vulnerability to sexual assault and intimate partner violence. This presentation will explore innovative outreach strategies to improve visibility and access to care. We will discuss integrating a multidisciplinary team, including medical services, public safety, and trainees, to support students. We will outline tailored training topics to enhance the competency of medical, counseling, and other departments in substance use treatment.

Two Campuses, One Goal: Novel Technological Approaches to Increase STI Testing

Jessica Harley, DNP, Megan Symanowitz, PhD, RN (George Mason University); and Allison Jedson, DNP, COHN-s (University of Rhode Island)

Sexually transmitted infections (STIs) are a pervasive health concern in the United States, particularly among college-aged students. However, despite the increased risk for and reported cases of STIs in this population, barriers to testing persist including stigma, embarrassment, fear, confidentiality concerns, knowledge deficits, and lack of access to screening due to cost or convenience. Two US universities set out to increase STI screening rates using novel technological options. The first university utilized a convergent mixed-methods approach, conducting focus group interviews with student affinity groups to inform the intervention and to ascertain the effectiveness of offering free, confidential at-home testing for asymptomatic chlamydia and gonorrhea by employing a robot delivery service. The second university implemented a student-initiated online self-directed self-testing option for 3-point gonorrhea/chlamydia, along with HIV and syphilis testing. Implementation at both schools demonstrated increased testing uptake, reduction in barriers, and high satisfaction with these novel approaches.

Friday, May 30

10:00 am – 11:30 am (cont.)

Navigating Mental Health Medications: A Practical Guide to Treatment Selection

Kaitlyn Queen, PharmD, CPP (University of North Carolina at Chapel Hill)

This presentation will equip college health providers with the knowledge and tools to make informed, evidence-based decisions when selecting initial mental health medications for their patients. Through interactive learning, participants will explore the most prescribed classes of mental health medications—including antidepressants, anxiolytics, mood stabilizers, and antipsychotics—while reviewing key considerations such as indications, contraindications, potential side effects, and practical tips for effective use.

12:00 pm – 1:00 pm

Dorosin Memorial Lecture: Caring for our Communities, Colleagues, and Selves Following Tragic Events Impacting College Campuses

Gerard Lawson, PhD, LPC, LSATP, NCC (Virginia Tech)

Natural and human-caused disasters on college campuses demand an immediate, comprehensive response, while posing long-term challenges. These events strain natural support systems, and introduce distinct psychological impacts. Professionals that serve college campuses under stress face unique vulnerabilities as both responders and community members. This presentation explores the prevalence and impact of trauma-causing events, best practices for response and recovery, and strategies for clinician self-care to support campuses effectively in the wake of crises.

1:30 pm – 2:30 pm

CANCELLED BY PRESENTER -- The Pulse of Campus Substance Misuse Prevention: Data-Informed Foundations for Planning and Action

Friday, May 30

1:30 pm – 2:30 pm (cont.)

Advancing Excellence in College Health Through the Strategic Implementation of Quality and Performance Improvement

Pasquale Frisina, PhD, and Esther Munene, PhD, MBA (Princeton University)

Despite the effectiveness of Quality Improvement (QI) methodologies in healthcare, their adoption in college health services is limited. This program addresses the gap by equipping college health professionals with the knowledge and skills necessary to design, implement and sustain QI programs within their campuses. By examining successful models such as those offered at like Princeton University Health Services, participants will learn strategies to foster a culture of continuous improvement, leading to enhanced care, better health outcomes, and increased organizational efficiency.

Contextualizing Student Population Data Using Knowledge Translation and Exchange (KTE) Framework

Sarah Hong, MPH, MIA (University of Southern California)

While there are many strategies to increase student survey participation, one way to do so is to ensure transparency and incorporate students' opinions and feedback into systemic changes at the institution. Using the Collective Impact and Knowledge Transfer and Exchange frameworks, this session will discuss how to contextualize student population data by sharing and synthesizing student voices. This session will also describe practical considerations for implementing similar steps at your institution.

Health Insurance Literacy: How it Impacts Access to Care and How Campuses Can Help Their Students

Jennifer Kieslich, MHA (University of Florida); Doug Koyle, MA (Ohio Wesleyan University); Nick Chancellor, DC, MS (University of Illinois-Urbana-Champaign); Michael McNeil, EdD, CHES, FACHA, and Karin Balow, BS (Columbia University); Liebe Meier, MHA, MBA (Cornell University)

Understanding health insurance and how to use it can seem like learning another language. This session will explore how health insurance literacy impacts today's college students and what methods campuses can use to help students learn this valuable skill. The session will also demonstrate the unique position college health can play in equipping students with skills that go beyond the classroom and in educating campus leadership about the impact of health insurance coverage on their campus community.

Utilizing Marketing and Communications Teams to Advance Health Equity

Amelia Ross, BA, Steven Rose, MBA, NREMT-A, and Kristen Thompson, MS (University of Georgia)

The University of Georgia Health Center launched a Health Equity program in Spring 2023. Collaboration with Marketing and Communications professionals has been instrumental in the program's success. These storytellers are crucial in relaying information to students and stakeholders regarding health disparities, student need, and innovation. This partnership enjoys measurable success for equitable care delivery at the University of Georgia.

Friday, May 30

1:30 pm – 2:30 pm (cont.)

Bridging the Gap: Primary Care Mental Health—A Collaborative Care Approach

Laura Joseph, MD, Allyson Goodwin, MD, Elizabeth Rothschild, PA-C, MSci, and Sharon Rabinovitz, MD (Emory University)

Among full-time college students, 16.5% of males and 26.8% of females had a major depressive episode in the past year.¹ The unmet need of students at institutions of higher education seeking mental health care treatment can be addressed by integrating primary care and psychiatry services at student health services. Use of rigorously studied, team-based behavioral health models framed within a toolkit, provides practical steps for student health services seeking to fill this gap. (Center for Behavioral Health Statistics and Quality. (2023). Results from the 2022 National Survey on Drug Use and Health: Detailed tables. Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2022-nsduh-detailed-tables>)

An Immersive Experience for Improving BIPOC and Male Student STI Self-Testing Rates

Jill Speece, PhD, Sondra Williams, RN, Kari Mansager, MEd, Kelsey Morton, MSN, RN, PHN, CNL, Kotomi Saito, and Parker Murray, BS (California Polytechnic State University San Luis Obispo)

A survey and immersive educational activity explored BIPOC and male students' access to and experiences with STI testing at campus health services. This initiative addressed knowledge gaps and testing barriers. The session invites campus stakeholders to consider implementing similar programs, using a multi-disciplinary team to better engage BIPOC and male students.

Managing Mental Health Demands: Navigating Treatment Models and Campus-Wide Communication Strategies

Nicole Mullis, LPC, NCC (The Jed Foundation)

This presentation covers essential practices in college counseling, focusing on terminology, the Clinical Load Index (CLI), and treatment models. Attendees will learn to interpret CLI data, compare treatment approaches, and address common challenges. Strategies for optimizing service delivery, resource allocation, and improving mental health support will be shared, alongside effective communication methods to ensure campus-wide understanding of available services. The session equips counseling center staff to meet increasing demand with limited resources.

Putting Mind Over Matter: Developing a Faculty and Staff Resilience Program

Kelsey Ashwood, BS, CHES (Oklahoma State University)

Resilience is an essential component in burnout prevention, both in the workplace and educational settings. Moreover, the literature suggests that healthcare workers and medical students are disproportionately affected by stress—a predictor of academic and employee performance. To combat these issues and increase opportunities for student and employee success, we created the Mind Over Matter Resilience Training. Join us for a discussion on our approach to developing this employee resilience program and share its results.

Friday, May 30

1:30 pm – 2:30 pm (cont.)

Immunization-Centered Pharmacy Hot Topics

Ashlee Stone, PharmD (University of Connecticut); Amy Sauls, PharmD, CPP, BCACP (University of North Carolina, Chapel Hill); Thomas Sinodis, PharmD, BCPS, CPP (North Carolina State University)

Join us for this immunization centered session that will include a review of newer vaccines including JYNNEOS, IXCHIQ, Vaxchora, and others as well as a glimpse of an efficient pharmacy driven model for travel and immunization services.

Exercise is Medicine: Emphasis on Efficacy, Dosing and Adverse Effects /Toxicity

Carl Lavie, MD (Ochsner Clinical School-)

Review substantial data on physical activity (PA) , exercise training and cardiorespiratory fitness(CRF) and from cardiac rehabilitation programs , including on psychological risk factors , on prevention of CVD.I will also show how PA and CRF explain the obesity paradox in CHD and HF. Finally , I will show how dosing impacts prognosis , and potential toxicity or at least loss of benefit at very high doses. I will also provide the International Guidelines.

Best Practices for Title IX Offices and Campus Support Services

Kelly Gorman, MSc (University at Albany, SUNY); Marguerite O'Brien, MSW (Coastal Carolina University); Cynthia Burwell, EdD, MCHES (Norfolk State University)

Title IX is continuously evolving and with changing regulations, this session will focus on Title IX and how it is embedded in campuses nationwide, decision-points institutions have with the 2024 regulations, and best practices in victim support. This program will share facts and experiences as well as how different campus partners can utilize the information in their daily work.

3:00 pm – 4:00 pm

Utilizing Data to Advance Health and Wellness Initiatives

Cory Wallack, PhD, and Qingyi Yu, PhD (Syracuse University)

While campuses recognize the need for leveraging data to advance wellness initiatives, there is often an insufficient corresponding framework for utilizing data to implement meaningful campus programming or systemic change. In this session we will present strategies for enhancing data utilization on your campus. As a result of participating in this session, participants will be better prepared to collect meaningful data, leverage data with campus stakeholders, evaluate programmatic outcomes, and develop effective data reporting strategies.

Friday, May 30

3:00 pm – 4:00 pm (cont.)

Transforming College Health: Integrating Lifestyle Medicine on Campus

Darlene Menz, MS, CNP, ANP-BC, DipACLM, and Alexandra Weld, MS, FNP, DipACLM (The College Of The Holy Cross)

Lifestyle Medicine is a medical specialty that applies the six pillars of health to prevent, treat and reverse common medical conditions: a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections. Instilling these lifestyle behavior changes during college promotes health throughout the lifespan and will help reduce disease burden in our country.

Partnering with Community-Based Organizations to Meet Students' Sexual and Reproductive Health Needs in Restrictive and Protective States: Two Case Studies

Thaddeus Mantaro, PhD, and Luz Gonzalez, MS, RN (Dallas College); Swe Tun, MSN, APRN, FNP-C (Ohlone College); Claudia Trevor-Wright, JD, MA, MCHES (American Society for Emergency Contraception)

The Dobbs decision effectively created fifty-plus reproductive health care access policies across the country, and even those change rapidly through legislation and litigation. Existing health disparities are widening, particularly for people in contraception deserts, communities of color, and poor communities. Partnership with community-based organizations are critical as college health practice adapts to meet students' needs. In this session, you will learn about various partnerships in states with protective and restrictive sexual and reproductive health policies.

Inform, Involve, Influence: Using a Collaborative Communication Strategy to Move Your Health Promotion Work from Education to Engagement

Jenny Damask, EdD, Alison Thumel, MFA (University of Wisconsin-Madison)

Addressing complex health issues with a small team? This challenge often means health promotion efforts are limited to education and fall short of creating meaningful behavior change. While increasing knowledge is important, leveraging best practices in strategic health communication can more effectively influence institutional policies, systems, and environments. With a focus on collaborative stakeholder engagement, this presentation will equip participants to better involve key stakeholders, integrate efforts, and expand their health promotion team's resources.

Using a Case-Based Approach to Cultivate Multidisciplinary Gender Affirming Care Skills

Patty Pinanong, MD and Ekta Kumar, PsyD (University of Southern California); Benjamin Silverberg, MD (Stanford University)

This practical session will explore real-world scenarios in gender-affirming care within collegiate health settings. Through case vignettes and small groups, participants will enhance their skills in navigating challenging situations, consider ways to deliver compassionate medical and mental health care, and discuss perspectives and experiences from colleagues and facilitators. Attendees will gain greater confidence through collaborative problem-solving, sharing best practices and discussing campus resources and policies that support transgender and gender diverse students.

Friday, May 30

3:00 pm – 4:00 pm (cont.)

Inter-Professional Collaboration to Improve Catch-up HPV Vaccination

Noa'a Shimoni, MD, MPH, Horacio Hernandez, MPH, CHES, and Donna Meeker-O'Rourke, MPH (Rutgers University)

College-aged students are at high risk for initial HPV infection but have low vaccination rates, with 2023 data showing an increase in HPV-related cancers and a drop in adolescent vaccination rates. Our student health team, in collaboration with the state Department of Health, a state-funded patient navigation program, academic and communication partners, have worked to improve vaccination data, educate students about HPV, and facilitate vaccination. We describe our efforts and successes in this presentation.

Student Centered and Mission Aligned: Strategies for Integrating Higher Education and Healthcare

Jean Griffin, MS (TriHealth); Jamie Baxter, LPCC-S, and Marybeth Sullivan, MHSA (Xavier University)

Explore an integrated partnership between a university & regional healthcare system that prioritizes a campus culture of wellbeing, while driving academic and clinical innovation. Participants will learn about the development and implementation of a collaborative partnership between Xavier University and TriHealth, that promotes positive student health outcomes, particularly around mental health. This session will offer insights on specific strategies to implement a mutually beneficial partnership and how to manage the challenges that accompany meaningful collaboration.

Bridging the Gap: Black Students Navigating Mental Health Care in a Complex System

Nomora Pearyer, LCSW, and Kia Alexander, LCSW (Rutgers University)

"Bridging the Gap: Black Students Navigating Mental Health Care in a Complex System" addresses mental health disparities among Black students at PWIs. These students face systemic barriers and cultural stigma that limit access to resources. Rutgers CAPS collaborates with on-campus cultural centers to improve accessibility. Through lived experiences and student feedback, this presentation highlights the challenges Black students encounter. Participants will learn strategies to engage these students, reduce barriers, and foster therapeutic relationships within academic and social programs.

The Pre-Travel Consult for High Risk Travelers

Obinna Nnedu, MD, MPH, CTropMed (Ochsner Health)

International travel for business and tourism has continued to increase. According to the United Nations World Tourism Organization there were an estimated 1.1 billion tourist arrivals globally from January 1 to September 30, 2024. An increasing number of travelers are living with conditions that may increase their risk for infections. Physicians working in primary care will need to be prepared to provide guidance to high risk travelers. This session will review an approach to travelers at high risk for infectious complications with a focus on pregnant and immunocompromised travelers.

Friday, May 30

3:00 pm – 4:00 pm (cont.)

Tuberculosis Screening and Testing: Beyond the Basics

Anu Murthy, MD (Emory University)

Challenges exist in screening, testing, and treatment of students from high TB prevalence areas. The goal of this presentation is to discuss ways to improve LTBI screening and treatment. Since 2020, the incidence rate of TB in the US has increased by 32%. TB incidence rate is 17.1 times higher among non-U.S.-born persons compared with U.S.-born persons. Approximately 80% of Tuberculosis cases in the US are due to untreated LTBI.

Saturday, May 31

8:00 am – 9:00 am

Ocular Side Effects of Medication

Dina Kakish, OD, FAAO (University of Michigan)

This course will provide information on ocular side effects of medications commonly prescribed in a college health setting. This includes but not limited to anisocoria, subconjunctival hemorrhage, idiopathic intracranial hypertension and dry eye.

The Healthy Campus Inventory: Lessons Learned from Implementation

Jordan Perry, MPH, MCHES (Appalachian State University)

This session will consist of a panel of representatives from the Healthy Campus Leadership Team and from colleges and universities that have implemented the Healthy Campus Inventory. Goals of this session are to increase awareness of the Healthy Campus Inventory, provide an opportunity for campuses who have not yet implemented the inventory to hear from the campuses who have, and create an opportunity for discussion and Q&A about the inventory. Attendees will learn how to access the inventory, steps for implementing the inventory, and challenges and benefits of implementing the inventory on their campuses.

Establishing Interdisciplinary Specialty Consultation Teams for Enhanced Student Health and Well-Being

Tristan Barsky, PsyD, and Trina Ridout, MD, MEd (Johns Hopkins University)

This presentation discusses the establishment of interdisciplinary Specialty Consultation Teams to integrate primary care and mental health services at university health centers. By highlighting successful models and providing a framework for design and implementation, attendees will learn to enhance the coordination, access, and outcomes of student health services, with a specific example from the Johns Hopkins University Eating Disorders Collaborative.

Saturday, May 31

8:00 am – 9:00 am (cont.)

Well-Being and Belonging: What Matters and How to Enact It Through Health Services

Bridget Yuhas, EdD, Maxie Gardner, MHA, BSN, RN, CENP, Laura Counsell, and Brittany Craycraft, RN (Butler University)

Many campuses are abuzz with talk of how to support student well-being, as well as how to increase students' sense of belonging. In 2023, the Student Well-being Institutional Support Survey (SWISS) created a well-being & belonging question set that asked students how much various well-being supports influence their sense of belonging. This session will explore those results and provide concrete examples from Health Services staff on how to take the data to action on campus.

Utilizing a Student Volunteer Program to Enhance Services While Offering Experiential Learning Opportunities

Betsy Gentry, RN, and Deborah Hoover, RN (James Madison University)

This institution has been running a student volunteer program since 2012 to provide an opportunity for students with a health sciences major to gain experience working in a clinical health care setting. Students learn the value of working as a member of a healthcare team, while exploring careers and building skillsets for their future. In this session, you will learn how to set up your own student volunteer program.

Implementing a Team-Based Approach to Medication Abortion

Rafaela de la Huerta, RN, FNP-BC, Michelle Love, MD, and Siobhan McKenna, MSN, RN (Columbia University)

Given the changing political and legislative landscape, many colleges are looking to provide medication abortions on college campuses. This presentation will discuss a multidisciplinary approach to the planning and implementation of a low-touch medication abortion program.

Care of the Student-Musician with Overuse Injury

David Edwards, MD (Texas Tech University); Stephen Edwards, MD (Baylor College of Medicine)

Welcome to New Orleans, home of some of the world's finest musicians! Our goal is to equip you to identify and treat overuse injuries of the neck and upper extremity in student-musicians and elite instrumentalists.

Saturday, May 31

8:00 am – 9:00 am (cont.)

A Decade of CARE (Counselors in Academic Residence): Successes, Challenges, and Lessons Learned

Laura Dupuis, LCSW-S, Marla Craig, PhD, Chris Brownson, PhD, and Brittany Boyer, PhD (The University of Texas at Austin)

Although embedded counseling programs (ECPs) are increasingly common at U.S. postsecondary institutions, there is limited guidance for their development and implementation. This session reviews the UT Austin Counselors in Academic Residence (CARE) ECP and its design, rollout, and expansion over the decade since its 2014 launch. Presenters will highlight strategies for establishing and maintaining stakeholder engagement, anticipating and addressing potential challenges, assessing and demonstrating outcomes, and engaging in ongoing evaluation and continuous improvement efforts.

A Faculty Toolkit for Co-Creating Healthier Academic Environments

Althea Woodruff, PhD, MA, MAT, and Nina Telang, PhD (University of Texas at Austin)

This program will describe a toolkit and its components that mental health providers and/or health promotion specialists can use to help faculty and staff support students' well-being in academic environments (e.g., classrooms, advising sessions, research labs). It will provide steps for implementing the toolkit with faculty, staff, and administrators across different departments and colleges. Additionally, a collaborating faculty member will describe her implementation of the toolkit in her classes and leadership efforts in her department.

Saturday, May 31

9:30 am – 10:30 am

The Impact of Perceived Institutional Support on Depression and Anxiety Among College Students

Brandy Reeves-Doyle, PhD, MPH, CHES (Miami University)

Mental health is recognized as an important issue for college students. While not always investigated, it's important to understand differences in the characteristics of mental health by year in school, including differences among graduate students. This research seeks to describe perceptions of institutional support for mental health among college students in relation to depression, and anxiety. Best practices will be discussed for addressing the mental health of undergraduate and graduate students.

Maximize Your Employee Training Documentation Process: Improving Workplace Standards and Better Accreditation Compliance

Holly Boettner, MPH, CHES, and Heidi Girling, MPH, CHES (California State University, Long Beach)

Managing training documentation and monitoring employee participation can be an arduous task. However, implementing an efficient system can streamline the process and ensure that your documentation is well-prepared for new employee onboarding and annual tracking of employee trainings. This presentation is designed for those looking to enhance their organizational systems and/or preparing for an upcoming accreditation site visit.

Leveraging the Social-Ecological Model to Enhance Campus Sexual Violence Prevention and Response

Jennifer Henkle, MSW, LMSW (NASPA); Katy Yarbrough, BA (Berklee College of Music)

Explore how to apply the Social-Ecological Model (SEM) to develop and implement comprehensive strategies for preventing and responding to campus sexual violence. This session covers an expanded SEM framework, including structural and historical factors, and offers practical tools for creating multi-level interventions. Through case examples and interactive discussions, attendees will gain actionable insights for fostering inclusive, equitable, and violence-free campus environments. Ideal for educators, administrators, and advocates committed to meaningful change.

Gentle Gains: A Holistic Approach to Weight Management in Primary Care

Rayven Nairn, MS, RDN, LDN (Johns Hopkins University)

This session focuses on "Gentle Gains," a holistic weight management group designed for primary care settings. It emphasizes sustainable lifestyle changes and medical coaching for individuals at risk of noncommunicable diseases. Participants will learn about integrating medical and nutritional assessments into a primary care model while fostering behavior change through community support.

Saturday, May 31

9:30 am – 10:30 am (cont.)

Catching Up with the National Faculty and Staff Health Assessment: Connecting the Dots

Lori Dewald, EdD, ATC, MCHES, F-AAHE (Southern Illinois University -Carbondale); Faith DeNardo, PhD, CHES (Bowling Green State University); Marquerite O'Brien, MSW (Coastal Carolina University)

A healthy campus includes the triad of faculty and staff and students. This presentation will summarize the first of its kind National Faculty and Staff Health Assessment (NFSHA). This session will further explain how to access, implement, and use the results to improve the health and well-being of the faculty and staff on campus. Examples of how universities are using it to determine faculty and staff health and wellness programming will be shared.

Using Technology to Enhance Workflows and Efficiencies

Saara Schwartz, MD, Anaberly (Ana) Chaviano, and Mariela Gabaroni, MS, MCHES (Florida International University)

This presentation will explore the integration of digital tools and technologies in college health operations to enhance efficiency and communication. Attendees will learn about various systems like e-forms and EMR interfaces, evaluate the use of QR codes for engagement, and identify key EMR features that improve workflows. The session will provide practical strategies, evidence-based insights, and real-world examples to empower professionals to optimize their operations using available technological resources.

Health Promotion Outside the Lines: Maximizing Collaborative and Strategic Efforts to Enhance Student Success

Jennifer DiPrete, MEd, MSW, MCHES, Courtney Deremiah, MS, CHES, Kameron Talley, CHES, NCC (University of South Florida)

Health and wellness professionals play a crucial role along the student success continuum. Creating strong and purposeful relationships with traditional and non-traditional campus and community partners is key to supplementing existing resources. This session will cover strategies, successes, and lessons learned through cultivating collaborative practices to support and enhance student achievement and engagement.

Saturday, May 31

9:30 am – 10:30 am (cont.)

Well-Being in the Workplace: Establishing a Culture of Psychological Safety

Lynne Thompson, MS (University of Illinois Chicago)

This presentation explores Amy Edmondson's research on psychological safety, detailing its discovery, definition, and the four quadrants of psychological safety. Participants will learn about the zones of psychological safety and address common misconceptions. Through a psychological safety assessment and group work, attendees will practice applying psychological safety principles to real-world scenarios, gaining practical tools to foster a supportive, thriving workplace. This session equips professionals to cultivate psychological safety, enhancing team collaboration and organizational success.

Living Well with Diabetes: An Individualized Treatment Approach

Dragana Lovre, MD (Tulane University)

This session explores personalized strategies for managing Type 1 and Type 2 diabetes, considering comorbidities like obesity when selecting treatments, including GLP-1 receptor agonists. Attendees will examine the risks, benefits, and considerations of various treatment options, gain insights into living well with diabetes, and discover resources for students and professionals to enhance their understanding and care approaches.