



ACHA  **2026**

UPLIFTING RESILIENCE
Strategies in Campus Health and Well-Being

DENVER | MAY 26-30

PRELIMINARY SESSION LISTING



AMERICAN
COLLEGE
HEALTH
ASSOCIATION

A Message from ACHA's President and Program Planning Committee Chair...

"We are excited to gather with you in Denver as we continue strengthening the work of college health and wellbeing professionals across the country and the globe. This year's meeting theme of "Uplifting Resilience" invites us to ground ourselves in the shared values that shape our field. It's a theme that resonates with us personally as we look to the future with optimism and hope, while boldly facing the realities of the moment. This theme also respects the land, people, and culture of this city which we are honored to have hosting us again, and we hope you all find some time to enjoy Colorado and all it has to offer.

Throughout the week, you will find opportunities to learn, reconnect, and explore new ideas. We hope you can then return home better-equipped to address the evolving needs of our students and campus communities. While you're in Denver, we encourage you to visit with members of your regional affiliate, your respective section, or the many committees, coalitions, affinity spaces, and other opportunities taking place outside the regular program sessions. Whether you are joining us for the first time or have been returning to our annual meeting for decades, your presence and engagement help make this gathering a place where meaningful collaboration and innovation can thrive.

Thank you for the work you do every day and for being part of this vibrant community. We look forward to an energizing and inspiring meeting together in Denver!"



**Joel W. Schwartzkopf, DPAS, MBA,
FACHE
ACHA President**



**Emily Lenz, MSN, APRN, FNP-BC
Program Planning Committee Chair**

WELCOME TO ACHA 2026!

Enhance Your Learning and Earn CE Credit

This year's program features more than 150 educational sessions that will bring you cutting edge research, guidelines, programs, and best practices in college health and wellness from across the country - and beyond! With CE credit offered in 8 disciplines, you're sure to maximize the continuing education you need in your profession.

Network with Peers From Across the Country

We know that a lot of great learning takes place outside of sessions, and we have plenty of networking opportunities at the meeting this year. From the returning ACHA Mentoring program to the discussion groups, affinity groups, and networking meetings, we hope you will find even more ways to connect with your colleagues.

Discuss Innovative Research with Your Peers

We encourage you to spend time learning about the innovative research and programs being conducted around the country, as featured in more than 80 posters displayed at this year's meeting. This is a great opportunity to ask questions, pick up handouts, get presenters' contact information, etc. These are not formal presentations; feel free to move from one poster to another.

ACHA 2026 Meeting Goals

- Consistent with ACHA's mission of advancing the health of college students and the campus community, we, the members of the association, gather at the annual meeting with invited guests to:
- Identify ways to increase knowledge, update professional skills, and incorporate evidence-based guidelines and standards into college health practice in the following areas:
 - Assessment and planning
 - Health promotion
 - Clinical care
 - Mental health services
 - Leadership development
- Identify opportunities for collaboration and exchange of ideas among college health professionals, students, and leaders in higher education.
- Discuss programs and environments that enhance health outcomes for college students and campus communities.
- Describe the effect of diverse cultures and experiences on the health of individuals and communities.
- Identify ways to integrate college health programs with the missions of the institutions we serve.
- Discuss ACHA's role as a national advocate for policies that have a positive impact on the health of college students and campus communities.

Schedule at a Glance

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All meeting sessions, events, and the Exhibit Hall will be in the Sheraton Denver Downtown Hotel

Tuesday, May 26

Registration Opens
8:00 am – 6:00 pm

ACHA Leaders' Appreciation Lunch and Meeting
11:30 am – 1:30 pm
Invitation only

Pre-Conference Workshops
2:00 pm – 4:30 pm
Tickets required

Opening General Session/ Keynote Address
5:00 pm – 6:30 pm

Wednesday, May 27

Registration
7:00 am – 6:00 pm

Newcomers' Orientation: Navigating the ACHA Annual Meeting
7:30 am – 8:45 am

General Sessions
9:00 am – 10:00 am
10:30 am – 11:30 am

Section Meetings
12:00 pm – 1:00 pm

Industry Presentations
12:15 pm – 1:15 pm

General Sessions
1:30 pm – 2:30 pm
3:00 pm – 4:00 pm
4:30 pm – 5:30 pm

Committee Meetings
5:45 pm – 6:45 pm
Note that some committees, coalitions, and task forces will be conducting virtual meetings

ACHA Celebrates: Opening Reception
6:00 pm – 7:00 pm

2026 Awards and Fellows Ceremony
7:00 pm – 8:00 pm

Thursday, May 28

Sunrise Yoga
6:15 am – 6:45 am

Rising and Current Volunteer Leader Coffee Hour
7:00 am – 7:45 am

Registration
7:00 am – 5:00 pm

Opening Breakfast with Exhibitors
7:00 am

Exhibit Hall
7:00 am – 4:00 pm

Posters
7:00 am – 4:00 pm

General Sessions
8:00 am – 9:30 am
10:00 am – 11:30 am

Affiliate Meetings
12:00 pm – 1:00 pm

Industry Presentations
12:15 pm – 1:15 pm

General Sessions
1:30 pm – 2:30 pm
3:00 pm – 4:00 pm

Committee Meetings
4:30 pm – 5:30 pm
5:45 pm – 6:45 pm

Friday, May 29

School Spirit Day!

Fun Run/Walk/Roll
6:00 am – 7:00 am

Sunrise Yoga
6:15 am – 6:45 am

Registration
7:00 am – 5:00 pm

Continental Breakfast with Exhibitors
7:00 am

Exhibit Hall
7:00 am – 1:30 pm

Posters
7:00 am – 3:00 pm

General Sessions
8:00 am – 9:30 am
10:00 am – 11:00 am

Dorosin Memorial Lecture
12:00 pm – 1:00 pm

General Sessions
1:30 pm – 2:30 pm
3:00 pm – 4:00 pm

Assembly of Representatives
4:15 pm – 5:00 pm

Saturday, May 30

Registration
7:00 am – 11:00 am

Continental Breakfast
7:00 am

General Sessions
8:00 am – 9:00 am
9:30 am – 10:30 am

Closing Presidential Session
11:00 am – 12:00 pm

Dedicated Exhibit Hall and Poster Break
11:00 am – 12:00 pm

Featured Events

Opening General Session and Keynote Address

Tuesday, May 27, 5:00 pm-6:30 pm



We're happy to announce Admiral Rachel Levine, MD, 17th Assistant Secretary for Health at the U.S. Department of Health and Human Services, as our keynote speaker for the 2026 Annual Meeting in Denver, May 26-30.

Dr. Levine's leadership and advocacy for inclusive care aligns powerfully with our meeting theme "Uplifting Resilience" and serves to inspire our attendees as they work to create environments where every student can thrive. Her work in public health, championing evidence-based, science-informed approaches, resonates deeply with our mission. From promoting the life-saving impact of vaccines on college campuses to recognizing the critical role of research conducted at our institutions of higher education, Dr. Levine's efforts underscore the values of our association.

Dorosin Memorial Lecture

Friday, May 29
12:00 pm - 1:00 pm



This year's Dorosin Memorial Lecture will be presented by Jason Kilmer, PhD, a professor of psychiatry and behavioral sciences at the University of Washington (UW) School of Medicine and an adjunct professor of psychology at UW. 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 well-being. Implications for prevention and intervention on campus will also be reviewed.

Closing Presidential Session

Saturday, May 30
11:00 am-12:00 pm

The Closing Presidential Session, moderated by ACHA President Joel Schwartzkopf, features a 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 perspective on how their work aligns with and contributes to campus well-being in this broader context. Confirmed panelists are Jennifer Sobanet, PhD, Chancellor of the University of Colorado Colorado Springs and Jeremy Haefner, PhD, Chancellor of the University of Denver.

Continuing Education

Please note that all credit applications may have not yet been submitted, approved, or have permission to list them as pending. If you don't see your credit type listed, check back here or watch the meeting website for updates at <https://annualmeeting.acha.org/attend/ce-credit/>.

Continuing Education Statements

CME: The American College Health Association (ACHA) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



ACHA designates this live activity for a maximum of 22 *AMA PRA Category 1 credits*.™ Physicians should only claim credit commensurate with the extent of their participation in the activity.

CHES®/MCHES®: Sponsored by ACHA, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES®) and/or Master Certified Health Education Specialists (MCHES®) to receive up to XX total Category 1 continuing education contact hours. Maximum advanced-level contact hours available are XX.



This event is designed to meet NCHEC Continuing Competency (CC) requirements. The total available CC credit will be identified once final learning assessments are confirmed.



PsyCE: ACHA is approved by the American Psychological Association to sponsor continuing education for psychologists. ACHA maintains responsibility for this program and its content. This program has been awarded 22 hours of continuing education for psychologists.



NBCC: The American College Health Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6397. Programs that do not qualify for NBCC credit are clearly identified. ACHA is solely responsible for all aspects of the program.



General Meeting Information

Overall Purpose: The purpose of the ACHA Annual Meeting is to provide high-quality education to college health professionals, students, and other stakeholders to enhance the skills and capacities needed to advance health and build healthier campus communities.

Target Audience: The target audience for the ACHA Annual Meeting includes college health professionals, students, and other stakeholders.

Commercial Support: At the time of this posting, we have received commercial support from Gilead Sciences.

Sponsor Disclosures: At the time of posting, sponsorship has been received from Aetna Student Health, Anthem Blue Cross, UnitedHealthcare Student Resources, Gallagher Student Health & Special Risk, Student Insurance, TimelyCare, and Mantra Health.

Non Endorsement: ACHA does not endorse any products or services that are displayed or referred to in conjunction with this activity and is not responsible for the actual presentation of content during scientific sessions.

Successful Completion: In order to earn credits/contact hours and obtain a CE certificate, participants must:

- Be registered for the meeting.
- Attest via the online session evaluation site that each session for which credit is requested was attended in its entirety.
- Complete additional steps for your discipline if applicable:

NASW: If requesting NASW credit for social workers, you must track your attendance at each session and submit a completed sign-in/out sheet. These sheets will be available on-site at the Speaker Info and CE Booth.

ACPE: If requesting ACPE credit for pharmacists, you must submit a completed attendance tracking sheet AND pass an online post-test (score of 80% or higher) for each session attended. Instruction packets will be available on-site at the Speaker Info and CE Booth.

NBCC: If requesting NBCC credit for certified counselors, you must track your attendance at each session and submit a completed sign-in/out sheet. These sheets will be available on-site at the Speaker Info and CE Booth

Further instructions will be included in the Meeting Program and Planner..

General Meeting Information

Relevant Financial Relationships

None of the presenters or planners for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients, except for the following:

- Speaker **William Anderson, MD**, who has disclosed that they are an advisory board member for Sanofi and Regeneron and researcher for Regeneron and Teva.
- Speaker **Adam Dodge, JD**, who has disclosed that they are the CEO of EndTAB LLC.
- Speaker **Ann Flynn, MD**, who has disclosed that they are a consultant for Abbvie.
- Speaker **Melissa Mauskar, MD, FAAD**, who has disclosed that they are an investigator for Incyte and a consultant for Leo Pharma.
- Speaker **S. Shahzad Mustafa, MD**, who has disclosed that they are on the speakers' bureaus for Genentech, GSK, AstraZeneca, Regeneron/Sanofi, ARS Pharma, CSL Behring, and have received grant funding from Takeda.
- Speaker **Ryan S. Patel, DO, FAPA**, who has disclosed that they are an advisor for Flourish AI.
- Speaker **Vivianna Premazzi, PhD**, who has disclosed that they are the founder of Global Mindset Development.
- Planner **Melanie Trost, MD**, who has disclosed that they own stock in Gilead and Pfizer.

All of the relevant financial relationships listed for these individuals have been mitigated.



TUESDAY, MAY 26

Events, Meetings, and Pre-Conference Workshops

8:00 am - 6:00 pm

Registration

11:30 pm – 1:30 pm

ACHA Leaders' Appreciation Lunch and Meeting

(invitation only)

2:00 pm - 4:00 pm

American College Health Foundation Board of Directors

5:00 pm - 6:30 pm

Opening General Session/Keynote Address

Join your colleagues to hear Keynote Speaker Admiral Rachel Levine, MD. See Featured Events for more information.

Tuesday Pre-Conference Workshops

Tickets are required for all pre-conference workshops, which are open to all meeting attendees with tickets (excluding spouses/partners).

2:00 pm – 4:30 pm

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

After this session, attendees should be able to:

1. Describe key theories and models of change management relevant to health and well-being leadership.
2. Apply change management concepts to real-world challenges faced by college health and well-being executive leaders.
3. Develop strategies to engage stakeholders and respond adaptively to rapid change while maintaining long-term vision.

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

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

After this session, attendees should be able to:

1. Discuss research findings on mental health impact of unhealthy technology and unhealthy media use.
2. Describe strategies to use technology in healthy ways including healthy technology use and mindful technology use.
3. Describe AI and student use of AI for mental health.
4. Describe various AI programs that students are using for mental health, therapy, and companionship.
5. Discuss the potential risks versus benefits (including ethical and legal considerations) of students' use of AI for mental health, therapy, and companionship and guidance that clinicians can provide.

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

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

After this session, attendees should be able to:

1. Discuss current facts about drugs, alcohol, and student use patterns.
2. Recognize the current state of affairs about collegiate prevention efforts within a comprehensive framework.
3. Implement quality strategic planning strategies with multiple audiences.
4. Select evidence-informed, locally appropriate strategies and resources.
5. Apply the eight core competencies for prevention professionals.

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

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

After this session, attendees should be able to:

1. Explain the critical role of faculty and staff well-being in advancing the institution's mission and student success.
2. Describe the root causes and risk factors associated with these deficiencies.
3. Describe corrective actions and sustainable improvements that can be implemented to address known deficiency trends.
4. Discuss strategies to enhance survey preparedness through proactive planning and staff engagement.
5. Create an outline for next steps to work on a plan for their own campus.

Presenter(s): 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)

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

After this session, attendees should be able to:

1. Describe the lifecycle of a quality improvement project through the lens provided by the Model for Improvement developed by Associates in Process Improvement and endorsed by the Institute for Healthcare Improvement.
2. Create a run chart to effectively display data visually.
3. Interpret a run chart based on interpretation rules and signal identification.
4. Evaluate whether a plan, do, study, act (PDSA) cycle should be adopted, adapted, or abandoned.
5. Define a SMART aim and key driver diagram.

Presenter(s): Matthew Mittiga, MD and Lindsay Schotters, MPH (University of Colorado Boulder)

AAAH College Health Survey Findings: Identifying and Preventing Common Deficiencies

After this session, attendees should be able to:

1. Recognize the most common AAAHC survey deficiencies found in college health organizations.
2. Describe the root causes and risk factors associated with these deficiencies.
3. Describe corrective actions and sustainable improvements to address known deficiency trends.
4. Discuss strategies to enhance survey preparedness through proactive planning and staff engagement.

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

Tuesday Pre-Conference Workshops

2:00 pm – 4:30 pm (cont.)

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

After this session, attendees should be able to:

1. Describe the principles of ultrasound physics and instrumentation relevant to point-of-care use.
2. Identify appropriate clinical indications for POCUS in various settings (e.g emergency, ambulatory care, OB related, etc).
3. Demonstrate how to acquire and interpret basic ultrasound views for common college health visits.

Presenter(s): Spencer Wong, MD, FAAFP (California State University-East Bay)

Psychotropic Medication 101 for Campus Primary Care Providers

After this session, attendees should be able to:

1. Describe the major classes of psychiatric medications and their general mechanisms of action.
2. Identify common indications and target symptoms for each medication class.
3. Discuss frequently encountered side effects and monitoring and management strategies.

4. Apply clinical pearls for safe prescribing and monitoring of psychiatric conditions.
5. Discuss the role of psychiatric medications as part of a comprehensive treatment plan.

Presenter(s): Kathryn Jenkins, PMHNP-BC (Towson University)

Opening General Session/ Keynote Address

5:00 pm – 6:30 pm

A Conversation About Health Equity with Admiral Rachel Levine

After this session, attendees should be able to:

1. Define what health equity is.
2. Discuss examples of health equity integration in public health policy and programs.
3. Apply health equity to college/university health programs.

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

WEDNESDAY, MAY 27

Events, Meetings, and General Sessions

7:00 am – 6:00 pm

Registration

7:30 am – 8:45 am

Newcomers' Orientation: Navigating the ACHA Annual Meeting

Is this your first ACHA Annual Meeting? If so, make sure you join us for this informal networking event. You'll be surrounded by colleagues who are asking the same questions as you are. And there will be plenty of seasoned meeting veterans on-hand – who remember what their first meeting was like – to help you make the most out of your meeting experience.

12:00 pm – 1:00 pm

Full Section Meetings

ACHA section meetings are open to all members of the section.

- Administration Section Meeting
- Advanced Practice Clinicians Section Meeting
- Clinical Medicine Section Meeting and Networking
- Health Promotion Section Networking
- Health and Well-Being Executive Leadership Section Meeting and Networking
- Mental Health Section Meeting
- Nursing Section Meeting
- Nurse Administrator Section Meeting
- Pharmacy Section Meeting and Networking

12:15 pm – 1:15 pm

Industry Presentations

Brought to you by industry representatives, these sessions are open to all registered attendees. Seating will be limited. The schedule of presentations will be available in the final meeting agenda, coming late Spring 2026. *Industry presentations are not part of the ACHA 2026 Annual Meeting's accredited educational meeting nor eligible for CE credit. Sessions may contain promotion.*

5:45 pm – 6:45 pm

Coalition Meetings

Coalition meetings are open to all members with an interest in the topic.

- LGBTQ+ Health Coalition

Committee and Task Force Meetings

Committee and task force meetings are intended for approved members of those committees or task forces.

- Vaccine Preventable Diseases Committee

6:00 pm – 7:00 pm

ACHA Celebrates: Opening Reception

Join fellow meeting attendees at the Opening Reception and enjoy light appetizers and a cash bar while networking with friends and colleagues in an informal atmosphere.

7:00 pm – 8:00 pm

2026 Awards and Fellows Ceremony

Come celebrate with your colleagues to honor the 2026 Award Recipients and Fellows. Name badges are required for all events.

8:00 pm – 9:00 pm

Recovery Meeting

Open to all.

Wednesday General Sessions

9:00 am – 10:00 am

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

After this session, attendees should be able to:

1. Assess personal burnout risk factors.
2. Implement self-care strategies.
3. Create a personal action plan.

Presenter(s): Rae Chresfield, PhD (University of Maryland Baltimore County)

Empowering Survivors through Innovative Modalities for Trauma Healing in College Settings

After this session, attendees should be able to:

1. Describe the theoretical foundations and mental health benefits of body-centered and creative trauma healing modalities.
2. Evaluate the implementation of trauma-informed programs in higher education using UC Riverside's Empowerment & Healing Series as a model.
3. Design a culturally responsive trauma support initiative that incorporates alternative healing modalities in a college setting.

Presenter(s): Ashley Baczkowski, MA (University of California Riverside)

Empowering Students through Email-Delivered Sexual Health Education

After this session, attendees should be able to:

1. Use data to identify opportunities to expand sexual health education efforts on a college campus.
2. Describe the process of designing, implementing, evaluating, and refining an email-delivered sexual health education program.
3. Discuss the efficacy of email-delivered sexual health education using validated measures and student feedback.

Presenter(s): Lauren Cordova, MEd (University of Pennsylvania)

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

After this session, attendees should be able to:

1. Identify the benefits of conducting a Patient Satisfaction Survey (PSS) in a college health setting.
2. Describe the key steps involved in optimizing an accessible in-house PSS and outlining strategies for implementing a PSS at a university health center.
3. Describe how data generated from the PSS is used throughout the feedback lifecycle.
4. Discuss key barriers and innovative uses of PSS data at various institutions.

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

Concussions on Campus – Evaluation and Treatment

After this session, attendees should be able to:

1. Discuss the frequency of concussions in the college age population, including those that are not related to sports.
2. Identify that concussion remains a clinical diagnosis.
3. Discuss the evaluation and treatment of students with head injury in a primary care setting.
4. Explain that concussion are individual and treatment needs to be individual as well.

Presenter(s): John Breck, DO, CAQSM (University of Colorado-Boulder)

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

After this session, attendees should be able to:

1. Examine one's own approaches to fostering collaboration among community health stakeholders.
2. Identify processes used in higher education settings to foster collaboration aimed at improving well-being outcomes.
3. Describe three strategies health promotion professionals employ to manage political challenges within college/university environments.

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

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

After this session, attendees should be able to:

1. Describe current gaps in meningitis vaccination among college students, particularly those in Greek life housing.
2. Identify at least three engagement strategies tailored to Greek life organizations to promote meningitis vaccination.
3. Design a pilot vaccination promotion program that leverages campus health center partnerships and student leadership within Greek organizations.

Presenter(s): 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)

The Changing Landscape of Anaphylaxis

After this session, attendees should be able to:

1. Describe the presentation of anaphylaxis.
2. Identify the preferred medications in the management of anaphylaxis.
3. Discuss alternative forms for epinephrine.

Presenter(s): Shahzad Mustafa, MD (Rochester Regional Health)

Wednesday General Sessions (cont.)

9:00 am – 10:00 am (cont.)

Thyroid Diseases Commonly Encountered in Primary Care

After this session, attendees should be able to:

1. Discuss the causes, recommended evaluation and evidence-based management of hyperthyroidism.
2. Outline the evaluation and evidence-based management of hypothyroidism including treatment of patients with persistent symptoms.
3. Indicate the most recent evidence-based recommendations for imaging, biopsy, and management of thyroid nodules and goiters.
4. Explain the evidence-based recommendations for surgery, radioiodine therapy, thyroid hormone suppression, and monitoring of thyroid cancer.

Presenter(s): Michael McDermott, MD (University of Colorado School of Medicine)

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

After this session, attendees should be able to:

1. Explain mental health trends in the clinical college student population.
2. List psychological symptoms associated with higher levels of financial insecurity.
3. Identify ways college counseling centers contribute to student success.

Presenter(s): Brett Scofield, PhD (Penn State University)

10:30 am – 11:30 am

Supporting Survivors – Trauma-Informed Care for Medical Professionals

After this session, attendees should be able to:

1. Define the core principles of trauma-informed care.
2. Discuss options for medical violence screens and how to implement.
3. Discuss what a medical forensic exam is (aka Sexual Assault Nurse Exam/Sexual Assault Forensic Exam) and how to talk about it.
4. Describe how to implement trauma-informed care and support specific for medical settings.

Presenter(s): Jessica Ladd-Webert, MS, LPC (University of Colorado Boulder)

Using Plain Language to Improve Student Well-Being

After this session, attendees should be able to:

1. Discuss terminology and data related to health literacy.
2. Explain plain language principles.
3. Apply plain language guidelines to sample documents.

Presenter(s): Gina Orlando, MPH, CHES, CWHC (Columbia University)

Addressing Basic Needs Insecurities for Holistic Support

After this session, attendees should be able to:

1. Define the prevalence and scope of food and housing insecurity among college students, citing national and institutional data.
2. Analyze the mental health, physical health, and academic impacts of unmet basic needs.
3. Apply validated screening tools and referral strategies within student health and wellness settings.
4. Implement trauma-informed, stigma-reducing, and collaborative strategies to support student wellness and success.

Presenter(s): Carolyn O'Keefe, PsyD (California State University)

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

After this session, attendees should be able to:

1. Identify the need to close the gap on mental health knowledge and mental health crisis procedures in student health clinic staff.
2. Differentiate levels of acuity with mental health concerns and crises.
3. Discuss the application of strategies used to increase knowledge and patient safety in students with acute mental health concerns and crises.

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

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

After this session, attendees should be able to:

1. Identify patterns of polysubstance use among college students using validated survey tools and social network data.
2. Analyze peer network data to detect clusters of substance use and understand social influence mechanisms.
3. Apply evidence-based strategies to design interventions targeting peer networks to reduce polysubstance use.

Presenter(s): Sunghyun Chung, MPH, BSPH (Texas A&M School of Public Health)

Immunization and Insurance Navig(AI)tors

After this session, attendees should be able to:

1. Recognize how a staff-facing AI knowledge base can reduce time spent responding to student insurance and immunization questions.
2. Evaluate how consistent communication supports equity, especially for international and first-year students navigating complex requirements.
3. Discuss how using similar systems to NavigAI)tor as a training tool shortens onboarding and prepares student employees for future roles in technology-supported workplaces.

Presenter(s): Raahul Narayanan, MPH and Ashlee Halbritter, MPH (University of Pennsylvania)

Wednesday General Sessions (cont.)

10:30 am – 11:30 am (cont.)

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

After this session, attendees should be able to:

1. Recognize when patients are presenting with premenstrual disorders, including premenstrual dysphoric disorder and premenstrual exacerbation of underlying mental illness.
2. Apply knowledge of evidence-based treatments for premenstrual disorders.
3. Compare collaborative versus single speciality approaches to the management of premenstrual disorders.

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

Peer Education: Student Voices in Action

After this session, attendees should be able to:

1. Evaluate how participation in a peer education program encourages openness and exchange of knowledge for peer educators and the peer student.
2. Assess the role of peer education in the development of language skills, both verbal and non-verbal, for the peer educator.
3. Explain how peer education has impacted college campuses and their peer educators at a national level.

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

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

After this session, attendees should be able to:

1. Develop an approach to assessing poorly controlled asthma in adolescents and young adults.
2. Implement single maintenance and reliever therapy (SMART) and anti-inflammatory and reliever (AIR) therapy.
3. Describe how asthma-focused transition programs can empower adolescent and young adults for self-management and self-advocacy.

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

Investigating Chronic Pelvic Pain

After this session, attendees should be able to:

1. Identify common causes for chronic pelvic pain.
2. Apply initial work up and management strategies for each diagnosis.

Presenter(s): *Gabrielle Whitmore, MD (University of Colorado Anschutz)*

1:30 pm – 2:30 pm

Clinical Cases – Knee Pain

After this session, attendees should be able to:

1. Recognize key components of an excellent knee pain history.
2. Identify common and “can’t miss” physical exam findings on a college student knee exam.
3. Outline treatment/further evaluation steps for common knee complaints.

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

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

After this session, attendees should be able to:

1. Describe current political and social challenges that affect LGBTQIA+ programming and services in higher education.
2. Analyze strategies practitioners are using to sustain gender-affirming care and LGBTQIA+ programming despite external pressures.
3. Discuss approaches to building resilience and coalition-building among faculty, staff, and students to protect LGBTQIA+ health services.
4. Identify at least two actionable practices to implement or adapt in their own institutional context.

Presenter(s): *Karen Shapiro, DrPh, MPH, MBA (Rutgers University); 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)*

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

After this session, attendees should be able to:

1. Discuss the VPD Advisory Committee's roles and responsibilities and processes for revising its guidelines.
2. Describe the changes to the VPD Immunization Recommendations for College Students and the Tuberculosis Risk Assessment and Management guideline and sources of information.
3. Discuss current hot topics related to vaccines and vaccine-preventable diseases.

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

Wednesday General Sessions (cont.)

1:30 pm – 2:30 pm (cont.)

Driving Improvements: Operational Data Reporting in College Health

After this session, attendees should be able to:

1. Describe models used for operational data reporting in college health.
2. Discuss approaches to clinical data reporting and the value of turning data into actionable insights.
3. Evaluate examples of when reporting led directly to program, funding, or policy change.

Presenter(s): 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)

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

After this session, attendees should be able to:

1. Identify how systemic approaches to well-being and violence prevention foster student success and staff thriving.
2. Apply the social-ecological model to uncover barriers and supports that shape students' ability to thrive.
3. Identify one strategy that transcends event-based programming and supports long-term institutional change.

Presenter(s): Jessica Henault, MS (National Association of Student Personnel Administrators)

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

After this session, attendees should be able to:

1. Review the clinical efficacy of extended-release naltrexone, barriers to treatment, and models of integration in college health.
2. Describe practical approaches to implementation, including coordination with insurers, developing clinic protocols, and engaging interdisciplinary teams.
3. Discuss how to assess when injectable naltrexone is clinically appropriate, balance risks and benefits, and advocate for policy and structural changes to support access.

Presenter(s): Sean Heffernan, MD (Johns Hopkins University)

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

After this session, attendees should be able to:

1. Demonstrate how to map key campus stakeholders critical to hazing prevention and to outline a cross-departmental task force structure.
2. Design a phased strategic plan to initiate or expand hazing prevention initiatives that reach the broader student population.
3. Apply the Social Ecological Model, Coalition-Building Theory, and Collective Impact Framework to advocate for sustainable hazing prevention strategies.

Presenter(s): Candace Kanney, MS, CHES (University of Florida)

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

After this session, attendees should be able to:

1. Describe the prevalence and common patterns of GI symptoms including abdominal pain, bloating, constipation, diarrhea, nausea, and dyspepsia in the college student population.
2. Identify key psychological factors that are strongly associated with the presence and severity of GI symptoms in this demographic.
3. List common causes, risk factors, and symptoms that differentiate between irritable bowel syndrome, inflammatory bowel disease, celiac disease, and Helicobacter pylori infection.
4. Define the Rome IV diagnostic criteria for functional gastrointestinal disorders like IBS and functional dyspepsia.

Presenter(s): Ann Flynn, MD (University of Utah School of Medicine)

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

After this session, attendees should be able to:

1. Analyze a campus's crisis-response landscape to identify calls suitable for mobile crisis vs. police response, using decision-tree criteria.
2. Design a co-response workflow that integrates a clinician-led mobile team with campus police and safety responders, residential life, student life professionals and other trusted campus partners, case management, including transport and follow-up pathways.
3. Implement an evaluation plan with metrics for diversion, student experience, safety outcomes, and police workload, including before/after and "on-hours vs. off-hours" contrasts.

Presenter(s): Jeff Talbot, MBA (University of California, Riverside)

Wednesday General Sessions (cont.)

3:00 pm – 4:00 pm

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

After this session, attendees should be able to:

1. Describe the outcomes of brief EMDR treatment in a university counseling center.
2. Evaluate the practical application of EMDR services in a university setting in response to a real campus crisis.

Presenter(s): J. Erin Morpeth-Provost, PhD (Florida State University)

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

After this session, attendees should be able to:

1. Describe a scalable, asynchronous nurse-led STI testing and treatment workflow integrated into a college health setting.
2. Identify strategies for embedding resilience into clinical workflows to reduce stigma, improve access, and empower students to manage their sexual health.
3. Outline practical methods to connect students to PrEP, including injectable options, using direct referral links and medication assistance programs.
4. Explain how standing delegation orders and nurse-driven protocols can enhance clinical efficiency and support interdisciplinary teamwork.

Presenter(s): Kristen Lavigne, BSN, RN, SANE-A (Texas A&M University)

Billing Made Better: Transforming College Health Through Insurance Implementation

After this session, attendees should be able to:

1. Design a student health insurance implementation plan that includes timeline development, proposal evaluation, and cost analysis.
2. Apply performance metrics and data collection tools to evaluate clinical, financial, and operational outcomes in student health services.
3. Implement billing and contracting strategies with commercial carriers, Medicaid, and Kaiser to maximize reimbursement and strengthen revenue cycles.

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

Building Outpatient Eating Disorder Treatment Programming for Your College Health Center

After this session, attendees should be able to:

1. Define different disordered eating diagnoses and screening methods.
2. Identify key components of outpatient disordered eating care.
3. Assess medical and mental health stability for outpatient care, including recognizing when to refer to a higher level of care.

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

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

After this session, attendees should be able to:

1. Identify patients as candidates for GLP1-RA medication therapy.
2. Describe the primary GLP1-RA medications and their indications for use.
3. Develop a treatment plan for candidates.
4. Identify barriers to treatment.

Presenter(s): Mary McQueen, ANP-BC (University of Colorado, Boulder)

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

After this session, attendees should be able to:

1. Interpret research findings from Get Out There to inform more effective, student-driven strategies that reduce loneliness and psychological distress.
2. Apply public health principles such as targeting, data collection, and barrier reduction, to design scalable, experiential programs that build student autonomy, competence, and belonging outside of traditional programming models.
3. Create an implementation plan for individualized experiences that foster peer modeling, self-efficacy, and meaningful campus connection among first-year students, using insights from the Get Out There campaign.

Presenter(s): Jennifer Shasberger, MA, Avery Muzikar, and Max Stieglitz (University of Vermont)

Preparedness in Practice: Campus Outbreak Response Strategies

After this session, attendees should be able to:

1. Compare campus outbreak response frameworks from multiple different universities.
2. Identify existing resources on campus and beyond that can assist in campus outbreak response.
3. Describe the importance of ongoing monitoring efforts to campus outbreak readiness.
4. Discuss aspects of campus life that complicate and facilitate outbreak response.

Presenter(s): Carman North, MPH (University of Tennessee); JoLynn Montgomery, PhD, MPH (University of Michigan); Shaheer Khan, BDS, MPH (Johns Hopkins University); Morgan McDonald, MPH (Rochester Institute of Technology)

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

After this session, attendees should be able to:

1. Define what is required for a campus biennial review.
2. Apply concepts outlined through the sharing of Colorado State University's substance misuse prevention program and biennial review process, including the structure and use of their advisory committee.
3. Evaluate program goals using established criteria while using collective decision making that balances realities with long-term sustainability, adaptability, and emerging needs.

Presenter(s): Lauren Ratliff, MPH, and Christina Berg, MPH (Colorado State University)

Wednesday General Sessions (cont.)

3:00 pm – 4:00 pm (cont.)

Benchmarking Committee Update

After this session, attendees should be able to:

1. Discuss the previously conducted Sexual Health Survey.
2. Explain the Benchmarking Sexual Health Survey.
3. Evaluate the results of this year's survey.

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

4:30 pm – 5:30 pm

The ACHA Basic Needs Task Force: Health and Well-Being Practitioner Support for Student Basic Needs

After this session, attendees should be able to:

1. Describe best practices in student basic needs programming on campus.
2. Discuss credible sources of data on student basic needs insecurity on campus.
3. Explain different models for addressing student basic needs insecurity on campus.

Presenter(s): *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)*

Missed Diagnosis: Inaccurate ADHD Assessments in College Counseling Centers

After this session, attendees should be able to:

1. Identify three myths related to the understanding and inadequate treatment of ADHD.
2. Explain the definition of Rejection Sensitivity Dysphoria and how it is confused with other diagnoses.
3. List three common presentations that students may have that often lead clinicians to miss an ADHD diagnosis.
4. Recognize how co-occurring disorders can interfere with the recognition of ADHD.

Presenter(s): *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)*

How to Get Published in the Journal of American College Health

After this session, attendees should be able to:

1. Describe the publishing process from manuscript preparation to distribution.
2. Apply practical tips and best practice for submitting manuscripts.
3. Analyze the critical role of peer-review in the publishing process.

4. Discuss how to anticipate responses to common concerns and questions about copyright issues and distribution channels.

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

Establishing a Holistic Health, Well-Being, and Safety Division to Advance Student Success and Institutional Resilience

After this session, attendees should be able to:

1. Analyze factors that contribute to fragmented campus health and well-being services.
2. Evaluate integrated models for designing a unified division to support holistic student well-being.
3. Apply data-informed strategies to build collaborative infrastructure and demonstrate impact on student success.

Presenter(s): *Denise Woods, DrPH (University of California, Riverside)*

A Guide to Podcast Development to Advance Student Health and Well-Being on Campus

After this session, attendees should be able to:

1. Explain how campus-based podcasts can promote student well-being by serving as accessible and relatable tools for mental health education and outreach.
2. Distinguish various hosting and recording formats used in campus-based podcasts by examining three distinct approaches to podcast length, content creation, and production style.
3. Describe key components of effective health-focused podcasting in a higher ed setting, including strategies for content creation, student engagement, and cross-departmental collaboration.
4. Develop a framework for launching or enhancing campus-based podcasts by applying practical strategies for planning, production, and promotion tailored to college audiences.

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

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

After this session, attendees should be able to:

1. Describe the current U.S. HIV PrEP landscape in adolescents and young adults.
2. Compare LAI PrEP options to select an appropriate product and schedule for student scenarios.
3. Implement a campus workflow for LAI PrEP from screening to follow-up.
4. Design an equity-forward outreach and counseling plan for all students.

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

Wednesday General Sessions (cont.)

4:30 pm – 5:30 pm (cont.)

2026 Update on Immunizations for Young Adults

After this session, attendees should be able to:

1. Describe key updates in current vaccine recommendations and common sources of misinformation.
2. Identify evidence-based communication strategies for addressing vaccine misinformation in clinical or community settings.
3. Apply structured communication techniques to respond to common vaccine questions and misinformation scenarios.

Presenter(s): David Higgins, MD, MPH, FAAP (University of Colorado School of Medicine)

Policy and Procedure Management

After this session, attendees should be able to:

1. Describe the basic structure and function of a policy/procedure and when one should be created.
2. Discuss tools to assist with the creation of a policy/procedure including templates and AI search.
3. Identify what should be considered when reviewing an existing policy/procedure and best practices for frequency of review.
4. Discuss options for how policies/procedures should be made available for staff.

Presenter(s): Kathy Mosteller, RN (The University of Texas at Austin); Michael Huey, MD

The Road to Integrated Health, Counseling, and Wellness Services

After this session, attendees should be able to:

1. Discuss the benefits of integrated health programs with administrators and staff.
2. Discuss the steps needed to successfully implement integrated health, counseling, and wellness services.
3. Outline the steps toward evaluating existing integrated services.

Presenter(s): Kevin Readdean, PhD, LMHC (Rensselaer Polytechnic Institute)

THURSDAY, MAY 28

Events, Meetings, and General Sessions

6:15 am – 6:45 am

Sunrise Yoga

Greet the day with a gentle Yoga practice. Join Marguerite O'Brien, RYT 200 and colleagues as we gently stretch, flow, and energize our bodies, minds, and spirits. No experience necessary. Please bring a towel/mat/cushion to support your practice.

7:00 am – 5:00 pm

Registration

7:00 am

Opening Breakfast with Exhibitors

7:00 am – 4:00 pm

Exhibit Hall Open

Take time to visit the busy Exhibit Hall, where more than 80 companies will display their health-related products and services. Badges required.

Poster Displays

Posters are visual presentations of programs and research on a variety of campuses. Poster presenters will be available for questions during session breaks.

7:00 am – 8:30 am

American College Health Foundation (ACHF) Board of Directors: Awardee and Donor Breakfast

This is an invitation-only breakfast meeting of the foundation board of directors, major donors, and key industry partners to recognize and hear from 2025 Foundation scholarship and award winners.

7:00 am – 7:45 am

Rising and Current Volunteer Leader Coffee Hour

All meeting attendees are welcome to attend this informal meet and greet with current board of directors and volunteer leaders within ACHA. Speak with current ACHA leaders about their roles within ACHA, their journey into ACHA volunteer leadership and learn how you can get more involved with the association in areas that you are interested and passionate about.

7:00 am – 7:45 am

Women of Color Discussion Group

Topics to be discussed:

- Rest as Resistance – Reclaiming rest and joy in high-demand professions
- Navigating Burnout – Strategies for sustainable self-care and boundary-setting
- Mindful Leadership – Leading with empathy, authenticity, and cultural awareness
- Healing in Community – The power of sisterhood and collective resilience
- Mentorship and Sponsorship – Building networks that uplift and advocate

8:00 am – 4:30 pm

Individual Mentoring Sessions

Advance sign-up required. If you have questions about your mentoring session, go to the ACHA Speaker and CE Support booth in the meeting registration area.

12:00 pm – 1:00 pm

Full Affiliate Meetings

ACHA affiliate meetings are open to all members of the affiliate.

- Central College Health Association Networking
- Mid-America College Health Association Meeting and Networking
- Mid-Atlantic College Health Association Meeting and Networking
- New England College Health Association Meeting and Networking
- New York State College Health Association Meeting and Networking
- North Central College Health Association Meeting and Networking
- Ohio College Health Association Networking
- Pacific Coast College Health Association Meeting and Networking
- Rocky Mountain College Health Association Meeting and Networking
- Southern College Health Association Meeting and Networking
- Southwest College Health Association Meeting

Thursday Events and Meetings (cont.)

12:15 pm – 1:15 pm

Industry Presentations

Brought to you by industry representatives, these sessions are open to all registered attendees. Seating will be limited. The schedule of presentations will be available in the final meeting agenda, coming late Spring 2026. *Industry presentations are not part of the ACHA 2026 Annual Meeting's accredited educational meeting nor eligible for CE credit. Sessions may contain promotion.*

4:30 pm – 5:30 pm

Section and Affiliate Executive Committee Meetings

Section and affiliate executive committee meetings are limited to those groups' officers or other invited members.

- Mid-America College Health Association
- Pacific Coast College Health Association
- Rocky Mountain College Health Association

Coalition Meetings

Coalition meetings are open to all members with an interest in the topic.

- Historically Black Colleges and Universities (HBCU) Coalition
- Integrated College Health Coalition
- Public Health Surveillance, Preparedness, and Response Coalition33339
- Student Health Insurance/Benefits Programs Coalition

Committee and Task Force Meetings

Committee and task force meetings are intended for approved members of those committees or task forces.

- Basic Needs Task Force
- Student Engagement Task Force

Pharmacy and Leadership Meet and Greet

Are you an executive director or have a leadership role in campus health and wellness and ever wonder how a college health pharmacy can help increase revenue and support your mission to improve student wellness and satisfaction? Please join us for the second annual Pharmacy and Leadership Meet and Greet. There will be a short slide show followed by an opportunity to speak with college health pharmacists about innovative services and programs as well as some fun and games.

Beyond Lookout Mountain: Reimagining Executive Convenings for the Future of College Health

This 60-minute interactive roundtable will invite participants into a guided conversation to explore a new vision for a Lookout Mountain Group successor—one that is inclusive, forward-looking, and responsive to today's challenges in college health and student health insurance. Facilitated by leaders from the Health and Well-Being Executive Leaders (HWEL) Section, long-standing LMG participants, and industry expertise, the session will focus on defining the function, scope, and infrastructure needed to sustain meaningful executive-level dialogue.

Rock Painting and Button Making Workshops

Join us Thursday evening for guided workshops on Rock Painting and Button Making. These activities are perfect to wind down from a day full of learning and networking. All materials will be provided—we only need you!

Limited spots available; advanced signup is required for both scheduled workshops. Stay tuned for instructions.

5:45 pm – 6:45 pm

Coalition Meetings

Coalition meetings are open to all members with an interest in the topic.

- Community College Health Coalition

College Health and Wellness Consulting

This session is for campus leaders exploring strategic, operational, or financial improvements to student health and well-being services. Learn how ACHA's College Health and Wellness Consulting (CHWC) program can support institutional goals, what issues are best suited for a consulting engagement, and what to expect in terms of process, scope, and pricing.

Health and Well-Being Executive Leaders Section Leadership Team Transition Meeting

This is a closed meeting for current and new HWEL Section Executive Leadership Board members. This meeting will serve as a transition meeting between current and new HWEL leadership board members.

Health Promoting Universities Group

The Health Promoting Universities Group provides an opportunity for colleagues engaged in health-promoting campus work to connect, share practices, and explore strategies aligned with the Okanagan Charter. Participants will engage in dialogue around advancing whole-campus approaches to health, well-being, and sustainability through collaboration and systems-level thinking. The discussion is sponsored by the United States Health Promoting Campus Network (USHPCN).

Thursday General Sessions

8:00 am – 9:30 am

Modeling Resilience Instead of Burnout in the Strategic Planning Process

After this session, attendees should be able to:

1. Describe the limitations of traditional strategic planning for resilience in higher education.
2. Analyze how participatory, Delphi-informed approaches strengthen adaptability, equity, and institutional trust.
3. Apply at least two resilience-oriented planning practices to their own institutional or departmental context.

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

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

After this session, attendees should be able to:

1. Define deconstruction as an approach to campus well-being.
2. List “What’s the problem represented to be?” or WPR questions.
3. Apply WPR to affect systems change.
4. Practice implementing WPR with self-selected campus examples.

Presenter(s): Jordan Perry, MPH, MCHES (Appalachian State University)

Clinical Foundations for College Health 2026 — Part 1 of 2

After this session, attendees should be able to:

1. Describe an approach to history, diagnosis, treatment, and patient education for dizziness.
2. Describe an approach to history, diagnosis, treatment, and patient education for headache.
3. Describe an approach to history, diagnosis, treatment, and patient education for non-injury joint pain.

Presenter(s): Peter Davis Smith, MD (University of Connecticut); James Jacobs, MD, PhD (Stanford University); Kimberly Tilley, MD (University of Southern California)

Building and Sustaining a Culture of Health Program Evaluation

After this session, attendees should be able to:

1. Review the benefits of process and outcome evaluation.
2. Describe the four key stakeholder lenses for evaluation.
3. Compare two major models of evaluation planning.
4. Evaluate opportunities for applying strategies at your institution.

Presenter(s): 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)

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

After this session, attendees should be able to:

1. Identify barriers and opportunities for a collaborative approach to, and shared vision of, mental health education, promotion, and outreach on their campus.
2. Develop a plan for action steps in the next academic year to forward collaborative mental health education, promotion, and outreach work on their campus.
3. Develop resilient strategies for moving through complex and historically siloed work and achieving results.
4. Demonstrate how partnering in assessment and evaluation is a benefit to supporting collaborative mental health work across campus.

Presenter(s): Markie Silverman, PhD, LP, Joy Pehlke, and Libby McEvoy, MPH (University of Michigan)

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

After this session, attendees should be able to:

1. Discuss increasing need to support college students post-hospitalization.
2. Identify key campus stake-holders when developing collaborative partnerships before, during, and after student hospitalization.
3. Explain DBT-Informed model and multidisciplinary methods to addressing student concerns.
4. Apply best practices to own agency to consider supporting students following a mental health hospitalization.

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

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

After this session, attendees should be able to:

1. Identify key health and wellness trends among HBCU students using survey data.
2. Analyze how campus demographics and culture shape strategies for developing both campus-based programming and cross-campus collaborations among the consortium members.
3. Apply lessons learned from HBCU contexts to design and adapt strategies that advance health equity and student well-being on their own campuses.

Presenter(s): 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)

Thursday General Session (cont.)

8:00 am – 9:30 am (cont.)

Hot Topics in Allergy and Immunology

After this session, attendees should be able to:

1. Describe new therapies for asthma.
2. Describe new therapies for food allergy.
3. Discuss considerations for allergen immunotherapy.
4. Discuss strategies for drug allergy evaluation.

Presenter(s): *Shahzad Mustafa, MD (Rochester Regional Health)*

Updates in Gender Affirming Care

After this session, attendees should be able to:

1. Recognize how to create a welcoming practice space for gender diverse people.
2. Assess readiness for initiation of GAHT (Gender Affirming Hormone Therapy).
3. Explain the clinical principles involved in initiating and monitoring gender affirming hormone therapy.

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

10:00 am – 11:30 am

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

After this session, attendees should be able to:

1. Describe three distinct sources of college mental health and well-being data used to inform strategic campus decisions.
2. Analyze how different types of data can be triangulated to inform institutional strategy and well-being goals.
3. Apply at least two strategies for translating wellness and mental health data to cabinet-level audiences.
4. Evaluate common challenges and pitfalls in data use across departments and how to propose solutions to improve collaboration.
5. Design a draft outline of a strategic data-informed initiative or proposal for their own institution.

Presenter(s): *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)*

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

After this session, attendees should be able to:

1. Identify key characteristics and distinguishing features of bipolar affective disorder (BAD).
2. Discuss the differential diagnosis of BAD.
3. Discuss principles of treatment and management of BAD in campus primary care settings.

Presenter(s): *Suad Kapetanovic, MD (University of Southern California)*

Clinical Foundations for College Health 2026 — Part 2 of 2

After this session, attendees should be able to:

1. Describe an approach to history, diagnosis, treatment, and patient education for fatigue.
2. Describe an approach to history, diagnosis, treatment, and patient education for palpitations.
3. Describe an approach to history, diagnosis, treatment, and patient education for rectal bleeding.

Presenter(s): *Peter Davis Smith, MD (University of Connecticut); James Jacobs, MD, PhD (Stanford University); Kimberly Tilley, MD (University of Southern California)*

2026 NCHA Annual Update

After this session, attendees should be able to:

1. Identify findings of analyses using NCHA data published in peer reviewed journals within the last 12 months.
2. Discuss findings and trends from the first seven years of NCHA III implementations.
3. Recognize updates from the ACHA Research Team and announcements about the 2026-2027 NCHA implementation.
4. Describe use of the ACHA Data Hub as a data visualization tool for NCHA Data.

Presenter(s): *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)*

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

After this session, attendees should be able to:

1. Describe the evolution from the Okanagan Charter to the Limerick Framework for Action, highlighting the shift from broad commitments to practical, action-oriented strategies.
2. Identify how the Limerick Framework's three pillars — Planet, Place, and People — relate to U.S. campus environments and well-being in higher education.
3. Assess opportunities within their own institutions where global health promotion frameworks could inform local policies, practices, and environments to strengthen student success and community well-being.

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

Cultivating Resilience in Study Abroad Re-Entry

After this session, attendees should be able to:

1. Identify the diverse and often subtle manifestations of re-entry challenges.
2. Develop actionable strategies for integrating comprehensive, strengths-based re-entry support into campus health and student life services.
3. Apply a holistic approach that integrates psychological and educational perspectives to support study abroad students.

Presenter(s): *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)*

Thursday General Session (cont.)

10:00 am – 11:30 am (cont.)

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

After this session, attendees should be able to:

1. Describe belonging, social justice, health equity, and other similar outcomes as they relate to and enhance health care, health promotion, and public health in higher education settings.
2. Explain why belonging, social justice, health equity, and other similar outcomes remain essential to supporting students' holistic success and advancing the core mission of higher education.
3. Outline the core concepts of federal guidance issued since January 2025 related to Title VI and DEI restrictions and how to effectively incorporate these concepts in college health practice.
4. Apply promising practices for college health which balance compliance with federal guidelines while demonstrating ongoing commitment to health equity.
5. Identify strategies for uplifting resilience at individual and organizational levels while navigating a period of constant change, as well as sustaining critical hope in service to our students.

Presenter(s): Luoluo Hong, PhD, MPH (Georgia Institute of Technology)

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

After this session, attendees should be able to:

1. Describe an advisory council in the context of a collegiate health center.
2. Discuss the symbiotic relationship between Student Health Advisory Council student members and advisors as representatives of the student health center.
3. Evaluate the effectiveness and impact of a Student Health Advisory Council on a large, public university campus.
4. Recognize the benefits in regular review and overhaul of existing programs.

Presenter(s): Shellayna Warman, MPH and Jenna Allanson (University of Florida)

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

After this session, attendees should be able to:

1. Identify diverse funding models currently supporting university health centers across different institutional types.
2. Describe practical methods for budget management, including strategies for navigating resource losses and managing cost pressures.
3. Identify funding sources beyond traditional models, including grants, fundraising opportunities, and innovative revenue streams.

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

Maintaining Continuity of Treatment for Students Receiving Biologic Medications

After this session, attendees should be able to:

1. Identify common uses of biologic medications in a college health population.
2. Discuss considerations and challenges in the receipt, storage, handling, and administration of biologic medications in a college health center.
3. Describe policies and processes that facilitate maintaining continuity of treatment for students receiving biologic medications.

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

1:30 pm – 2:30 pm

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

After this session, attendees should be able to:

1. Differentiate between Eurocentric psychology and Black/African psychology, including their foundational assumptions about trauma, healing, and human behavior.
2. Explain the ways racial trauma functions as a wound rather than a disorder and the implications of this distinction for clinical practice.
3. Apply culturally grounded healing strategies in higher education contexts.

Presenter(s): Jennifer Jones-Damis, PsyD, LPC, Mallory Everett, PsyD, LPC (Rutgers University)

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

After this session, attendees should be able to:

1. Explain changing patterns of cannabis use.
2. Discuss how to diagnose cannabis use disorder and cannabis withdrawal syndrome.
3. Evaluate the impact of cannabis on cognitive function, anxiety, insomnia, psychosis, and hyperemesis.
4. Describe harm reduction strategies to address high-risk use.

Presenter(s): Chris Frank, MD, PhD (University of Michigan)

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

After this session, attendees should be able to:

1. Define resilience.
2. Evaluate ways to introduce resilience-building activities at their institution.
3. Implement activities related to resilience into an academic course or co-curricular program.

Presenter(s): Jeannine Kremer, MSW, LICSW (Boston College)

Thursday General Session (cont.)

1:30 pm – 2:30 pm (cont.)

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

After this session, attendees should be able to:

1. Analyze the structure and scope of a university-based crisis response team.
2. Identify two interventions that can be provided by a university-based crisis response team.

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

ACHA/JUHA: Highlights from JUHA and Campus Health Centers

After this session, attendees should be able to:

1. Describe the visit to Gifu University and attending the 50 years Memorial Symposium for Health Administration Center.
2. Describe the visit to Ritsumeikan University and holding discussions at the Medical Service Center.
3. Describe the visit to the University of Tokyo and holding discussions at the Health Service Center.
4. Describe the participating the annual meeting of Japan University Health Association (JUHA) at Koriyama, Fukushima, and making the special lecture.

Presenter(s): *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)*

Travel Medicine Hot Topics: What the Clinician Should Know

After this session, attendees should be able to:

1. Identify key emerging infectious diseases and region-specific health risks affecting travelers, based on the latest CDC and WHO guidelines, to improve risk assessment accuracy.
2. Apply updated travel medicine protocols, including vaccination and prophylaxis recommendations, to develop tailored pre-travel counseling plans for diverse patient itineraries.
3. Demonstrate patient-centered counseling techniques to enhance traveler adherence to preventive measures, addressing barriers like vaccine hesitancy or itinerary complexity.
4. Evaluate complex travel-related cases using multidisciplinary strategies and referral pathways to ensure comprehensive care and reduce preventable travel-associated illnesses.

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

Administration Hot Topics Panel: Marketing Student Health Centers

After this session, attendees should be able to:

1. Identify core strategies for marketing a college health center from an administrative perspective.
2. Describe key campus partnerships that strengthen student health center marketing efforts.

3. Apply metrics and analytics to evaluate the effectiveness of student health center marketing efforts.

Presenter(s): *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)*

Risk Management: Assessing and Prioritizing Your Risk Domains

After this session, attendees should be able to:

1. Recognize the eight-domain risk model for health care.
2. Identify risk domains of highest concern to your operations.
3. Analyze investment versus return on investment for risk management practices.

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

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

After this session, attendees should be able to:

1. Apply a five-pillar strategic framework to design or refine a whole-community well-being initiative at their institution.
2. Evaluate methods for identifying and addressing gaps in well-being through strategic listening, data analysis, and participatory planning.
3. Design a well-being measurement dashboard aligned with institutional priorities and population health indicators.

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

3:00 pm – 4:00 pm

Advancing Organizational Development in the College Health Setting

After this session, attendees should be able to:

1. Discuss the importance of evaluating organizational culture within college health clinics (and any workplace environment).
2. Recognize the factors involved in staff engagement and workplace satisfaction and the effects on an organization's (clinic's) success, both with internal and external stakeholders.
3. Describe the organizational development process and the benefits of using the organizational development team for change implementation.
4. Apply the guiding principles of Direction-Alignment-Commitment and purposeful engagement of the organizational development team/experts in developing a strategic plan for improvement.
5. Describe the importance of effective interventions on improving staff engagement, workplace culture, and customer service, and the impact in an outpatient healthcare setting working to improve the mental and physical health of students enrolled in institutions of higher education.

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

Thursday General Session (cont.)

3:00 pm – 4:00 pm (cont.)

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

After this session, attendees should be able to:

1. Describe the process used by a university student health and counseling center to design and implement an ADHD care model.
2. Identify key challenges and facilitators in building multidisciplinary collaboration for ADHD assessment and treatment.
3. Apply lessons learned from the presented model to inform development of similar care pathways at their own institutions.

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

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

After this session, attendees should be able to:

1. Explain the reasons why students are prone to engage in stalking behaviors and intimate partner violence.
2. List the different factors that increase the risk of violence.
3. Identify interventions that can be used with survivors and perpetrators of intimate partner violence and stalking.

Presenter(s): Jamie Hagenbaugh, PsyD (Thomas Jefferson University)

Reimagining Alcohol Education to Address Belonging and Loneliness

After this session, attendees should be able to:

1. Identify the student needs related to belonging, loneliness, and alcohol use.
2. Outline the components of a campus-specific workshop designed to address alcohol use and belonging.
3. Recognize campus partners who can assist in addressing the motivations behind students' drinking behaviors.
4. Describe a program to meet students' multidimensional needs.

Presenter(s): Ashley LeDuc, MPH, CHES and Colleen Driscoll, MEd, CMPC (Virginia Tech)

Measles Preparedness – Are You Ready?

After this session, attendees should be able to:

1. Describe the typical clinical presentation of measles and the reasons it's a feared diagnosis.
2. Recognize the desired testing approach and nuances of testing for measles and measles immunity.
3. Evaluate your staff's and your campus's level of risk when it comes to a student that may have measles.
4. Identify key campus and public health partners that will collaborate with you on managing potential measles cases.

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

Dizziness and Vertigo

After this session, attendees should be able to:

1. Identify the three most common otologic causes of dizziness.
2. Identify the two most common neurologic causes of dizziness.
3. Describe management of outpatient primary care dizziness.

Presenter(s): Maria Machala, MS, NP (University of Colorado)

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

After this session, attendees should be able to:

1. Apply evidence-based frameworks for engaging in difficult or high-stakes conversations.
2. Demonstrate effective communication strategies that support psychological safety while addressing accountability.
3. Apply language and approaches to navigate conversations involving burnout, conflict, or value misalignment.
4. Identify areas for growth in managing courageous conversations.
5. Identify resources and communities of practice for continued skill development in executive communication.

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

STI Hot Topics

After this session, attendees should be able to:

1. Describe national trends in STIs.
2. Discuss how to appropriately evaluate and treat the most common STIs.
3. Recognize several strategies that can be utilized in creating a comprehensive, patient-centered STI prevention plan.

Presenter(s): Sarah Rowan, MD (Public Health Institute at Denver Health)

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

After this session, attendees should be able to:

1. Describe the friendship between ACHA and JUHA and the importance of international collaboration.
2. Describe unique mental health issues in Japan.
3. Describe unique mental health issues in U.S.
4. Describe unique mental health issues in Canada.
5. Discuss and identify common challenges in mental health across different countries.

Presenter(s): 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)

FRIDAY, MAY 29

Events, Meetings, and General Sessions

6:00 am – 7:00 am

Fun Run/Walk/Roll

Join your colleagues for a run/walk/roll around the streets of Denver. Runners, walkers, and rollers of all levels are encouraged to come out and join the fun! Maps for 5k and 1 mile distances will be provided onsite.

6:15 am – 6:45 am

Sunrise Yoga

Greet the day with a gentle yoga practice. Join Marguerite O'Brien, RYT 200 and colleagues as we gently stretch, flow, and energize our bodies, minds, and spirits. No experience necessary. Please bring a towel/mat/cushion to support your practice.

7:00 am – 5:00 pm

Registration

7:00 am

Continental Breakfast with Exhibitors

7:00 am – 1:30 pm

Exhibit Hall Open

Take time to visit the busy Exhibit Hall, where more than 80 companies will display their health-related products and services. Badges required.

7:00 am – 3:00 pm

Poster Displays

Posters are visual presentations of programs and research on a variety of campuses. Poster presenters will be available for questions during session breaks.

11:00 am – 12:00 pm

Dedicated Exhibit Hall and Poster Break

More details to come.

12:00 pm – 1:00 pm

Dorosin Memorial Lecture

See Featured Events for more information. (Note that you may bring a lunch with you.)

Pharmacy Section Networking

Bring your lunch and talk with your colleagues about current issues in college health pharmacy.

4:15 pm – 5:00 pm

Assembly of Representatives

If you are a qualified voting member of ACHA, plan to attend the 2026 Assembly of Representatives and help shape the governance of ACHA by voting on recommended bylaws amendments. You'll also hear reports from the ACHA CEO and treasurer, plus the ACHF Chair. In addition, the incoming ACHA President will give an address.

Friday General Sessions

8:00 AM – 9:30 AM

Reimagining Resilience: From Furthering Oppression to Generating Health and Belonging

After this session, attendees should be able to:

1. Discuss resilience in relation to an intersectional, multi-axis health equity framework.
2. Identify strategies for applying an anti-oppressive, collective resilience framework within health promotion work.

Presenter(s): Sam Shelton, MA (Iowa State University)

Nursing Hot Topics

After this session, attendees should be able to:

1. Discuss trending STI rates on campuses, marketing strategies, collaborations, treatment, and follow-up options within small, medium, and large college health facilities.
2. Discuss how to implement practices which satisfy the current laws/regulations/standards, including differentiating between state and federal immunization mandates.
3. Implement strategies to improve staff morale.
4. Discuss current trends with AI in college health settings.
5. Discuss current trends in upcoming and current infectious diseases and how you collaborate with local health departments, vectors, treatments, education on campus.

Presenter(s): 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)

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

After this session, attendees should be able to:

1. Identify the anatomy and biomechanics of the back.
2. Describe common back injuries and their causes.
3. Demonstrate the evaluation and treatment procedures for back injuries.
4. Describe both rehabilitation techniques and prevention of back injuries.

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

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

After this session, attendees should be able to:

1. Recognize the bi-directional relationship between oral health and overall systemic wellness.
2. Identify the impact of mental health challenges on oral health.
3. Assess social and economic barriers to oral health.

Presenter(s): Jeanette Courtad, DDS and Mary Walker, RDH (Colorado School of Mines)

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

After this session, attendees should be able to:

1. Describe the current gambling environment as it relates to college students and the intersection between gambling, substance misuse, and mental health.
2. Describe four free tools that can be used on campuses to understand student gambling behaviors and inform prevention, intervention, and recovery efforts.
3. Analyze how to integrate gambling-related strategies into the existing prevention, intervention, and recovery ecosystem on campus.

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

ACHA Advocacy and Government Relations Update

After this session, attendees should be able to:

1. Explain the Continuation of Care legislation.
2. Name two other advocacy issues ACHA is working on at the federal level.
3. List three tools used by the ACHA Advocacy Committee to impact policy and raise ACHA's profile among policy-makers.
4. Indicate four ways that ACHA members can be informed of and involved with advocacy efforts..

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

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

After this session, attendees should be able to:

1. Describe the role of student health services in supporting retention and student success, especially for high-risk student populations.
2. Identify indicators and data sources that demonstrate how clinical and wellness interventions impact persistence.
3. Apply practical strategies to build partnerships with academic and student affairs colleagues to support at-risk students.
4. Develop a narrative or data-informed case for institutional investment in student health as a student success tool.

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

Dialogue Across Differences — Critical Skills to Foster Understanding

After this session, attendees should be able to:

1. Evaluate and reflect on current communication methods.
2. Discuss the principles of Dialogue Across Difference.
3. Implement the CLARA method when engaging in difficult conversations with the aim of constructive and respectful engagement.

Presenter(s): 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)

Friday General Sessions (cont.)

8:00 AM – 9:30 AM (cont.)

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

After this session, attendees should be able to:

1. Discuss the importance of all-hazards planning across all stages of a disaster response cycle as well as how to identify campus/clinic-specific risks to specific hazards.
2. Evaluate their clinic/department's role in emergency preparedness and response for their clinic, campus, and community.
3. Identify campus, community, and governmental resources to support preparing for, responding to, and recovering from an emergency.
4. Develop a clinic-specific all-hazards/hazard-specific emergency plan.

Presenter(s): 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)

Hot Topics in Cardiology

After this session, attendees should be able to:

1. Discuss emerging strategies for screening and detecting coronary artery disease.
2. Discuss relevant guidelines targeted at primary and secondary prevention of cardiac and cerebrovascular disease.
3. Review impact of exercise and impact on longevity and promotion of cardiovascular health.

Presenter(s): William Cornwell, MD, MSCS (University of Colorado Anschutz)

10:00 am – 11:00 am

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

After this session, attendees should be able to:

1. Discuss the rationale for making health equity a strategic priority in college health, linking its impact on student well-being, academic success, and institutional outcomes.
2. Evaluate how a performance management system embeds equity into college health by aligning quality improvement, workforce development, and patient experience processes using Medical Services as a case study.
3. Design a basic equity improvement plan for a college health service line or system.

Presenter(s): Pasquale Frisina, PhD, MBA, CSSMBB and Mark Baehser, MD (Princeton University)

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

After this session, attendees should be able to:

1. Describe POTS including mechanisms, comorbidities and effective treatment strategies.
2. Discuss emerging data on Long COVID.
3. Describe autonomic function and its applications to patients with cardiovascular disease, including POTS and Long COVID.

Presenter(s): William Cornwell, MD, MSCS (University of Colorado Anschutz)

Supporting Muslim Students in the College Mental Health Setting

After this session, attendees should be able to:

1. Describe the mental health concerns of Muslim students in higher education.
2. Identify best practices for mental health professionals in working with Muslim students.

Presenter(s): Isra Abuyounis, LCSW, MSW and Batsirai Bvunzawabaya, PhD (University of Pennsylvania)

Promoting Resilience in Neurodivergent Students: Clinical Strategies for Campus Health

After this session, attendees should be able to:

1. Identify barriers neurodivergent students face when engaging in traditional campus health and counseling services.
2. Apply strengths-based and flexible strategies that promote resilience and best practices for neurodivergent populations.
3. Explain how to integrate resilience-focused adaptations into clinical practice and campus health initiatives to improve student well-being outcomes.

Presenter(s): Christina Jones, LPC, LPC/S, MAC (The University of South Carolina)

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

After this session, attendees should be able to:

1. Outline current CDC and ACHA recommendations for TB screening, testing, and treatment in university health.
2. Apply evidence-based strategies for LTBI management through analysis of case scenarios of students at increased risk for TB infection.
3. Describe practical tools and resources, including sample documentation, that can be implemented in campus health centers.

Presenter(s): Anu Murthy, MD, FAAFP (Emory University School of Medicine)

Friday General Sessions (cont.)

10:00 am – 11:00 am (cont.)

Best Practices for Care and Inclusion of [REDACTED]gender and non[REDACTED] Identified Students

After this session, attendees should be able to:

1. Describe the common experiences of trans and nonbinary people, the impact of a supportive health environment, and the challenges that subpopulations face on college campuses.
2. Explain how the current political and social climate is impacting transgender and nonbinary students in higher education.
3. Identify actionable goals for creating a more inclusive campus environment for transgender and nonbinary students in today's higher education landscape.
4. Identify at least one action that can be taken to improve college health and inclusion for trans and nonbinary students within home institution.

Presenter(s): Joanna Schwartz, PhD (Georgia College and State University); Karen Shapiro, DrPh MPH, MBA (Rutgers School of Health Professionals)

How to Apply the ACHA Well-Being Assessment to Your Assessment and Evaluation Needs

After this session, attendees should be able to:

1. Discuss how to integrate the Well-Being Assessment with your institution's definitions and models of well-being.
2. Interpret Well-Being Assessment data with consideration for your institution's unique needs, interests, and values.
3. Apply common next application steps to your institution's well-being priorities.

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

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

After this session, attendees should be able to:

1. Define attachment theory.
2. Define workplace attachment.
3. Identify the impact of staff/faculty retention on universities.
4. Create workplace attachment-based interventions to decrease staffing turnover.

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

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

After this session, attendees should be able to:

1. Review the updated reproductive rights landscape.
2. Review of the current resources within the Reproductive Rights Task Force guidelines and toolkit.

3. Describe examples of innovative clinical and educational initiatives.

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

Dorosin Memorial Lecture

12:00 pm – 1:00 pm

Cannabis Use by College Students: Clinical Considerations and Opportunities

After this session, attendees should be able to:

1. Identify a screening measure for Cannabis Use Disorder.
2. Identify at least two risks/outcomes related to cannabis use and health/mental health.
3. Identify at least one guideline for lower risk cannabis use.

Presenter(s): Jason Kilmer, PhD (University of Washington)

Friday General Sessions (cont.)

1:30 pm – 2:30 pm

College Health and Well-Being Data Hub Updates

After this session, attendees should be able to:

1. Describe progress in the Data Hub over the last year.
2. Outline Data Hub eligibility and access.
3. Demonstrate Data Hub capabilities and new features.
4. Describe results from the IPS and trends in findings.

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

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

After this session, attendees should be able to:

1. Describe the rationale and goals behind reorganizing a health promotion office to better reflect systems and settings-based approaches to student well-being.
2. Identify a new model for aligning office structure with the social ecological model.
3. List strategies for creating career advancement pathways within a health promotion team structure.
4. Recognize how change management practices were used during the reorganization process, including lessons learned and effective communication strategies.

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

Friday General Sessions (cont.)

1:30 pm – 2:30 pm (cont.)

Increasing Campus Vaccine Coverage (ICVC): Funding Innovative, High Impact, Replicable Vaccine Programs

After this session, attendees should be able to:

1. Discuss the ICVC grant program, including its structure, its grounding in data and public health approaches, support models, evaluation methods, and grant awardees.
2. Describe the successful implementation of two ICVC grant awardee's programs.
3. Discuss additional vaccine coverage programs from the audience.

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

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

After this session, attendees should be able to:

1. Describe the prevalence of pelvic pain among college-aged students at the University of Colorado in Boulder.
2. Define the multi-disciplinary team required to optimize outcomes in patients with pelvic pain.
3. Explain a physical therapy session specifically for a patient with pelvic pain.
4. Interpret the impact of pelvic pain on college-aged students.

Presenter(s): Stephanie Pascoe, PT, DPT, DSc, OCS, WCS, FAAOMPT (University of Colorado); Jason Harpp (Appalachian State University)

Reinforcing Student Resilience within Community College Initiatives

After this session, attendees should be able to:

1. Define student resilience using the 7 C's Model of Resilience.
2. Identify key institutional strategies and support systems that effectively foster resilience among varied student populations.
3. Analyze data from the Community College Student Engagement Survey and community college initiatives that successfully enhance student resilience, highlighting outcomes and best practices.

Presenter(s): Mary Collaro, MSN, RN (Tarrant County College District); Thaddeus Mantaro, PhD (Dallas College); Beth McPartlin, MA (Harper College)

Psychiatry Hot Topics

After this session, attendees should be able to:

1. Evaluate complex clinical presentation and considerations of complex psychiatric cases (including bipolar disorder, psychosis, ADHD, PTSD, depression, anxiety, etc.).
2. Identify evidence-based and innovative approaches to the management of complex psychiatric conditions.

3. Apply lessons from expanded discussions with panel, who will accept questions from participants.

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

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

After this session, attendees should be able to:

1. Outline the skills and steps required to establish a working group or team focused on LGBTQ+ care at their institution.
2. Apply strategies for providing information and care that promotes confidentiality and safety for students.
3. Identify the physical and mental health needs for LGBTQ+ students in the current sociopolitical environment.

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

Effective Collaborations to Support Student Health Insurance Programs

After this session, attendees should be able to:

1. Discuss the overall need for partnering with potential stakeholders outside of insurance and the overall benefit potential of increasing resources to expand awareness.
2. Develop effective strategies to form or expand partnerships with cross-campus colleagues and to utilize pooled resources for the betterment of the student experience.
3. Identify opportunities for shared programming to better educate students on available resources.

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

Diagnosis and Treatment of Common Injuries in the Club Sport Athlete / "Weekend Warrior"

After this session, attendees should be able to:

1. Discuss elements of the history of present illness pertinent to musculoskeletal complaints.
2. Use history and physical exam techniques to identify common injuries of the upper and lower extremities.
3. Discuss how to manage these acute and overuse injuries in a cost-effective, evidence-based manner.

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

Pharmacy Hot Topics

After this session, attendees should be able to:

1. Recognize the differences in pharmacist prescribing laws in different states.
2. Describe the benefits and challenges to interdisciplinary prescribing.

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

Friday General Sessions (cont.)

3:00 pm – 4:00 pm

Suicide Prevention Training in Higher Education Settings

After this session, attendees should be able to:

1. Describe the impact of suicide prevention trainings in higher education settings.
2. Identify at least one training that is designed specifically for higher education settings.
3. Discuss the mental health needs, including suicidality, of students in higher education settings, using the available current statistics on mental health on college/university campuses.
4. Apply the content learned in this presentation to higher education settings, with specific attention to being able to advise and recommend about suicide prevention efforts on college/university campuses.

Presenter(s): *Rebecca Mirick, LICSW, PhD (Salem State University)*

Healthy Campus Inventory: The What, Why, and How

After this session, attendees should be able to:

1. Describe what Healthy Campus is.
2. Explain why the Healthy Campus Inventory could be a resource for your institution.
3. Demonstrate how to interpret Healthy Campus Inventory results.
4. Discuss areas of further inquiry with the Healthy Campus leadership team.

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

Updates in Hypertension Screening and Management in the Young Adult

After this session, attendees should be able to:

1. Define hypertension based on the 2025 AHA/ACC/multi-society update.
2. Discuss etiologies of hypertension.
3. Discuss non-pharmacologic and pharmacologic management.

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

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

After this session, attendees should be able to:

1. Define well-being coaching.
2. Compare the different strategies institutions have used to implement well-being coaching with faculty and staff.
3. Analyze specific mock cases of coaching clients.

Presenter(s): *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)*

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

After this session, attendees should be able to:

1. Discuss common billing and coding challenges in college health settings and strategies to improve accuracy, reduce claim denials, and optimize reimbursement.
2. Apply strategies to improve staff training and documentation practices for accurate coding and billing.
3. Describe credentialing and contracting processes.
4. Discuss how to implement systems to manage renewals and vendor relationships.

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

Vulvovaginal Dermatology

After this session, attendees should be able to:

1. Identify the most common vulvar dermatoses.
2. Recognize the impact of these conditions on patients' quality of life and mental health.
3. Implement appropriate management techniques.

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

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

After this session, attendees should be able to:

1. Describe the role of Chief Wellness Officer, Assistant Vice President, and Assistant Vice Chancellor of Health and Well-Being.
2. Describe various organizational structures among health and well-being units.
3. Describe the pathways that lead to this role.
4. Describe challenges of this role.

Presenter(s): *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)*

Antimicrobial Stewardship Strategies for the Campus Community

After this session, attendees should be able to:

1. Describe the causes and impact of antibiotic resistance. Describe various organizational structures among health and well-being units.
2. List antimicrobial stewardship interventions that can be integrated into campus health practice.
3. Identify common misconceptions related to penicillin allergy, including beta-lactam cross-reactivity.
4. Apply a systematic approach to evaluating reported beta-lactam allergies to select an optimal antibiotic strategy.

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

SATURDAY, MAY 30

Events, Meetings, and General Sessions

7:00 am – 11:00 am

Registration

7:00 am

Continental Breakfast

11:00 am – 12:00 pm

Closing Presidential Session

See Featured Events for more information.

Saturday General Sessions

8:00 am – 9:00 am

Recovery Ally Training

After this session, attendees should be able to:

1. Identify the psychological and social barriers that prevent allies from effectively engaging with students who have a substance use disorder.
2. Apply specific communication techniques to initiate supportive, non-judgmental conversations with students.
3. Utilize practical tools and resources.

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

Rashes and Infectious Diseases

After this session, attendees should be able to:

1. Describe the dermatologic presentations of common systematic infections, such as measles, Rocky Mountain spotted fever, Lyme disease, and erythema nodosum.
2. Discuss differential diagnosis and management plan of above diseases through case studies.

Presenter(s): P. Hunter Spotts, MD and Fan Zhou, MD, MPH (Duke University)

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

After this session, attendees should be able to:

1. Describe the common barriers college students face in accessing mental health and psychiatric services, including stigma, cost, and insurance limitations.
2. Discuss the limitations that student health clinics face in managing a severe mismatch between rising student demand and constrained resources.
3. Outline the implementation of a nurse navigator role in a student health center and how this role facilitated primary care providers being able to increase demand for all visit types without compromising access to psychiatric care services.

Presenter(s): 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)

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

After this session, attendees should be able to:

1. Describe the mechanism of action of GLP-1 receptor agonists and their role in metabolic and psychiatric health.
2. Explain the current research investigating psychiatric effects of GLP-1 receptor agonist.

3. Assess potential barriers, limitations, and safety considerations in applying GLP-1 therapy within a college health setting.
4. Apply knowledge of GLP-1 mechanism and research to consider potential future application in supporting overall mental health among college students.

Presenter(s): Semya Thompson, PharmD, CPP (The University of North Carolina at Chapel Hill)

Sexual Health Hot Topics

After this session, attendees should be able to:

1. Identify accessible implementation strategies, insurance coverage plans, and education programs for injectable PrEP for students.
2. Evaluate student health implications and outreach strategies for meningitis B and gonorrhea vaccination programs.
3. Discuss health literacy and common misinformation that is spread regarding sexual and reproductive health topics (birth control, emergency contraception, etc.) among young adults.
4. Analyze benchmarks with NCHA/ACHA data.

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

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

After this session, attendees should be able to:

1. Describe the different funding opportunities available from the American College Health Foundation.
2. Evaluate options for selecting to which funding opportunity a campus may apply.
3. Review American College Health Foundation requirements and case studies that may help increase opportunities for funding.

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

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

After this session, attendees should be able to:

1. Analyze the gap between individual-focused health promotion and settings approaches within higher education.
2. Apply the Limerick Framework for Strategic Action to design strategies for embedding health into institutional policy and governance.
3. Evaluate leadership competencies and collaborative approaches necessary for operationalizing "health in all policies" in higher education.

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

Saturday General Sessions (cont.)

9:30 am – 10:30 am

Supporting the Supporters: Building Resilience Among Campus Health Professionals

After this session, attendees should be able to:

1. Evaluate organizational practices that impact staff resilience and psychological safety.
2. Design strategies to support campus health professionals through peer support, reflective practice, and workload redistribution.
3. Discuss how to advocate for institutional policies that promote employee well-being and sustainability.

Presenter(s): Beth Lesen, PhD (California State University, Long Beach)

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

After this session, attendees should be able to:

1. Identify key design and marketing trends that resonate with Gen Z students.
2. Identify key message strategy, student behaviors, engagement tactics, and impact measurement that resonate with Gen Z students.

Presenter(s): Kristen Thompson, MS (University of Georgia); Mari Kay Avant (Florida State University)

Programmatic Strategies: Building Resiliency Skills to Support Students Lifelong Well-Being

After this session, attendees should be able to:

1. Describe how we created, collaborated on, and improved resilience related programming for college students.
2. Explain lessons learned from resilience related programming.
3. Discuss innovative approaches to continue to enhance student resilience and lifelong well-being.

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

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

After this session, attendees should be able to:

1. Describe current well-being trends in graduate and higher education of students.
2. Design tailored well-being interventions that address program-specific cultural and structural factors.
3. Evaluate ethical AI implementation strategies for student affairs practices including leveraging advancing technology to evaluate and make data informed decisions.

Presenter(s): Kelley Rivenburgh, MSW and Elizabeth Rohr, MSW (University of Michigan, Rackham Graduate School)

Overview of ADHD Medications

After this session, attendees should be able to:

1. Discuss and compare available guideline recommendations for management of ADHD in adults.
2. Recognize the differences in pharmacology between various agents used to treat ADHD.
3. Identify common side effects associated with each treatment and how to differentiate from other possible comorbidities.
4. Apply medication selection principles in practice through interactive patient cases.

Presenter(s): Kaitlyn Queen, Pharm D, CPP (Chapel Hill Psychiatry)

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

After this session, attendees should be able to:

1. List the updated goals of the Inter-association Well-being in Higher Education Collaborative (IWC).
2. Describe the role of professional associations and campus leaders in advancing a shared vision for well-being communities.
3. Discuss how well-being work is being implemented successfully on campuses.

Presenter(s): 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)

Presidential Closing Session

11:00 am – 12:00 pm

A Conversation with Colorado Chancellors on Health and Well-Being

After this session, attendees should be able to:

1. Describe how senior university leaders assess campus health and well-being issues, including physical and mental health, health promotion and prevention, and the support of basic needs, within the context of institutional mission, student success, and retention.
2. Identify strategies used by university presidents and chancellors to integrate health and well-being into coordinated system level approaches to student success and retention.
3. Analyze how campus health and well-being leaders can frame the impact of health and wellbeing initiatives in ways that resonate with executive leadership priorities.

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