

**ACHA**  **2026**

**UPLIFTING RESILIENCE**  
Strategies in Campus Health and Well-Being

DENVER | MAY 26-30



**PRELIMINARY  
PROGRAM ABSTRACTS**



AMERICAN  
COLLEGE  
HEALTH  
ASSOCIATION

**Tuesday, May 26**

*Tickets are required for all pre-conference workshops, which are open to all meeting attendees with tickets (excluding spouses/partners). See [Meeting Registration](#) details.*

**2:00 pm - 4:30 pm**

**A Master Class in Change Management: What Campus Leaders Can Learn from Industry Change Experts**

*Belinda Oakley, MBA (Sodexo Live); Michael LaFarr, PsyD, MBA (University of Denver); Anna Courie, DNP, RN, PHNA-BC (Clemson University)*

This master class equips health and well-being executive leaders with practical tools to balance strategic foresight with real-time operational agility in change management. Led by Sodexo CEO Belinda Oakley, a two-time CEO of billion-dollar organizations, she brings unmatched expertise in guiding executive teams through transformative alignment. Her workshops fuse proven business methodologies with authentic leadership principles, equipping top leaders to foster candid dialogue, sharpen strategic clarity, and accelerate performance. A panel of college health leaders will join her. The session blends expert instruction applied case studies, and interactive Q&A to prepare attendees to lead transformation effectively within campus environments.

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

*Ryan Patel, DO, FAPA (The Ohio State University); Adam Dodge, JD (ENDTAB LLC)*

AI use for mental health therapy and companionships and unhealthy ways of technology in general is increasingly common among students. This program will describe the current student behaviors, current research, demonstration of various ways students are using AI for mental health therapy and companionship along with healthy guidance for tech use and AI for mental health so that students can make informed decisions.

**Within Our Reach: Practical Skills and Strategies for Preventing Drug/Alcohol Misuse**

*David Anderson, PhD (George Mason University); Katrin Wesner-Harts, EdD, FACHA (University of North Carolina Wilmington); Allison Smith, PhD (Louisiana Board of Regents)*

Misuse of drugs and alcohol interferes with healthy campus environments and student well-being, safety and success. Whether a new or seasoned professional, this session provides knowledge, skills and strategies for making a substantive and positive difference on campus. Highlighting an extensive ‘toolbox’ of current data, resources, strategic planning processes and evidence-informed strategies, this session engages participants at professional and personal levels. Practical application through practice will help make achieving a healthy campus environment “within our reach.” This session addresses health disparities as it addresses the importance of inclusive strategies and processes. Important with these considerations is attention to addressing unique needs of individuals in recovery, as well as those with specific populations (e.g., people of color, LGBTQ) regarding drugs and alcohol. Prioritized in this session is the importance of needs-based, systematic, planful, and locally appropriate approaches for varied needs and issues.

Tuesday, May 26

**2:00 pm - 4:30 pm (cont.)**

**Get with the Program: Faculty and Staff Health and Well-Being Matters**

*Lori Dewald, EdD (Southern Illinois University-Carbondale); Faith DeNardo, PhD, CHES (Bowling Green State University); Marguerite O'Brien, MSW (Coastal Carolina University); Shari Landmark, MS (South Dakota State University); Anu Raisanen, PhD, MHSc, CSCS, DipIBLM (Elon University); Nikki Brauer, MS, CHWC, COEE (Illinois State University)*

This workshop explores the critical role of faculty and staff well-being in fostering a thriving academic environment. Participants will explore current evidence and best practices for promoting well-being in higher education. Through case studies, a panel Q&A, and a solutions-focused practical activity, the session empowers educators and staff to foster supportive communities, establish new programs and strengthen institutional culture. Prioritizing well-being is not just beneficial—it's essential for sustained excellence in teaching, leadership, and collaboration.

**Designing Quality Improvement Work in the College Health Setting – A Primer**

*Matthew Mittiga, MD and Lindsay Schotters, MPH (University of Colorado Boulder)*

The lifecycle of quality improvement consists of: 1) problem identification and establishment of a method of measurement; 2) finding your improvement team; 3) development of SMART (Specific, Measurable, Achievable, Realistic, Time-bound) aims; 4) understanding key drivers; 5) tests of change (PDSAs cycles); 6) assessing impact; and 7) adopting, adapting, or abandoning changes based on positive effect or lack thereof. Join this session to learn the tools necessary to enact effective QI projects on your campus.

**AAAHC College Health Survey Findings: Identifying and Preventing Common Deficiencies**

*Joy Himmel, PsyD, LPC, NCC, RN, FACHA, EMDR-C (Old Dominion University); Valerie Kiefer, DNP, APRN, ANP-BC (University of Tampa)*

This session provides an in-depth review of common AAAHC survey deficiencies identified in college health organizations in the 2025 AAAHC Quality Roadmap. This course highlights frequent areas of non-compliance, explores contributing factors, and offers actionable strategies for correction and prevention. Through case examples and practical guidance, participants will be better prepared to strengthen their compliance efforts and maintain continuous survey readiness.

**Tuesday, May 26**

**2:00 pm - 4:30 pm (cont.)**

**Elevating College Health with Point-of-Care Ultrasound: Case Review and Hands-On Workshop**

*Spencer Wong, MD, FAAFP (California State University- East Bay)*

Student health centers often lack on-site labs or imaging, limiting diagnostic options. Point-of-Care Ultrasound (POCUS) improves decision-making and outcomes but remains underused in student health centers despite growing adoption in primary and ambulatory care. This session will review ultrasound basics and highlight POCUS applications for enhancing clinical decision-making across diverse conditions. Participants will have an opportunity to practice some limited scans with different hand-held ultrasounds.

**Psychotropic Medication 101 for Campus Primary Care Providers**

*Kathryn Jenkins, PMHNP-BC (Towson University)*

Primary care providers working in campus health centers frequently encounter students whose mental health conditions may require—or substantially benefit from—psychotropic medication as part of their comprehensive treatment plan. With rising rates of anxiety, depression, ADHD, trauma-related symptoms, sleep disturbance, and mood instability among college students, coupled with a national shortage of psychiatric prescribers, campus primary care providers are increasingly expected to initiate and manage psychiatric medications. This workshop seeks to provide a clear, practical, and clinically grounded introduction to first- and second-line psychotropic medications commonly used to treat depression, anxiety disorders, bipolar spectrum disorders, initial psychosis, and ADHD. Special attention will be given to campus-specific challenges, including comorbid insomnia, academic impairment, reduced motivation, appetite disturbance, safety considerations, and common patterns of partial adherence. Participants will leave with increased confidence in selecting, initiating, titrating, and monitoring psychotropic medications while maintaining a holistic, student-centered, and collaborative approach within a campus health setting.

**5:00 pm – 6:30 pm (Keynote)**

**A Conversation About Health Equity with Admiral Rachel Levine**

*Rachel Levine, MD (17th Assistant Secretary for Health at the U.S. Department of Health and Human Services)*

Admiral Rachel Levine served as the 17th United States Assistant Secretary for Health. Admiral Levine will provide remarks around her leadership and advocacy for inclusive, affirming care—particularly in support of trans youth and the broader LGBTQI+community—and how these efforts help create resilient, supportive environments on campus. The conversation will inspire attendees to advance practices that ensure every student feels seen, supported, and empowered to thrive.

**Wednesday, May 27**

**9:00 am - 10:00 am**

**Well-Being by Design: An Interactive Workshop for Caregivers in Higher Education**

*Rae Chresfield, PhD (University of Maryland Baltimore County)*

"Well-Being by Design" is a 60-minute interactive workshop that combines current research on caregiver burnout, resilience theory, and workplace well-being interventions. The program utilizes the Informal Caregiving Integrative Model (ICIM) framework to help participants understand burnout determinants and develop sustainable self-care practices. Through evidence-based assessments, skill-building exercises, and personalized action planning, participants learn to recognize burnout risk factors, implement micro-recovery techniques, and establish compassionate boundaries.

**Empowering Survivors through Innovative Modalities for Trauma Healing in College Settings**

*Ashley Baczkowski, MA (University of California Riverside)*

Many trauma survivors on college campuses find traditional talk therapy insufficient. This session explores innovative, trauma-informed modalities, such as yoga, art, mindfulness, and sensory-based practices, that support embodied healing, resilience, and community connection. Presenters will share insights from UC Riverside's Empowerment & Healing Series, offering practical tools to integrate these approaches within campus settings. Participants will leave with strategies to enhance trauma recovery efforts using survivor-centered, culturally responsive, and somatically focused interventions.

**Empowering Students through Email-Delivered Sexual Health Education**

*Lauren Cordova, MEd (University of Pennsylvania)*

This session explores the creation, delivery, evaluation, and refinement of an evidence-based, email-delivered sexual health education program to demonstrate how to design and sustain data-driven, asynchronous health promotion initiatives. Using this program as a case study, participants will gain practical strategies to launch similar efforts on their campus and implement effective monitoring and evaluation to ensure initiatives remain responsive to evolving student needs.

**Wednesday, May 27**

**9:00 am - 10:00 am (cont.)**

**Beyond the Checkbox: Enhancing Patient Satisfaction Surveys for College Health Centers**

*Susan Masri, MSN, RN-BC, AMB-BC, CNML, Libby McEvoy, MPH, and Jessica Cannon (University of Michigan)*

Patient feedback is vital to providing exceptional care. However, college students are surveyed frequently, and response rates are generally declining nationwide. This presentation highlights the redesign of an in-house patient satisfaction survey that gathers feedback throughout the entire clinic visit. Presenters will share strategies for increasing engagement, lessons learned, and ways to integrate actionable feedback into clinical services. Discussions will focus on improving the survey experience, showcasing successes, and streamlining assessment to reduce staff workload.

**Concussions on Campus – Evaluation and Treatment**

*John Breck, DO, CAQSM (University of Colorado-Boulder)*

Concussions are prevalent on college campuses, and some health professionals feel uncomfortable with their evaluation, diagnosis, and treatment. This presentation will review concussion incidence among college students, key aspects of a concussion exam, and a framework for successful treatment.

**The Spark of Synergy: Early Insights from New Research on Collaboration for Well-Being**

*Emily Pagano, MS, CPH (University of Connecticut); Kelly Gorman, EdD, MSc (University at Albany); Oliver Tacto, DSW, MSW, MPH, CHES (Maryville University)*

Whether you build momentum behind the scenes, cast a vision that inspires senior leaders, or spark connections across your community, one thing is clear: collaboration isn't just a skill in health promotion—it's the engine that powers meaningful change. This interactive roundtable invites mid-level professionals to explore their own approaches to collaboration while engaging with early findings from the first national study focused on the processes of collaboration for well-being in U.S. higher education. Co-led by researchers from the University at Albany, UConn, and Maryville University, this session will spark meaningful dialogue, reflection, and connection among colleagues striving to build healthier, more collaborative campus ecosystems.

Wednesday, May 27

**9:00 am - 10:00 am (cont.)**

**From Rush to Immunity: Engaging Greek Life to Prevent Meningitis Outbreaks**

*Alicia Stillman, MBA, MPH, Patti Wukovits, BSN, RN, AMB-BC, Lauren Heckert, CPA, Mariana Rodrigues, MA, and Sydney De Los Santos, MPH, CHES (American Society for Meningitis Prevention)*

Meningitis outbreaks continue to pose a threat to college campuses, especially among students in Greek life housing. This session will present findings from a pilot program testing novel Greek engagement strategies—such as vaccination competitions, initiation kits, and creative tabling events—to increase meningitis vaccination rates. Attendees will learn evidence-based, culturally relevant strategies to partner with Greek organizations, improve campus vaccine coverage, and reduce outbreak risk.

**The Changing Landscape of Anaphylaxis**

*Shahzad Mustafa, MD (Rochester Regional Health)*

Recommendations on anaphylaxis have significantly changed over the past years, including the optimal setting for care, medications which should be used, and emerging forms of epinephrine delivery. This session will provide an evidence-based update on managing anaphylaxis.

**Thyroid Diseases Commonly Encountered in Primary Care**

*Michael McDermott, MD (University of Colorado School of Medicine)*

Hyperthyroidism management requires identifying the cause and most often treatment with anti-thyroid medication, surgery, or radioiodine ablation. Adult hypothyroidism is usually due to Hashimoto's thyroiditis. Successful therapy requires a personalized regimen of levothyroxine, levothyroxine plus liothyronine or desiccated thyroid extract. Thyroid nodules are evaluated with serum TSH measurement, ultrasound and often fine needle aspiration biopsy. Thyroid cancer has a good prognosis; treatment consists of surgery followed by levothyroxine therapy; radioiodine therapy is also sometimes necessary.

**The Center for Collegiate Mental Health (CCMH): Recent Trends and the Relationships between Mental Health, Financial Distress, and Student Success**

*Brett Scofield, PhD (Penn State University)*

The Center for Collegiate Mental Health (CCMH) is an international practice-research network whose mission is to bridge the gap between science and practice in college counseling centers. In this program, current research will be presented on mental health trends in college counseling centers, associations between mental health and academic outcomes, and financial insecurity. Recommendations for student support services will also be discussed, including psychological, financial, and academic resources for students in need.

**Wednesday, May 27**

**10:30 am - 11:30 am**

**Supporting Survivors – Trauma Informed Care for Medical Professionals**

*Jessica Ladd-Webert, MS, LPC (University of Colorado Boulder)*

Providers will interact with victims/survivors of various traumatic events. Sometimes survivors will seek medical care before they talk to a counselor or law enforcement. How a provider responds to and treats victim patients can impact if those survivors reach out for more help. Learn about trauma-informed care, as well as how to ask questions about abuse history, so survivors will continue to seek out additional support on their journey to healing and recovery.

**Using Plain Language to Improve Student Well-Being**

*Gina Orlando, MPH, CHES, CWHC (Columbia University)*

Health literacy is a critical skillset for navigating, using, and understanding health systems and information. To support this, we can use plain language techniques. This allows us to share information in a way that is easy to understand and helps people make informed decisions about their health. In this presentation, we will define health literacy and its role in higher education, share the Plain Language Guidelines for Higher Education, and describe how this knowledge can be applied in your work.

**Addressing Basic Needs Insecurities for Holistic Support**

*Carolyn O'Keefe, PsyD (California State University)*

Nearly half of U.S. college students experience food or housing insecurity, conditions that undermine health, well-being, and academic success. This session explores prevalence, impacts, and pathways of basic needs insecurity, drawing on national data and systemwide initiatives. Participants will gain practical tools to screen for unmet needs, connect students with resources, and implement stigma-reducing, trauma-informed strategies. Emphasis will be placed on cross-campus collaboration and policy advocacy to promote equity and student success.

**Implementing Mental Health Crisis Training and Protocols in Student Health Services: A Quality Improvement Project**

*Shelli Larkin, DNP, WHNP-BC, NE-BC, SANE-A and Jacqueline Locrotondo, DO (Augusta University)*

With almost 40% of students experiencing significant mental health issues while in college, student health clinics are placed on the front lines of handling mental health crises. This program will explore different strategies used to train student health clinic staff in assessing and managing students with acute mental health concerns. In addition, original quality improvement data will be shared, including the implementation of staff education and training modules spanning three years, all focused on enhancing mental healthcare services for all individuals accessing care at Student Health Services.

Wednesday, May 27

**10:30 am - 11:30 am (cont.)**

**Polysubstance Use and Peer Networks Among College Students: A Social Network Analysis Approach**

*Sunghyun Chung, MPH, BSPH (Texas A&M School of Public Health)*

This session explores polysubstance use among college students and the influence of peer networks on these behaviors. Attendees will learn validated measurement strategies for tobacco, alcohol, and cannabis use, assess peer network dynamics, and apply evidence-based approaches to design campus interventions. Original research findings and case studies will illustrate practical applications for student health professionals and administrators.

**Immunization and Insurance Navig(AI)tors**

*Raahul Narayanan, MPH and Ashlee Halbritter, MPH (University of Pennsylvania)*

Wellness at Penn developed NavigAItor, a staff-facing AI knowledge base designed to support both new and experienced employees in managing complex student health requirements. Using structured decision trees and process mapping, NavigAItor functions as a training guide, a daily reference, and a tool for consistent student communication on insurance and immunizations. This session will demonstrate the model, share outcomes from implementation, and engage participants in case-based activities to explore application on their own campuses.

**Premenstrual Disorders and Related Conditions: Collaborative Approaches to Deliver Person-Centered Care**

*Shawna Chan, MD and Victoria Dunn, MBBS, MACM, DRCOG (University of Southern California)*

Premenstrual disorders (PMDs) are highly prevalent in young adult populations, with increasing recognition of a biological basis for PMDs and destigmatization of PMDs empowering more individuals to seek care. Distinguishing premenstrual dysphoric disorder (PMDD) from premenstrual exacerbation (PME) of underlying psychiatric conditions is critical as treatment strategies may diverge significantly. This session provides an interdisciplinary update on diagnostic frameworks and evidence-based treatment to guide person-centered care in college health settings.

**Peer Education: Student Voices in Action**

*Erica Bumpurs, MS, Dominique Johnson, and Emily Linklater (Sam Houston State University); Karen Mulholland (University of Washington Livewell)*

Peer education is a useful tool for college campuses to provide education to students on a variety of topics. Peer educators receive training, institutional support, and development that equip them with the skills and confidence to address health issues. Sensitive topics such as substance use, mental health, and sexual health are common focus areas. Peer educators have a unique opportunity to navigate sensitive conversations, address misinformation, and speak impactfully to their peer groups.

**Wednesday, May 27**

**10:30 am - 11:30 am (cont.)**

**Advancing Asthma Care and Self-Management in Adolescents and Young Adults**

*William Anderson, MD (Children's Hospital Colorado and University of Colorado School of Medicine)*

Adolescents and young adults with asthma have a significantly higher morbidity and mortality compared to other ages, which may be attributable to biologic and care changes complicated by poor adherence and comorbidities. Recent advances are seeking to address these causes through updated NHLBI therapy guidelines, management of comorbidities, and advances in self-management. This session will provide evidence-based, practical strategies to implement new care guidelines while supporting adolescents and young adults in self-advocacy.

**Investigating Chronic Pelvic Pain**

*Gabrielle Whitmore, MD (University of Colorado Anschutz)*

Chronic pelvic pain impacts 26% of the population and results in 10% of gynecology office visits. About 10% of reproductive age people also live with endometriosis. On average patients will wait 7-12 year's before their endometriosis diagnosis is made and have cited that a lack of health care professional education was a barrier in receiving care. I have also researched that patients express feelings of dismissal by their providers. By reviewing what chronic pelvic pain is and the different causes, we hope to better prepare others to identify these diagnoses, offer initial treatment and better support their patients.

**1:30 pm - 2:30 pm**

**Clinical Cases – Knee Pain**

*John Breck, DO CAQSM (University of Colorado - Boulder)*

Knee pain is a very common complaint at college health centers. This presentation will review several knee pain cases seen among college students, reviewing key aspects of history, physical exam, and treatment/further evaluation.

**The Impact of the Political and Social Climate on LGBTQIA+ Programming in College Health**

*Karen Shapiro, DrPh, MBA (Rutgers School of Health Professions); Andre Sillas, MA (California Polytechnic State University, San Luis Obispo) ; Alic Czachowski, EdD, MPH, CHES (Columbia University); Francesca Maresca, PhD, (Rutgers University); Joanna Schwartz, PhD (Georgia College and State University); Jordan Perry, MPH, MCHES (Appalachian State University)*

Political and legal shifts across the United States are reshaping the landscape of LGBTQIA+ health programming in higher education. This panel brings together practitioners from diverse regions to have an interactive discussion on how to navigate restrictions on LGBTQ+ health services, student organizations, and inclusive programming. Panelists will share strategies for sustaining services, building coalitions, and for safeguarding LGBTQIA+ health and resilience on their campuses. This panel is hosted by ACHA LGBTQ+ Health Coalition.

**Wednesday, May 27**

**1:30 pm - 2:30 pm (cont.)**

**Advancing Campus Health Through Evidence-Based Vaccine Practices — Vaccine-Preventable Disease Advisory Committee Hot Topics**

*JoLynn Montgomery, PhD, MPH (University of Michigan); Anu Murthy, MD (Emory University); Angela Long, MS, MPH (University of Oregon University Health Services); Barbara Fluty, PA-C (Hamilton College); Christine Amidon, MSN, APRN, FNP-C (Wabash College); Ashlee Halbritter, MPH (University of Pennsylvania)*

Vaccines remain a cornerstone of public health, yet ideological shifts threaten evidence-based policy, including changes to ACIP recommendations. This session highlights the work of ACHA's Vaccine-Preventable Diseases Advisory Committee (VPD), including updates to immunization and tuberculosis guidelines. Through case studies and discussion, participants will explore current vaccine challenges on campuses—measles risk, hesitancy, travel vaccines, and access to reliable resources—reinforcing the importance of science-based strategies for disease prevention in college communities.

**Driving Improvements: Operational Data Reporting in College Health**

*Roen Montalva, MS and Jessica Cannon (University of Michigan); Brittany Boyer, PhD (University of Texas at Austin); Craig Satterfield, EdD (Dallas College); Morgan McDonald, MPH (Rochester Institute of Technology)*

Implementing data analysis in college health settings is important for informing decisions and operational improvements. This panel unites professionals from campuses of varying sizes and resources to explore the impact of effective operational data reporting. Panelists will share data collection strategies, selection of key performance indicators, challenges faced, and creative solutions for translating data into actionable insights. Attendees will gain practical ideas for leveraging data to enhance clinical services and student outcomes.

**Thriving Beyond Crisis: Systemic Approaches to Student Success and Staff Well-Being**

*Jessica Henault, MS (National Association of Student Personnel Administrators)*

As higher education navigates increasingly complex challenges, student affairs professionals are tasked with fostering student thriving while sustaining their own capacity. Participants are pushed to reimagine sexual violence prevention and response as core to student success and staff well-being. Grounded in an evidence-informed public health framework, this session provides practical tools for aligning student affairs work with sustainable systemic violence prevention change, equipping professionals to thrive as they support students' success.

Wednesday, May 27

**1:30 pm - 2:30 pm (cont.)**

**Expanding Use of Injectable Extended-Release Naltrexone to Support Students with Alcohol Use Disorder**

*Sean Heffernan, MD (Johns Hopkins University)*

This multi-disciplinary presentation explores expanding access to injectable extended-release naltrexone in college health clinics as a strategy to address alcohol use disorder. We will review the barriers to initiating treatment, highlighting opportunities for integration into campus-based settings by addressing provider competency, logistical challenges, potential cost reduction, insurance coverage, and stigma. Case examples, implementation models, and outcome data illustrate how expanding access can reduce the risk of relapse/physical sequelae, improve academic functioning, and enhance mental health.

**It's Not Just Greek Life: Elevating Hazing Prevention to a Campus-Wide Responsibility**

*Candace Kanney, MS, CHES (University of Florida)*

Despite growing awareness, national headlines, and policy mandates, hazing continues to threaten student safety and undermine campus culture. Research shows that over 55% of college students involved in clubs, sports, or student organizations experience hazing (Allan & Madden, 2008; StopHazing.org), yet prevention efforts are still primarily housed within Sorority and Fraternity Life offices. This session highlights national benchmarking data and frameworks such as the Social Ecological Model and Collective Impact to demonstrate how cross-campus coalitions can address hazing as a public health and equity issue. Participants will gain tools to engage diverse stakeholders, leverage data, and design sustainable, institution-wide prevention strategies.

**GI Complaints: How to Do a Targeted Assessment and Diagnostic Work Up**

*Ann Flynn, MD (University of Utah School of Medicine)*

This presentation offers a practical approach to evaluating and diagnosing common gastrointestinal symptoms in college-aged students, including bloating, constipation, diarrhea, nausea, and dyspepsia. It will cover the assessment and management of irritable bowel syndrome, inflammatory bowel disease, celiac disease, and *Helicobacter pylori* infection, with emphasis on practical tools and strategies for primary care providers.

**Wednesday, May 27**

**1:30 pm - 2:30 pm (cont.)**

**Decriminalizing Mental Health on Campus: UCR's SWIFT Mobile Crisis Response and Campus Police & Safety Co-Response Model**

*Jeff Talbott, MBA (University of California, Riverside)*

*UCR's Student Well-being, Intervention & Follow-up Team (SWIFT) is a clinician-led mobile crisis program integrated with campus safety and other trusted campus partners. We'll share our tiered response model, dispatch decision-tree, and 13-month evaluation comparing "mobile-present vs. mobile-absent" periods. Attendees will leave with a blueprint for designing co-response workflows, transport and follow-up pathways, and a pragmatic evaluation plan (diversion, safety, equity, and police workload). We'll include ready-to-use tools and templates.*

**3:00 pm - 4:00 pm**

**EMDR in a University Counseling Center: Client Outcomes and Practical Use in Response to a Campus Crisis**

*J. Erin Morpeth-Provost, PhD (Florida State University)*

This session presents original research evaluating the use of brief Eye Movement Desensitization and Reprocessing (EMDR) treatment with student clients at FSU's Counseling & Psychological Services (CAPS). This research evaluates changes in measures addressing resiliency, PTSD, distress, depression and anxiety symptoms, academic distress, and overall well-being. Additionally, this program will explore how a large university counseling center utilized EMDR services, both individual and group formats, to respond to an April 17th, 2025 on-campus shooting.

**Resilient Access: A Nurse-Led, Asynchronous Approach to STI Testing and PrEP/PEP Access**

*Kristen Lavigne, BSN, RN, SANE-A (Texas A&M University)*

This session shares how we built a nurse-led, asynchronous model for STI testing and PrEP/PEP access that puts students in control of their care. Using online intake forms, clinical protocols, and standing orders, students can start testing without a traditional appointment. Nurses guide next steps, provide education, and connect students to PrEP, oral or injectable, as well as PEP using direct links and assistance programs. It's a practical, equity-focused approach that builds student resilience and removes barriers to care.

Wednesday, May 27

**3:00 pm - 4:00 pm (cont.)**

**Billing Made Better: Transforming College Health Through Insurance Implementation**

*Perla Andrade, CMA, CoreCHI (Pacific University); Leelee Kates, MHA, MEd (Colorado State University Health Network)*

This presentation provides strategies to strengthen student health services through effective insurance plan design, performance metrics, and revenue cycle management. Attendees will learn to develop and implement student health insurance programs, streamline timelines, evaluate proposals, and analyze costs. The session also covers building a data-driven culture, leveraging analytics, and navigating complex billing with commercial carriers, Medicaid, and Kaiser. Participants will gain practical tools to optimize reimbursement, improve operations, and enhance the financial sustainability of college health services.

**Building Outpatient Eating Disorder Treatment Programming for Your College Health Center**

*Georgianne Cotton, MCMSc, PA-C and Tyler Ricci, PhD (University of Denver)*

Eating disorders are a common concern in the college health setting, but not all student health centers feel prepared to address these students' needs. The goal of this session is to help your team build confidence recognizing and addressing students with eating concerns. We will review how to screen (and who), and describe the key components of an outpatient care team. This session will describe the assessment process for outpatient care and help identify students who need higher levels of care. College health centers can, and should, be prepared to identify and support students with disordered eating concerns. This session aims to help you achieve that goal!

**Managing GLP-1RA Medications in College Health -- A Primer**

*Mary McQueen, ANP-BC (University of Colorado, Boulder)*

This presentation will provide participants with understanding of the pharmacology, indications for use, and management of GLP1-RA medications in Primary Care. Adjunctive treatments and interventions for weight management will be discussed. Economic, social, and medical barriers to treatment for obesity will also be addressed. Participants will gain fundamental knowledge aimed at helping them develop a treatment plan including GLP1-RA medication for their patients with obesity.

**Get Out There: A Public Health Intervention to Reduce Student Loneliness**

*Jennifer Shasberger, MA, Avery Muzikar, and Max Stieglitz (University of Vermont)*

While many campus programs and initiatives address the social aspect of student loneliness, they do not account for existential isolation: feeling alone even when surrounded by people with shared characteristics. Our pilot program, Get Out There, has been shown through research to be an effective intervention in reducing this specific and pervasive form of loneliness, as well as improving other key measures of mental health in student populations.

**Wednesday, May 27**

**3:00 pm - 4:00 pm (cont.)**

**Preparedness in Practice: Campus Outbreak Response Strategies**

*Carman North, MPH (University of Tennessee); JoLynn Montgomery, PhD, MPH (University of Michigan); Shaherbano Khalid, BDS, MPH (Johns Hopkins University); Morgan McDonald, MPH (Rochester Institute of Technology)*

In an era of evolving public health threats, universities need adaptable outbreak response frameworks. This session explores response models at four campuses, identifies key campus and community resources, and highlights the role of ongoing monitoring in readiness. Participants will examine how aspects of campus life both complicate and support public health efforts, gaining practical insights to strengthen institutional preparedness and resilience for future outbreaks through interactive discussion and real-world examples.

**A Substance Misuse Prevention Program's Partnered Approach to the Biennial Review Process**

*Lauren Ratliff, MPH, Christina Berg, MPH (Colorado State University)*

While institutions are required to conduct a biennial review of substance misuse prevention programs, this offers an opportunity to reflect on successes and challenges and envision the future. An overview will be given of a program's individual, community, and system level components through a harm reduction lens. This session will highlight the purpose of advisory committees, comprised of campus, community, and student voices, and how it's used during and after the process to define success.

**Benchmarking Committee Update**

*Jessica Higgs, MD, CAQSM (Bradley University and OSF Healthcare)*

The Benchmarking Committee has begun a 3 year rotation of surveys to cover a wide variety of topics. Last year we focused on screening and prevention. This year we will focus on sexual health such as positivity rates for STIs and cervical cancer screening results.

**Wednesday, May 27**

**4:30 pm - 5:30 pm**

**The ACHA Basic Needs Task Force: Health and Wellbeing Practitioner Support for Student Basic Needs**

*Thaddeus Mantaro, PhD (Dallas College); Anne Lundquist, PhD (Temple University); Jennifer Hodshon, MPH (University of Rhode Island Health Services) Lee Daniel, MPH, CHES, CWHC (Columbia University); Claudia Trevor-Wright, JD, MA, MCHES (American Society for Emergency Contraception); Annette Smiach MSN, FNP-BC (Seton Hill University)*

In national surveys, 59% of students reported experiencing at least one form of basic needs insecurity. College health professionals often identify, refer, and address student basic needs insecurity, but they may lack training or awareness of best practices in this area. In this session, the ACHA Basic Needs Task Force and invited partners will define student basic needs insecurity, review recent data on the topic, and discuss models for addressing these needs at Dallas College, the University of Rhode Island, Columbia University, and through partnerships with community-based organizations.

**Missed Diagnosis: Inaccurate ADHD Assessments in College Counseling Centers**

*Brooke Donatone, LCSW, PhD (SUNY / Norton College of Medicine at Upstate Medical University); Christopher Lucas, MD MPH and Shelyagh Kennedy, PMHNP-BC (SUNY Upstate Medical University)*

The misdiagnosis of ADHD in college students can lead to worse mental health outcomes and poorer academic performance when inadequately treated. During this presentation, presenters will address how ADHD is misdiagnosed due to the presence of co-occurring disorders and the myths that providers hold regarding assessing history and treatment. We will include ways college counseling centers can improve education among their providers to improve ADHD assessments to improve treatment outcomes for students. We will teach how to assess comorbidities and teach how to assess Rejection Sensitivity Dysphoria, which often leads to clinicians to misdiagnose or fail to recognize ADHD. After this session participants will learn improved methods to evaluate students with ADHD and other sources of executive dysfunction to provide better diagnostic outcomes and treatment to college student populations.

**How to Get Published in the Journal of American College Health**

*Melody Baker, BA, MLIS (Taylor & Francis); Rita DiGiacchino DeBate, PhD, MPH, FAED, FAAHB, NBC-HWC (University of South Florida)*

The Journal of American College Health is the official journal of ACHA. The presenters will discuss the logistics of submissions, the peer-review process and associated timelines, how revisions and resubmissions are handled, and offer clarity on copyright issues and distribution channels.

**Wednesday, May 27**

**4:30 pm - 5:30 pm (cont.)**

**Establishing a Holistic Health Well-being and Safety Division to Advance Student Success and Institutional Resilience**

*Denise Woods, DrPH (University of California, Riverside)*

This session shares UC Riverside's innovative approach to integrating nine distinct student service units into a unified Division of Health, Well-being & Safety. Presenters will outline how Collective Impact, Maslow's framework, and strategic planning drove institutional transformation. The session includes original research on the division's impact on retention and well-being. Attendees will leave with evidence-based tools to assess readiness, build integrated systems, and advance equity-centered student success at their own institutions.

**A Guide to Podcast Development to Advance Student Health and Wellbeing on Campus**

*Ruperto Perez, PhD, ABPP, Sheena Gregg, MS, RDN, LDN, and B.J. Guenther, EdD (The University of Alabama)*

Podcasts have grown to be a useful tool in addressing a variety of health and wellness issues. Specifically for college and university students, podcasts have demonstrated some usefulness and demonstrated impact in addressing mental health issues and in promoting wellness. This session will provide information on a trio of podcasts designed to target the health and wellbeing for university students, faculty, and staff and provide a framework for participants to develop a podcast for their campus.

**Leveling Up Prevention: Implementing Long-Acting HIV PrEP in College Health**

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

Long-acting injectable HIV PrEP offers a practical path to improve prevention for college-aged students. This session grounds participants in the current U.S. HIV and PrEP landscape among adolescents and young adults, comparing cabotegravir (Apretude) every-2-month and lenacapavir (Yeztugo) twice yearly injections with emphasis on eligibility, dosing, monitoring, tail-period counseling. We conclude with a step-by-step campus workflow—from screening, consent, testing, storage/handling, EMR order sets, and re-start pathways—plus equity focused strategies for student centered delivery.

**2026 Update on Immunizations for Young Adults**

*David Higgins, MD, MPH, FAAP (University of Colorado School of Medicine)*

This session addresses the growing challenge of vaccine misinformation and rapidly evolving immunization guidance. Participants will learn about current, relevant vaccine recommendations and evidence-based communication strategies, then apply structured techniques to respond to common misinformation scenarios. The session equips clinicians and health professionals with practical tools to provide clear, confident, and effective vaccine guidance in their practice settings.

**Wednesday, May 27**

**4:30 pm - 5:30 pm (cont.)**

**Policy and Procedure Management**

*Kathy Mosteller, RN (The University of Texas at Austin); Michael Huey, MD, FACHA*

Leaders in student health centers are involved in creating new policies/procedures as well as revising existing ones. There are no “how to” manuals that provide guidance regarding identifying when a written policy is needed, how to write a policy, how often a policy should be reviewed, retention of archived policies, and how best to share policies with staff to name a few areas of need. Participants will gain knowledge of best practices related to the management of policies/procedures regardless of accreditation status.

**The Road to Integrated Health, Counseling, and Wellness Services**

*Kevin Readdean, PhD, LMHC (Rensselaer Polytechnic Institute)*

This presentation focuses on supporting staff and administrators at various points on their integrated services journey. Important elements of integrated services are introduced along with an emphasis on how to advocate for, and evaluate integrated services. After an overview of integrated care concepts, models and literature, participants will work in small groups, based on their individual needs and self-reported level of if integration, to develop action plans around pitching, designing, or enhancing integrated care programs.

**Thursday, May 28**

**8:00 am - 9:30 am**

**Modeling Resilience Instead of Burnout in the Strategic Planning Process**

*Karen Shapiro, DrPH, MPH, MBA, Noa'a Shimoni, MD MPH, and Ralph Gigliotti, PhD (Rutgers University)*

Strategic planning is often experienced as a draining compliance exercise, but it can instead model and build resilience while producing strategic alignment and institutional vibrancy. This session a case from Rutgers School of Health Professions who build and implemented a process that prioritized speed, agility, inclusion, and transparency. Attendees will examine how Delphi-informed, equity-centered planning methods create adaptable, trust-focused cultures and support well-being. Practical strategies and lessons learned will empower participants to transform strategic planning processes into dynamic levers for resilience and sustainability in higher education contexts

**Deconstructing Campus Health and Well-Being “Problems” to Affect Systems Change**

*Jordan Perry, MPH, MCHES (Appalachian State University)*

Participants will learn and apply the processes through which problems are constructed and can be deconstructed to achieve more just and effective health promotion and healthcare practices. Specifically, we will explore “What’s the problem represented to be?” (or WPR), a six-question and seventh-step poststructural approach. Rather than focusing on individual behavior change, WPR helps shift the way we talk and think about campus health and well-being “problems” to achieve more systemic, effective, and just efforts.

**Clinical Foundations for College Health 2026 Part 1 of 2**

*Peter Davis Smith, MD (University of Connecticut Student Health and Wellness); James Jacobs, MD, PhD (Stanford University); Kimberly Tilley, MD (University of Southern California)*

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.

Thursday, May 28

**8:00 am - 9:30 am (cont.)**

**Building and Sustaining a Culture of Health Program Evaluation**

*Michael McNeil, EdD, CHES, FACHA and Alic Czachowski, EdD, MPH, CHES (Columbia University); La' Tasha Hinton, MSPH, CHES (Tulane University, Campus Health); Mica Hughes-Harrell, MA, CHES (University of Alabama at Birmingham)*

Evaluation is, unfortunately, not seen as core to the work of college health; too often added to existing programs rather than part of program design & delivery. Exploring the science of evaluation, while balanced with college health practicalities, this session will blend the theory and practice of health program evaluation. Specific attention will be given to reviewing case studies from 4 campuses and attendees will review resources and tools to support evaluation at their institutions.

**A Strategic Model for Mental Health Education, Promotion, and Outreach: Connecting Counseling and Health Promotion Teams**

*Markie Silverman, PhD, LP, Joy Pehlke, MEd, and Libby McEvoy, MPH (University of Michigan)*

Mental health concerns are prevalent among college students, yet integrated campus approaches remain uncommon despite national guidelines. Drawing on experiences from a large public research university and established literature, this session offers examples, case studies and practical strategies for integrating mental health promotion and outreach across campus partners. Attendees will learn to identify barriers, foster collaboration, develop actionable plans, and leverage assessment partnerships to enhance campus-wide mental health efforts.

**Recovery and Resilience After Crisis: A DBT-Informed Multidisciplinary Model for College Student Mental Health**

*Jeff Nepute, PhD, Emily Wojcik, PhD, Rachel Rebecca, MD, and Jasmine Razo (Colorado State University); Hannah Brown, PhD (Texas A&M University)*

This presentation offers an innovative model to support students post-hospitalization. Mental health hospitalization can be a significant barrier to completing studies and many students cannot afford intensive community treatment. We aim to discuss how our coordinated, multidisciplinary, and DBT-informed program keeps students on campus for treatment. Themes include balancing student resilience, academic resources, and campus stakeholder priorities. Recommendations for how others might implement similar models across various institutional sizes and resource availability will be discussed.

**Thursday, May 28**

**8:00 am - 9:30 am (cont.)**

**Comparing Student Health Survey Results Across North Carolina HBCUs: Leveraging Data to Strengthen Resilience and Advance Health Equity**

*Jason Mose, PhD, MBA, MS, FHFMA and Yolanda Nicholson, DNP, FNP-C, MSN, RN (North Carolina A&T State University); Cynthia Brown, MA (Texas A&M University); Dorothy Browne, DrPH, MPH, MSW (Shaw University); Douglas Cooper, PhD, Melvin Herring, PhD, MSW and Sabina Otienoburu, PhD, MSc (Johnson C. Smith University); Crystal Keyes, PhD and Anthony Emekalam, PharmD, RP (Elizabeth City State University)*

This session shares results from student health surveys across five North Carolina HBCUs, spotlighting cross-campus trends, shared challenges, and unique strengths. We show how data guides targeted curriculum, co-curricular, and health initiatives that build resilience and reduce barriers to well-being for African American students. Attendees will learn strategies to embed resilience in programming, strengthen partnerships among health services, faculty, and wellness, and apply practical, equity-driven tools to address disparities across diverse campuses.

**Hot Topics in Allergy and Immunology**

*Shahzad Mustafa, MD (Rochester Regional Health)*

This session will provide an update in the most recent developments in allergy and clinical immunology, including advances in asthma, food allergy, drug allergy, and allergic rhinitis. There will also be a discussion on successful implementation of new management techniques in the college health setting.

**Updates in Gender Affirming Care**

*Micol Rothman, MD (University of Colorado School of Medicine)*

This session will help clinicians create a welcoming space for gender diverse people. We will review current guidelines for assessing readiness for hormone therapy, initiation of therapy and best practices for monitoring.

**Thursday, May 28**

**10:00 am - 11:30 am**

**The Big Picture: A Roundtable on Leveraging Multi-Level Data to Lead Change**

*Oliver Tacto, DSW, MSW, MPH, CHES (Maryville University); Adam Sargent, PhD (Colorado State University); Sarah Van Orman, MD, MMM, FACHA, FACP (University of Southern California); Giang Nguyen, MD, MPH, MSCE, FACHA (Harvard University); Jamie Davidson, PhD (University of Nevada, Las Vegas)*

Campus leaders are navigating a complex mental health landscape while facing pressure to make data-driven decisions. This webinar series brings together national experts to synthesize three key student mental health data sources - clinical, center-level, and institutional - to inform executive-level strategy, advocacy, and resource allocation. Presenters will share practical frameworks, real-world examples, and data tools that empower participants to translate mental health metrics into actionable leadership decisions across campus systems.

**Bipolar Disorder in Campus Primary Care: Diagnostic Considerations, Treatment, and Unique Challenges**

*Suad Kapetanovic, MD (University of Southern California)*

College students receiving primary care in campus health centers are at significant risk for bipolar affective disorder (BAD), but most primary care providers do not feel comfortable managing this psychiatric condition. This session will seek to close the knowledge gap among campus primary care providers regarding BAD. Participants will develop a working knowledge of the illness, diagnostic considerations, treatment, and the treatment challenges and health risks unique to this population

**Clinical Foundations for College Health 2026 Part 2 of 2**

*Peter Smith, MD (University of Connecticut Student Health and Wellness); James Jacobs, MD, PhD (Stanford University); Kimberly Tilley, MD (University of Southern California)*

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.

Thursday, May 28

**10:00 am - 11:30 am (cont.)**

**2026 NCHA Annual Update**

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

This program will share findings from the first seven 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. The presentation will also offer a demonstration of how the ACHA Data Hub serves as a data visualization tool for NCHA participating institutions.

**From the Okanagan to Limerick: A Global Journey Toward Health Promoting U.S. Campuses**

*Chris Dawe, MPE (University of Houston); Lauren Dorsett, DrPH, MCHES (Texas A&M University); Kathleen Hatch, MEd (Kansas State University)*

In 2015, the Okanagan Charter invited colleges and universities to reimagine campus health through a health promotion lens. Ten years later, the Limerick Framework for Action builds on that vision—offering practical, action-oriented strategies for creating healthier planet, places, and people. We will journey through the evolution from Charter to Framework and invite participants to consider how global health-promoting concepts can inspire and translate to action to support student success and community wellbeing in our current U.S. context.

**Cultivating Resilience in Study Abroad Re-Entry**

*Vivianna Premazzi, PhD (University of Malta); Kathleen Niegocki, PhD (Northwell Health and United States Merchant Marine Academy); Dee Colombini, MA, LPC, LAC (Colorado State University)*

Returning from study abroad can be a disorienting process involving emotional, social, and identity shifts, yet re-entry has been under-explored and rarely framed as an opportunity for growth. Drawing upon interviews with 31 Semester at Sea returnees, this session examines re-entry as a pivotal time to support student well-being. Presenters will share common challenges, coping strategies, and an adaptable re-entry toolkit to help campus professionals normalize challenges and cultivate resilience.

**Uplifting Resilience: Advancing Belonging and Health Equity Under an Evolving Federal Context**

*Luoluo Hong, PhD, MPH (Georgia Institute of Technology)*

The COVID-19 pandemic illuminated and exacerbated disparities in health among college students. Originally offered as a well-received Health Promotion Section Hot Topics session in 2023, this session has been updated to account for federal requirements related to DEI and Title VI. It offers strategies to foster health equity when doing so has become more challenging. It closes with pathways for resilience at a time when public health is at the center of discourse and disagreement.

**Thursday, May 28**

**10:00 am - 11:30 am (cont.)**

**Recreating a Student Health Advisory Council That Meets Student and Health Center Needs**

*Shellayna Warman, MPH and Jenna Allanson (University of Florida)*

This presentation will define and describe a successful and evolving Student Health Advisory Council on a large, public university campus. It will review the successes and challenges of one campus' program, while explaining the recent need for recreation and rebranding. The symbiotic relationship between advisory council members, students, and the student health center will be explored in depth. Finally, participants will be encouraged to discuss their own experience with healthcare advisory councils on campus.

**Balancing Mission-Driven Care with Fiscal Sustainability While Maintaining Quality Care**

*Andreea Baker, MSN, BSN, RN (Doane University); Padonda Webb, DNP, MSN-FNP-BC (North Carolina A&T State University)*

As higher education budgets tighten and healthcare costs rise, college health and wellness leaders face mounting pressure to demonstrate fiscal sustainability while maintaining quality care. How are successful programs navigating these challenges? In this 90-minute panel discussion, directors from a small liberal arts, mid-sized public, and large research institutions will share proven strategies for financial resilience, including exploring funding models, evaluating diverse partnerships, and management of changing budgets. Attendees will leave with practical frameworks and actionable strategies to strengthen their own programs' financial foundation while continuing to serve as vital student resources.

**Maintaining Continuity of Treatment for Students Receiving Biologic Medications**

*Amy Sauls, PharmD, CPP, BCACP, CTH, Rachel Melton, BSN, RN, and P. Hunter Spotts, MD, FAAFP (Duke University)*

This session will discuss how campus healthcare professionals can assist in continuity of treatment for students living with a chronic illness and receiving biologic therapy.

**Thursday, May 28**

**1:30 pm - 2:30 pm**

**Reframing Racial Trauma in Higher Education: Affirmation, Belonging, and Healing**

*Jennifer Jones-Damis, PsyD, LPC, Mallory Everett, PsyD, LPC (Rutgers University)*

Racial trauma is a wound, not a disorder. In higher education, traditional Eurocentric psychology often pathologizes Black students' experiences, overlooking cultural strengths and collective healing. Black/African psychology offers a framework rooted in culture, community, and resilience, shifting the focus from "fixing" individuals to affirming and healing the wounds of racism. This presentation highlights the importance of cultural foundations in college mental health practice and equips providers with strategies to support racially minoritized students in their journey toward recovery.

**Navigating the Changing World of Cannabis and Cannabis Use Disorders on College Campuses**

*Chris Frank, MD, PhD (University of Michigan)*

The legalization and commercialization of cannabis in many states has led to rapid changes in use patterns on college campuses. This presentation will describe the changing patterns of use, help clinicians accurately diagnose cannabis use disorder, and review the impacts of cannabis on cognitive function, anxiety, insomnia, psychosis and cannabis hyperemesis syndrome. After this session, participants will be able to diagnose and treat cannabis use disorder and describe harm reduction strategies to address high-risk use.

**Increasing Student Resilience: How a One-Credit Seminar Course Can Enhance Student Well-Being**

*Jeannine Kremer, MSW, LICSW (Boston College)*

This program provides an overview of a one-credit seminar course designed to increase student knowledge and practice of skills and strategies which promote resilience. Presenter will share information about the course structure and content and guide attendees through an interactive exercise similar to a session of the course. Participants will have an opportunity to explore ways of incorporating elements of this course into their co-curricular and academic offerings.

**Creating a University Critical Response Team for Post-Traumatic Socio-Emotional Support**

*Barbara Lewis, MD, Tammy McLeod, MS, Katie Mulroy, EdM, and Daniel Moreno, LMHC (Harvard University)*

This presentation will explore the potential psychosocial benefits of establishing a university-based Crisis Response Team, with a focus on its impact on campus climate and socio-emotional well-being. Key elements—including the team's structure, training, and development—will be examined through a case study of the formation and implementation of such a team at Harvard University.

Thursday, May 28

**1:30 pm - 2:30 pm (cont.)**

**ACHA/JUHA: Highlights from JUHA and Campus Health Centers**

*Mayumi Yamamoto, MD, PhD, MBA (Gifu University); Katsumi Nakagawa, MD, PhD, JD; (Ritsumeikan University); Andreea Baker, MSN, BSN (Doane University); Dana Tasson, MD (Portland State University)*

Three executives from ACHA—the past president, president-elect, and CEO—visited the health service centers of three universities in Japan and exchanged views with relevant personnel in September 2025. They also attended the Japan University Health Administration (JCHA) annual meeting held in Fukushima, where the ACHA president-elect delivered a special lecture entitled Supporting Student Success. Along with reporting on these outcomes, this session will serve as an opportunity to reflect on ACHA’s international exchange activities and its role worldwide.

**Travel Medicine Hot Topic, What the Clinician Should Know**

*Andres Henao, MD, PhD (University of Colorado Anschutz Medical Campus)*

This presentation addresses post-travel illnesses, focusing on malaria, yellow fever, arboviruses (dengue, Zika, Oropouche), and traveler’s diarrhea. It equips clinicians with tools to assess febrile travelers, reviews common infectious diseases, and discusses diagnostics and treatments. Using case studies, it highlights region-specific risks, prevention strategies, and management protocols, drawing on CDC and WHO guidelines. This program does not present original research.

**Administration Hot Topics Panel: Marketing Student Health Centers**

*Mary Kay Avant (Florida State University); Galen Martin MS and Tena Reel, LPN (Missouri State University); Rachel Koon (University of Washington); Kristen Thompson, BFA, MS (University of Georgia)*

This session explores practical, institution-ready strategies for marketing student health centers from an administrative and operational perspective. Panelists will share approaches for strengthening brand visibility, partnering with key campus units, and using data to measure impact and guide decisions. Attendees will learn how to identify effective marketing structures, engage collaborators, and evaluate success using metrics such as utilization trends, access data, and digital analytics.

**Risk Management: Assessing and Prioritizing Your Risk Domains**

*Laurel Halsey, MBA (Colorado State University); April Lehrling, MS, RN-C (Southeastern Oklahoma State University)*

This session examines the Enterprise Risk Management framework commonly associated with healthcare facilities; invites participants to self-assess their organization through this lens; and provides time to discuss, quantify and compare return on investment for risk management practices.

**Thursday, May 28**

**1:30 pm - 2:30 pm (cont.)**

**A Systems-Based Framework to Advance a Whole Community Approach to Health and Well-Being**

*Anna Fitch Courie, DNP, RN, PHNA-BC (Clemson University)*

This session presents Clemson University's Elevate Well-being strategic plan—a population health-based, five-pillar framework to integrate wellness into institutional systems and culture. Attendees will explore how Clemson moved from siloed programs to a unified, data-informed strategy grounded in equity, collaboration, and measurable outcomes. Through real-world application and lessons learned, participants will leave with actionable tools to develop or refine whole-community well-being initiatives on their own campuses.

**3:00 pm - 4:00 pm**

**Advancing Organizational Development in the College Health Setting**

*Shelli Larkin, DNP, WHNP-BC, NE-BC, SANE-A (Augusta University)*

This session serves to show the collaboration between a student health clinic and the organizational development team to evaluate the direction, alignment, and commitment of staff and leadership, evaluating key components of communication, accountability, teamwork, and trust. Goals were established to identify gaps that existed and implement interventions that could lead to and improve the workplace culture, quality of customer service, and efficient workflow within the clinic. Through this collaboration with an often-underutilized department within Institutes of Higher Education (IHE), the healthcare clinic found success in strengthening the staff's engagement and trust, thus advancing the primary mission of serving students with safety, quality, professionalism, and compassion.

**Advancing ADHD Care in Higher Education: Development of a Clinical Pathway Model**

*Dayna Greenspon, LCSW, ADHD-CCSP (University of Pennsylvania); Batsirai Bvunzawabaya, PhD and Nikki Novak, PsyD (University of Pennsylvania)*

This presentation describes the development of a structured, multidisciplinary care pathway for ADHD within a university health and counseling center. Drawing on national data highlighting gaps in campus-based ADHD services, the model emphasizes standardized assessment, integration of pharmacologic and non-pharmacologic treatments, and continuity of care for students. Implementation challenges and facilitators will be examined, with attention to implications for addressing systemic barriers and informing best practices for ADHD service delivery in higher education settings.

**Thursday, May 28**

**3:00 pm - 4:00 pm (cont.)**

**Strategies for Identifying and Managing Intimate Partner Violence and Stalking in Higher Education**

*Jamie Hagenbaugh, PsyD (Thomas Jefferson University)*

This presentation will focus on helping attendees develop a fundamental understanding of stalking and intimate partner violence (IPV). The presentation will explore why college students may be vulnerable to engaging in and being victims of stalking and IPV. Additionally, this presentation will explore factors that increase the risk of violence and management strategies that can be used to decrease the possibility of violent attacks. Finally, this presentation will discuss safety planning for student survivors

**Reimagining Alcohol Education to Address Belonging and Loneliness**

*Ashley LeDuc, MPH, CHES and Colleen Driscoll, MEd, CMPC (Virginia Tech)*

Finding community in college can be challenging, and some students turn to alcohol as a way to connect. This presentation explores the intersections of belonging, loneliness, and substance use, highlighting how alcohol can hinder our ability to build authentic relationships. Through interactive, skill-building activities, participants will practice strategies for fostering meaningful connection while also gaining insights into the role alcohol plays in relationship building.

**Measles Preparedness – Are You Ready?**

*Matthew Mittiga, MD, Jessie Smith, RN, Joe Thomas, PhD, and Christine Convery, MPH (University of Colorado Boulder)*

Measles is one of the most infectious diseases known and begins similarly to many common respiratory viruses. This session will promote effective identification of measles on campus and highlight next steps once the decision to test has been made. Assessment of your staff's and campus's level of risk when it comes measles will be discussed. Collaboration with campus and public health partners to comply with public health and infection control recommendations will be emphasized.

**Dizziness and Vertigo**

*Maria Machala, MS, NP (University of Colorado)*

This presentation will focus on identifying the most common causes of otologic and neurologic causes of dizziness, how to diagnose based on history, exam, and diagnostic tests, when to refer to a specialist, and how to manage common diagnoses such as vestibular migraine, BPPV, and persistent postural perceptual dizziness.

Thursday, May 28

**3:00 pm - 4:00 pm (cont.)**

**Courageous Conversations: Equipping Leaders for Difficult Dialogues in Health and Well-being**

*LaNika Wright, PhD, WHNP-BC (East Carolina University); Amy Magnuson, PhD, RD, LDN (Florida State University); Warnette Mann, PsyD (Wake Forest University)*

Health and well-being leaders are regularly called upon to engage in high-stakes, emotionally charged conversations. Whether navigating staff burnout, resolving interpersonal conflict, or advocating for institutional priorities, these moments demand courage, clarity, and compassion. This interactive 90-minute session will equip participants with practical tools, evidence-based frameworks, and reflective strategies for approaching difficult dialogues with confidence and empathy. Through real-world case studies, small group exercises, and live facilitation, attendees will strengthen their communication capacity and leave better prepared to foster psychological safety, build trust, and hold accountability across their teams and institutions.

**STI Hot Topics**

*Sarah Rowan, MD (Public Health Institute at Denver Health)*

Sexually transmitted infections are very common with nearly 2.5 million combined cases of syphilis, gonorrhea, and chlamydia reported by CDC in 2024 alone. Millions more individuals are affected by trichomoniasis, Mycoplasma genitalium, HPV, HSV, and other STIs including newer pathogens of concern: mpox and Trichophyton mentagrophytes genotype 7. This session will provide clinicians with the knowledge and resources they need to stay updated on current guidelines for screening and treatment of these pathogens. The session will also cover prevention strategies including biomedical prevention and partner services.

**Mental Health Across Borders During Uncertain Times: Joint Session of JUHA, US and Canada**

*Katsumi Nakagawa, MD, PhD, JD (Ritsumeikan University, Japan); Miko Omori, MD (Tokyo Gakugei University); Joyce DeWitt-Parker, PhD (University at Albany); Sandra Koppert (Mental Health Commission of Canada); Leah State, MSW (Humber Polytechnic)*

United States: This session explores the evolving landscape of college student mental health in the United States during times of political, economic, and social uncertainty. Drawing insights from recent national surveys and institutional case studies, it examines the impact of polarized politics, public health crises, and economic disruptions on student well-being. Key topics include: increases in anxiety and depression linked to perceived instability; challenges in accessing mental health services amid staffing shortages and financial constraints; and disparities in outcomes among marginalized student populations (e.g. first-generation, BIPOC, LGBTQ+).

Canada: Canadian perspectives will examine how changes in government policy, funding decisions, and enrollment pressures influence student mental health and services.

Japan: This session will present findings from the MEXT survey on withdrawal and the MHLW health survey, followed by a discussion of the issues revealed (including mental health problems and family issues in Japan). It will also introduce practices implemented at various health management centers.

**Friday, May 29**

**8:00 am - 9:30 am**

**Reimagining Resilience: From Furthering Oppression to Generating Health and Belonging**

*Sam Shelton, MA (Iowa State University)*

While resilience has become a focal point for many public health professionals on college campuses, discourses surrounding this concept frequently reinforce systems of oppression that cause harm to the most vulnerable and disadvantaged students. After attending this session, participants will know how to differentiate between resilience as a tool of oppression vs. resilience as a tool for generating health and belonging and be able to apply this understanding to health promotion and student support efforts.

**Nursing Hot Topics**

*Jackie Hop, DNP, MBA, RN, CPN, CIC (University of Central Florida); Megan Huddleston, RN, BSN (University of Missouri); Chendamoni Beaty, MSN, RN (University of Georgia); Corliss Gossett, MSN, RN (School of the Art Institute of Chicago)*

Discuss: trends in STI management, implementing updated immunization guidelines, improving employee morale for the benefit of the stakeholders, how AI is changing the culture in college health, and how collaborating with local health departments can assist with the management of upcoming and trending infectious diseases.

**“Oh, My Aching Back!” The Evaluation, Treatment, and Rehabilitation of the Most Common Back Injuries**

*Lori Dewald, EdD, ATC, MCHES, F-AAHE (Southern Illinois University); Andrew McBride, MD (Metropolitan State University of Denver)*

This 2026 ACHA session will review the anatomy of the back, discuss common back injuries, explore the causes of back injuries, demonstrate the evaluation and treatment procedures for back injuries, and provide both preventative and rehabilitation techniques for back injuries. The session will also provide the attendees with the opportunity to practice hands on evaluation, treatment, and rehabilitation techniques for the most common back injuries found in adults ages 18-65.

Friday, May 29

**8:00 am - 9:30 am (cont.)**

**Oral Health as a Window to Wellness: A Guide for Supporting Student Resilience**

*Jeanette Courtad, DDS and Mary Walker, RDH (Colorado School of Mines)*

Oral health is an essential, yet often overlooked, aspect of overall wellness on college campuses. The state of a student's oral health can be a strong indicator of their resilience when facing the academic and social stresses of college life. Given that most college health centers don't offer dental services, it's crucial for health professionals to be able to identify and address oral conditions that impact students' systemic, mental, and social health. This session will provide guidance on recognizing common oral issues and distinguishing between those that can be managed with palliative care and those that require immediate dental referral. The ultimate goal is to empower student health staff to effectively manage oral health challenges, thereby supporting students' resilience and overall well-being.

**Get in the Game: Tools to Address Gambling-Related Harms Among College Students**

*Cindy Clouner, MPH, BSSW and James Lange, PhD (Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery)*

The explosion of online sports betting has led to an increase in problematic gambling behavior on campus. Yet few campuses collect data on this issue or incorporate gambling-focused initiatives into their portfolio of services. This session will explore the current trends in collegiate gambling behaviors, discuss four free tools used to assess and address student gambling and betting harms, and explore strategies to integrate gambling work into existing efforts on campus.

**ACHA Advocacy and Government Relations Update**

*Faith DeNardo, PhD, CHES (Bowling Green State University); Rita O'Neill, JD, MHA (University of Southern California)*

Advocacy Committee Chair Rita O'Neill, CEO James Wilkinson, and Advocacy Education Chair Faith DeNardo will update attendees on the view from Washington, including federal legislative and regulatory issues; status of key federal agencies like CDC and HHS; share details and status of the Continuation of Care legislation; our efforts in support of vaccine requirements; and explain the context and status of other issues where ACHA is actively involved. We will also cover how we work in coalitions with allies in higher education, and the various advocacy tools we use to amplify ACHA's impact and heighten our profile.

Friday, May 29

**8:00 am - 9:30 am (cont.)**

**From Clinic to Completion: How Student Health Services Support Retention and Student Success**

*Mary Johnson, DNP, FNP-BC (Meredith College); Katrin Wesner-Harts, EdD, FACHA (University of North Carolina Wilmington)*

In the evolving landscape of higher education, colleges are under increasing pressure to retain and graduate students, especially those facing health, financial, or social barriers. Yet the essential role student health centers play in retention efforts often goes underrecognized. This session explores how student health services can serve as an upstream intervention point, offering case management, crisis response, and continuity of care that helps students stay enrolled and engaged. Drawing from the experience of a small private college, the session will highlight strategies for partnering with academic advising, disability services, counseling, and financial aid to form a safety net for students at risk of attrition. Participants will leave with practical frameworks for demonstrating impact, collecting meaningful data, and aligning health center work with campus-wide student success goals.

**Dialogue Across Differences — Critical Skills to Foster Understanding**

*Kim Webb, MEd, LPS (Washington University in St. Louis); Padma Entsuah, MPH, CHES and Alic Czachowski, EdD, MPH (Columbia University); Nadine Aktan, PhD, FNP-BC (Rutgers School of Nursing); Marguerite O'Brien, MSW (Coastal Carolina University); Jamie Moyer, MA (Colorado State University)*

Professionals in college health and well-being recognize how divisive the current socio-political landscape has become. Research indicates that people who participate in practices of dialogue across differences report improved psychosocial well-being, with higher levels of self-esteem, confidence in addressing conflict, and overall mental health. In this session we will discuss and apply strategies for engaging in productive dialogue that fosters open inquiry, understanding and constructive disagreement to support ours and our students' well-being.

**Building Resilient Clinics: All-Hazards Planning for Preparedness, Response, and Recovery**

*Carman North, MPH, CPH (University of Tennessee Knoxville); Jackie Hop, DNP, MBA, RN, CIC, CPN (University of Central Florida); Robert Williams, MD, CPH (Sam Houston State University)*

This session explores comprehensive all-hazards planning across the disaster response cycle, emphasizing strategies to identify clinic and campus-specific risks. Participants will evaluate their department's role in emergency preparedness and response within the clinic, campus, and broader community. The presentation highlights key campus, community, and governmental resources that support preparedness, response, and recovery efforts. Attendees will gain practical guidance to develop a clinic-specific emergency plan addressing both all-hazards and hazard-specific scenarios.

**Hot Topics in Cardiology**

*William Cornwell III, MD, MSCS (University of Colorado Anschutz)*

Abstract not available.

Friday, May 29

**10:00 am - 11:00 am**

**Advancing Health Equity in College Health: From Principles to Measurable Action**

*Pasquale Frisina, PhD, MBA, CSSMBB and Mark Baehser, MD (Princeton University)*

Health equity is central to high-quality college health but often remains aspirational rather than operational. This session equips participants with frameworks and applied strategies to embed equity into daily practice. Presenters will demonstrate how to set measurable equity aims, integrate equity into performance management systems, and apply practical tools such as driver diagrams and PDSA cycles. Using case studies and interactive exercises, attendees will leave prepared to design actionable, sustainable equity improvement plans.

**POTS, Long COVID, and Dysautonomia: What These Terms Mean and What Do We Do with These Patients?**

*William Cornwell III MD, MSCS (University of Colorado Anschutz)*

Long COVID is characterized by profound fatigue, lightheadedness, difficulty exercising and severe reductions in overall health-related quality-of-life. Mechanisms contributing to this syndrome are not entirely clear, but there is growing evidence that cardiovascular deconditioning, mitochondrial dysfunction and vascular endothelial injury may contribute. In addition, there has been concern that dysautonomia may be contributing as well. This program will explore latest data on factors predisposing to Long COVID, and also discuss other similar conditions such as POTS and bedrest. Emerging therapeutic options will be discussed, namely exercise training as a strategy to improve lightheadedness/orthostatic intolerance, exercise capacity and health-related quality-of-life.

**Supporting Muslim Students in the College Mental Health Setting**

*Isra Abuyounis, LCSW, MSW and Batsirai Bvunzawabaya, PhD (University of Pennsylvania)*

Muslim students compose a large population in higher education, but many college counseling center professionals lack the knowledge of the cultural complexity and clinical skills necessary for comprehensive and effective care in this population. There are many factors impacting the mental health of Muslim students such as the political climate, familial support, stigma and shame in seeking care. This session will identify the mental health needs, barrier and best practices in working with Muslim students.

Friday, May 29

**10:00 am - 11:00 am (cont.)**

**Promoting Resilience in Neurodivergent Students: Clinical Strategies for Campus Health**

*Christina Jones, LPC, LPC/S, MAC (The University of South Carolina)*

Neurodivergent students, particularly those with ADHD and Autism, are an increasingly visible population in campus health. Traditional therapeutic models often fail to address their unique cognitive, sensory, and communication needs, creating barriers to resilience and service delivery. This session will provide practical strategies for adapting evidence-based approaches, highlight resilience-building practices, and explore ways to improve service delivery into clinical and campus health settings. Participants will leave with concrete tools to better support neurodivergent student well-being.

**Not Just a Positive Test: Case-Based Decisions in LTBI Screening and Treatment**

*Anu Murthy, MD, FAAFP (Emory University School of Medicine)*

TB screening and treatment remain challenging in student health, particularly for those at higher risk from TB-burdened regions or health care settings. This case-based session reviews CDC/ACHA guidance and practical strategies to improve LTBI screening, counseling, and treatment on campus.

**Best Practices for Care and Inclusion of [REDACTED]sgender and Non[REDACTED] Identified Students**

*Joanna Schwartz, PhD (Georgia College and State University); Karen Shapiro, DrPH, MBA (Rutgers School of Health Professions)*

Today's political and social climate is impacting the health, sense of belonging, and overall success of transgender and nonbinary students across the United States . In this session we will dive into the major shifts in the past year, strategies to mitigate harm, and common mistakes that you want to avoid. We will engage in real talk about what's happening on your campuses and how to maintain or even enhance inclusion for all students. Together we'll discuss practical strategies and swap ideas so you walk away with fresh perspectives, support from the ACHA community, and a game plan to help your campus move from intention to action in supporting trans and nonbinary students.

Friday, May 29

**10:00 am - 11:00 am (cont.)**

**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 efforts 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.

**Workplace Attachment: A Guide to Increasing Staff/Faculty Retention, Satisfaction, and Morale**

*Mariah Dern LPCC-S, Andrea Bustin LPC, and Jamie Baxter LPCC-S (Xavier University)*

This session will combine counseling theory and human resource practices to explore "Workplace Attachment," in order to better equip university administrators in managing staff retention and satisfaction rates. Participants will gain theory, language, and practical tools so that they can make intentional shifts in their departments to increase staff morale, and decrease rates of attrition.

**Where Are We Now? The State of Reproductive Access on College Campuses Across the U.S.**

*Yakira Teitel, MD, MPH (Bard College); Sharon Rabinovitz, MD (Emory University); Susan Ernst, MD (University of Michigan); Jacklyn Recktenwald, MEd (University of Pennsylvania)*

This session will provide an overview of the current reproductive health landscape across the US, give participants tools to address this changing and fractured landscape, and promote cross-campus discussion on innovative approaches to providing quality reproductive health care in a variety of state, local and regional contexts.

**12:00 pm - 1:00 pm (Dorosin)**

**Cannabis Use by College Students: Clinical Considerations and Opportunities**

*Jason Kilmer, PhD (University of Washington)*

As more states legalize cannabis for medical or non-medical purposes, the range of products available for use and THC potency/concentration has increased. Fortunately, the science surrounding cannabis use has increased as well. This presentation will focus on what the science says about risks and harms related to cannabis use, associations with student success, and implications for student health and wellbeing. Implications for prevention and intervention on campus will be reviewed.

Friday, May 29

**1:30 pm – 2:30 pm**

### **College Health and Well-Being Data Hub Updates**

*Giang Nguyen, MD, MPH, MSCE, FAAFP, FACHA (Harvard University); Kawai Tanabe, MPH and Mary Hoban, PhD (American College Health Association)*

The College Health and Well-Being Data Hub is the ACHA data warehouse project which brings together student healthcare data that can be harnessed by stakeholders at all levels at institutions of higher education. The Data Hub hosts data on service provision, utilization, staffing, budget, and policies from the Institutional Profile Survey (IPS) and data on health and wellness issues among the student population from the National College Health Assessment (NCHA). Presentation will include a demonstration of the Data Hub.

### **Aligning Structure with Strategy: A Case Study in a Health Promotion Office Reorganization**

*Brittany O'Malley, MPH, CHES, Sarah Frey, MS, MPH, CHES, and Katy Redd, MPH, MSW (University of Texas at Austin)*

Over the past year, the presenters engaged in a comprehensive reorganization of a health promotion office at a large public university, involving 12 staff members and their roles. Guided by four objectives— systems-based alignment, clear advancement pathways, collaborative team culture, and unified impact metrics —the presenters will share and highlight both success and challenges in the change process and the resulting model that guides the office's work.

### **Increasing Campus Vaccine Coverage: Funding Innovative, High Impact, Replicable Vaccine Programs**

*Angela Long, MS, MPH (University of Oregon); Nandini Koka, MD (George Mason University); Merasha Bailey, MHA, BSN, CD, RN (Howard University); Mary Woodring, DNP, FNP-BC (University of Wisconsin, Madison)*

This session highlights the ACHF Increasing Campus Vaccine Coverage (ICVC) Grant Program, which funded innovative programs at eight institutions to boost vaccine uptake among under-immunized student populations. Focusing on meningococcal, HPV and other vaccines, presenters will share early outcomes and case studies from the 2025–2026 academic year. Attendees will gain insights into scalable and replicable, barrier-reducing approaches to improve campus vaccine coverage and promote public health on campus.

Friday, May 29

**1:30 pm – 2:30 pm (cont.)**

**Uncovering Pelvic Pain in College Health: Prevalence, Impact, and Role of Physical Therapy**

*Stephanie Pascoe, PT, DPT, DSc, OCS, WCS, FAAOMPT (University of Colorado); Jason Harpp (Appalachian State University Wellness and Prevention Services)*

Pelvic pain is a problem within college health according to a recent study. Emphasizing the importance of a multi-disciplinary team the presenters will share the organizational structure of the healthcare team providing care to patients with pelvic pain. The presenters will describe how physical therapy is a vital component of pelvic pain care. The session will end with a discussion around the impact of pelvic pain among college students. The goal of this session is to educate the audience on pelvic pain in college health, empower the audience to acknowledge this problem and provide resources to assist in diagnosing and treating patients with pelvic pain.

**Reinforcing Student Resilience within Community College Initiatives**

*Mary Collaro, MSN, RN (Tarrant County College District); Thaddeus Mantaro, Phd (Dallas College); Beth McPartlin, MA (Harper College)*

Resilience is a vital trait for student success, especially in today's dynamic educational landscape. This presentation explores student resilience through the lens of the 7 C's Model, emphasizing how three Community Colleges are fostering it across varied populations. Strategic support systems that have enhanced resilience and data from the Community College Student Engagement Survey will be highlighted. Members of the Community College Health Coalition will uncover best practices and impactful outcomes that empower students to thrive academically and personally.

**Psychiatry Hot Topics**

*Sean Heffernan, MD (Johns Hopkins University); Ryan Patel, DO FAPA (The Ohio State University)*

In this session, psychiatrists will present several challenging psychiatric cases, such as treatment-resistant major depressive disorder, obsessive-compulsive disorder, complex PTSD, episodic psychosis, and psychosomatic presentations in college students. A case review and discussion will follow, focusing on evaluation approach, clinical management decisions, and the incorporation of evidence-based practices. There will be an opportunity for conversation and q/a.

Friday, May 29

**1:30 pm – 2:30 pm (cont.)**

**Responding to the Moment: Strengthening LGBTQ+ Care Through Building Working Groups and Strategic Relationships**

*Heather Frost, LCSW, MEd, Zachary Catir, MSW, LCSW, and Batsirai Bvunzawabaya, PhD (University of Pennsylvania); Melissa Bottiglio, MSW, LCSW (University of Colorado Boulder)*

LGBTQ+ students continue to face significant and unique challenges on college campuses across the United States. This session aims to equip participants with best practices to support LGBTQ+ students in the current sociopolitical climate. Using national data trends and campus-based practices, participants will leave the session with concrete steps they can use at their own institutions to support and affirm LGBTQ+ students through the development of working groups and building strategic partnerships.

**Effective Collaborations to Support Student Health Insurance Programs**

*Doug Koyle, MA (Ohio Wesleyan University); Liebe Meier, MHA, MBA (Cornell University); Karin Balow (Columbia University)*

Collaborations across higher education campuses are critical to providing a well-rounded program benefitting students and their knowledge, understanding, and access to their own well being and care. This session will explore opportunities on your own campuses that can lend themselves to partnerships that will further enhance the student experience as related to student insurance and overall understanding of health and wellness.

**Diagnosis and Treatment of Common Injuries in the Club Sport Athlete / “Weekend Warrior”**

*David Edwards, MD, CAQSM (Texas Tech University Health Sciences Center, Department of Family & Community Medicine); Stephen Edwards, MD (Baylor College of Medicine)*

High-intensity exercise in physically inactive individuals is common in our Club Sports and “weekend warrior” populations. Common injuries to the upper and lower extremities will be analyzed, with emphasis on cost-effective and evidence-based care.

**Pharmacy Hot Topics**

*Ashlee Stone, PharmD (University of Connecticut); Caroline Wolfram, PharmD, BCACP, CPP (University of North Carolina at Chapel Hill); Shannon Burroughs, RPh (Appalachian State University)*

Join a panel of college health pharmacists to discuss state specific pharmacist prescribing laws and the successes and challenges of adding these resources to various campus health centers. There will be ample opportunity for questions.

**Friday, May 29**

**3:00 pm – 4:00 pm**

**Suicide Prevention Training in Higher Education Settings**

*Rebecca Mirick, LICSW, PhD (Salem State University)*

This presentation will review the literature on suicide prevention training in higher education settings, highlighting the impact and feasibility of community training as an effective suicide prevention strategy on college campuses.

Research findings on the implementation and impact of a newly developed virtual training will illustrate this type of intervention and the impact, from the perspectives of students, faculty, and staff.

**Healthy Campus Inventory: The What, Why, and How**

*Jordan Perry, MPS, MCHES (Appalachian State University); Emily Cato, MBA (University of South Carolina); Emily Tuschhoff, MS, MCHES (University of Idaho)*

The Healthy Campus Inventory is an easy-to-use systems-level campus assessment that provides instant, customized feedback on health promotion infrastructure and efforts, enabling shared goal setting across your institution. Learn more about what Healthy Campus is, its history, why the Inventory was developed, and what resources are available to your campus. Discover how to access and use the inventory on your campus to affect systems change with members of the Healthy Campus Leadership Team.

**Updates in Hypertension Screening and Management in the Young Adult**

*David Edwards, MD, CAQSM (Texas Tech University Health Sciences Center, Department of Family & Community Medicine); Angelina Edwards MD, FASN (Houston Methodist Hospital)*

Hypertension leads to significant morbidity and mortality. Recent AHA/ACC guidelines in 2025 contain new and revised recommendations from prior update in 2017. There is increased prevalence of hypertension in young adults, age 18 to 39, many of who also have metabolic syndrome. The Cardiovascular-Kidney-Metabolic paradigm will be used to characterize risk. Successful management of these patients will decrease cardiovascular events later in life. A summary of the guidelines will be presented, along with diagnosis and treatment recommendations.

Friday, May 29

**3:00 pm – 4:00 pm (cont.)**

**Well-Being Coaching for Faculty and Staff: Strategies for Success**

*Nikki Brauer, CHWC, COEE, CWPM (Illinois State University); Lori Dewald, EdD, ATC, MCHES. F-AAHE (Southern Illinois University - Carbondale); Faith DeNardo, PhD, CHES (Bowling Green State University); Marguerite O'Brien, MSW (Coastal Carolina University); Shari Landmark, MS (South Dakota State University)*

Faculty and staff in higher education face increasing demands that impact their well-being. This presentation explores the role of well-being coaching as a proactive and personalized approach to supporting campus professionals. Participants will learn how coaching can foster resilience, enhance engagement, and align with institutional goals for retention and workplace satisfaction. Through real-world examples and strategies, this session highlights how coaching can be integrated into campus wellness initiatives to create a community of care.

**The Business Backbone of Student Health: Coding, Billing, and Insurance Essentials**

*Amy Magnuson, PhD, RD, Leslie Herndon, MBA, and Kelly Dykes, BSN, RN, CHPE, CPHIMS (Florida State University); Shannon Kuykendall, CPC (University of Georgia)*

Student health centers face challenges with billing, coding, and reimbursement due to staff knowledge gaps, credentialing confusion, and inconsistent documentation. This session offers practical strategies to improve revenue and compliance, including staff training, CPT updates, and systems for tracking renewals. Participants will learn to navigate payer requirements, work effectively with billing vendors, and distinguish between credentialing and contracting processes. Insights are based on national benchmarking data and feedback from campus health leaders.

**Vulvovaginal Dermatology**

*Melissa Mauskar, MD, FAAD and Audrey Rutherford, MD, FAAD (University of Texas Southwestern)*

This session will provide a practical, case-based review of vulvar dermatoses, focusing on accurate diagnosis, pattern recognition, and evidence-based management. Participants will learn updated guidelines, common diagnostic pitfalls, and clear treatment pathways for conditions such as lichen sclerosus, lichen planus, and vulvar dermatitis. The presentation emphasizes improving clinical confidence and reducing delays in care. No original research will be presented.

Friday, May 29

**3:00 pm – 4:00 pm (cont.)**

**Next Gen Well-Being Leaders: Pathways to Executive Leadership in College Health**

*Chris Smith, MPS (The University of North Carolina at Charlotte); Kristina Blyer, DNP, RN, NE-BC (James Madison University); Ryan Travia, EdD, FACHA (Babson College); Jessi Gold, MS, MD (University of Tennessee System); Joyce Dewitt-Parker, PhD (University at Albany)*

Many colleges and universities are increasingly viewing mental health and well-being as both significant risks and important opportunities across their campuses. At the same time, many institutions recognize that their current efforts are scattered across different departments, resulting in an uncoordinated approach. In response, they are creating CWO/AVC/AVP roles to integrate multidisciplinary efforts, break down silos, and build a cohesive culture of well-being. This session will highlight examples of these emerging positions and their responsibilities at different institutions and will also explore the varied pathways into these roles, the challenges encountered, and key lessons learned along the way.

**Antimicrobial Stewardship Strategies for the Campus Community**

*Leena Myran, PharmD, BCPS (University of Wyoming School of Pharmacy and Family Medicine Residency Program)*

Antimicrobial stewardship aims to decrease healthcare costs, avoid antibiotic resistance and unnecessary antibiotic adverse outcomes. Campus healthcare providers play a critical role in antimicrobial stewardship by promoting the responsible use of antibiotics among college students. This presentation will equip participants with the knowledge and tools to strengthen AMS initiatives within a college health framework. It will review antimicrobial stewardship concepts and highlight practical stewardship interventions for campus health providers, including strategies to increase appropriate antibiotic prescribing. The session will also address beta-lactam allergy evaluations and misconceptions, enabling clinicians to select optimal antibiotic therapy in a community-based campus clinic setting.

**Saturday, May 30**

**8:00 am – 9:00 am**

### **Recovery Ally Training**

*John Shiflet, MSW, MD and Tiffany Skaggs, FAAAAFP, DipAB (Texas A&M University Health Services, Aggie Recovery)*

This program addresses a critical gap in college wellness: empowering peers and faculty to become confident allies for students with substance use disorder (SUD). Research shows that stigma and a lack of communication tools prevent people from offering support, leading to student isolation. Our program provides evidence-based strategies to overcome these barriers, enabling participants to engage compassionately, avoid stigmatizing language, and provide effective, non-judgmental support. We aim to equip individuals with the skills to confidently assist students on their recovery journey.

### **Rashes and Infectious Diseases**

*P. Hunter Spotts, MD and Fan Zhou, MD, MPH (Duke University)*

Describe the dermatologic presentations of common systematic infections, such as Measles, Rocky Mountain Spotted Fever, Lyme disease, and Erythema Nodosum. Discuss differential diagnosis and management plan of above diseases through case studies. Participants will learn characteristics of these infectious diseases that are unique to the college health population.

### **Mental Health Nurse Navigator Program to Expand Psychiatric Access in College Health**

*Dee Ellen DiBona, MD, Kim Lash, RN BSN, Bridget McLernonSykes, MSN, FNP-C, PMHNP-BC, Amanda Forbus, MSN, RN, and Annemarie Donato, DNP FNP (College of Charleston)*

The escalating demand for mental health services on college campuses has placed considerable financial strain on university counseling and student health centers. At the same time, institutions face challenges in recruiting and retaining qualified providers, as the private sector offers more competitive compensation and professional opportunities. This program will outline implementing a "Mental Health Nurse Navigator" position to assist primary care providers in meeting this increasing demand in a cost effective manner.

### **GLP-1 Receptor Agonists: Exploring Their Future Role in Psychiatry**

*Semya Thompson, PharmD, CPP (The University of North Carolina at Chapel Hill)*

Mental health concerns, including depression, anxiety, and cognitive challenges, are common among college students and often coexist with metabolic conditions such as obesity and type 2 diabetes. Emerging research suggests GLP-1 receptor agonists, approved for metabolic indications, may have potential psychiatric benefits. This session will review mechanisms, metabolic trials, and early psychiatric research, discuss barriers and safety, and explore future applications for integrated mental and metabolic health in students.

**Saturday, May 30**

**8:00 am – 9:00 am (cont.)**

**Sexual Health Hot Topics**

*Robin Mills, MA, CHWC and Kendra Damer, PharmD (University of California Berkeley); Robbie Stines, DNP, FNP-BC (School of the Art Institute of Chicago)*

College students face a disproportionate burden of STIs, uneven access to prevention, and rising exposure to sexual health misinformation. This session reviews emerging trends—long-acting injectable PrEP, MenB vaccines for potential gonorrhea protection, and digital health literacy strategies—while highlighting gaps identified in ACHA data. Participants will gain evidence-based tools and an emphasis on benchmark data collection to evaluate best practices, reduce disparities, and strengthen sexual and reproductive health services on campus.

**Funding Opportunities and Strategies for Success with the American College Health Foundation**

*Michael McNeil, EdD, CHES, FACHA (American College Health Foundation); La' Tesha Hinton, MSPH, CHES (Tulane University, Campus Health)*

The American College Health Foundation (ACHF) offers a range of funding opportunities to advance college health. In this session please join leaders from the ACHF Board where we will explore the funding options available and discuss strategies to strengthen proposals submitted to the Foundation.

**Embedding Health in Higher Education: Settings Approaches through the Okanagan Charter and Limerick Framework**

*Lauren Dorsett, DrPH, MCHES (Texas A&M University); Kathryn Dailey, MA (University of Colorado Boulder)*

Most campuses emphasize individual behavior change rather than systemic transformation that fosters student well-being. This session introduces the Limerick Framework for Strategic Action as a practical tool to operationalize the Okanagan Charter and embed “health in all policies” within higher education. Presenters will share global insights and U.S. examples to demonstrate how aligning health promotion with institutional missions and governance engages leadership, leverages networks, and creates sustainable environments that improve equity and student success.

**Saturday, May 30**

**9:30 am – 10:30 am**

**Supporting the Supporters: Building Resilience Among Campus Health Professionals**

*Beth Lesen, PhD (California State University, Long Beach)*

Campus health professionals are essential to student well-being, yet they often face burnout, secondary trauma, and systemic stressors with limited support. This session explores strategies to build resilience among the staff who deliver care, education, and crisis response. Participants will review trauma-informed supervision models, peer support practices, and equity-centered wellness approaches. By centering the needs of caregivers, we can strengthen institutional health systems and foster sustainable, compassionate environments for both employees and students.

**Designing for Impact: Creative Strategies to Market College Healthcare to Gen Z Students**

*Kristen Thompson, MS (University of Georgia); Mari Kay Avant (Florida State University)*

Today's students consume information differently than ever before—through fast visuals, short-form content, and digital-first platforms. In this session, we'll explore how graphic design and marketing strategies can make campus healthcare approachable, engaging, and relevant. You'll walk away with creative tools to design impactful campaigns that resonate with Gen Z while reducing stigma and increasing awareness of health services.

**Programmatic Strategies: Building Resiliency Skills to Support Students Lifelong Wellbeing**

*Jennifer Kennymore Royer, MPH, MCHES, NBC-HWC and Montserrat Carrera Seoane, PhD, MS, CHES, CWHC (University of Florida)*

Building resilience is vital for lifelong wellbeing among college students. However, at some institutions, long-term resilience programming is still in development due to lack of time, resources, or staff expertise. This session will discuss one university's intentional approach to incorporating resilience related programming on their campus. After the session, participants will be better equipped to develop, implement, and evaluate resilience programming on their campus. Strategies to improve collaborative relationships with stakeholders will also be discussed.

**Well-Being Advocate Program: Data-Informed Insights into Graduate Student Well-Being**

*Kelley Rivenburgh, MSW and Elizabeth Rohr, MSW (University of Michigan, Rackham Graduate School)*

The presenters will share findings from the University of Michigan Rackham Graduate School's Well-Being Advocate Program, which partners with graduate programs to create tailored well-being interventions. Using large language models to analyze cross-program survey data, the session will share key insights about graduate student well-being patterns. Attendees will learn best practices to create healthy communities within graduate programs to create program-level change and data-driven approaches to well-being support with ethical AI applications.

**Saturday, May 30**

**9:30 am – 10:30 am (cont.)**

**Overview of ADHD Medications**

*Kaitlyn Queen, Pharm D, CPP (Chapel Hill Psychiatry)*

Although there are only two classes of stimulant medications, there is a wide variety of medications which differ on potency, duration of effect, and side effects within each class. This presentation aims to equip health care providers working with students who have ADHD to make informed, evidence-based decisions when starting or adjusting medication regimens. Through interactive learning, participants will explore this large variety of medications used to treat ADHD and review key considerations such as indications, contraindications, potential side effects, and practical tips for effective use.

**Advancing Campus Well-being: Updates from the Inter-association Well-being Collaborative**

*Robyn Buchsbaum, MHS (American College Health Association); Mallory Jordan, MPH, MBA and Emma Spalding, MA, CPS (National Association of Student Personnel Administrators); Erin O’Sullivan, MA, MFA (NIRSA: Leaders in Collegiate Recreation)*

Join representatives from NASPA, NIRSA and ACHA for an inside look at the Inter-association Well-being Collaborative (IWC). Presenters will share updates on national efforts to raise well-being literacy and spark new conversations across higher education. They’ll highlight how IWC activities are shifting the focus from individual wellness to whole-campus well-being, and showcase innovative approaches emerging beyond traditional health and wellness spaces.

**11:00 am – 12:00 pm**

**Closing Presidential Session: A Conversation with Colorado Chancellors on Health and Well-Being**

*Joel Schwartzkopf, DPAS, MBA, FACHE (University of Washington); Jeremy Haefner, PhD (University of Denver); Jennifer Sobanet, EdD (University of Colorado, Colorado Springs)*

College health and wellbeing professionals at all levels are increasingly contributing to student success and retention, yet often lack insight into how executive leaders prioritize these efforts. This Closing Presidential Session features a moderated conversation with university presidents and chancellors from across Colorado on integrating a holistic approach to health and well-being into system level strategies. Participants will gain perspectives on how their work aligns with and contributes to campus well-being in this broader context.