



2001 - 2002 NECHA Board of Directors

PRESIDENT

Chad Henderson, MBA
Director, Health Service
University of Rhode Island
401 874 5156 / chad@uri.edu

PAST PRESIDENT

Thelma Lake, RNC, NP, MS
Director, Health Service
Babson College
781 239 4257 / tlake@babson.edu

PRESIDENT-ELECT

Peter Nobes, PA
Primary Care Clinician
University of Vermont
802 656 0611 / pnobes@zoo.uvm.edu

TREASURER

Michael Kurland, MSPH
Director, Health Service
University of Connecticut
860 486 0744 / michael.kurland@uconn.edu

SECRETARY

Pamela Clay-Storm, RN, BSN
Staff Nurse
University of Southern Maine
207 780 4211 / hewett@usm.maine.edu

MEMBERS-AT-LARGE

Gladi Porsche, MD
Associate Director, Clinical Services
University of New Hampshire
603 862 1530 / gvp@cisunix.unh.edu

Sally Rinaldi, RN, MPH

Health Educator
Yale University
203 432 1892 / sally.rinaldi@yale.edu

MEMBERSHIP COORDINATOR

Donna Denelli-Hess, MSPH, MA
Director, Health Education
Williams College
413 597 3013 / ddenelli@williams.edu

ACHA REPRESENTATIVE TO REGION V

Kathy MacLachlan, MS, ANP, RN-CS
Nurse Practitioner
Syracuse University
315 443 3585 / kathymac@twcny.rr.com

HISTORIAN/ADVISOR

Carole Worsh, RN-CS, ANP
Director, Health Service
Pine Manor College
617 731 7171 / worshcar@pmc.edu

STUDENT REPRESENTATIVE

Amanda Fitzpatrick
Anna Maria College
508 849 3330

ADMINISTRATOR

Julie Basol
JNB Marketing
802 425 3936 / jnbasol@together.net

President's Message

Greetings

In just a few weeks we will be gathering in Farmington to celebrate **College Health: What's REALLY Important**. I hope to see many of you at the Annual Meeting—and remember, if your institution pays the NECHA Affiliate Institutional Membership, anyone from your organization can attend at the lower member rates.

It was great to see a number of you in Washington at ACHA's national meeting in May and a special treat to attend the awards luncheon to witness Martha Burke of Trinity College receive the Affiliate New Professional Award for New England. We plan to recognize Martha and our other nominees at the banquet in Farmington. We welcome nominations for the 2003 Affiliate New Professional Award (see related article).

Working with ACHA, we have simplified access to the NECHA page on ACHA's Web site – you can find all current info at www.acha.org/necha. We have also obtained our own domain where we will be testing on-line registration for this fall's meeting ... check out www.nechaonline.com to register electronically! As always, feel free to contact NECHA at necha@health.uri.edu.

For the spring, we are exploring the possibility of a one-day workshop on HIPAA and its implementation. We would focus on the basics with lots of practical examples of how to comply without reinventing the wheel. Several of our insurance brokers have indicated a willingness to co-sponsor such a function. We would like to get your input concerning this potential offering. Please email your thoughts and ideas to me at necha@health.uri.edu.

The Board continues its examination of the bylaws and is proposing some changes to be voted upon at the Annual Meeting. Please review the proposed changes on the following page. If you have comments or suggestions, you are welcome to bring them to the meeting in Farmington or forward them to necha@health.uri.edu. By next year we hope to complete our bylaws review and revision.

The American Cancer Society continues to offer support to any college or university interested in becoming a smoke-free institution. For more information, see page 8 of the newsletter.

Remember to check the NECHA Hand Washing Position Paper, available on the Web page, and discuss it with your Facilities and Residential Life staff to reduce the incidence of upper respiratory infections.

I am certain all NECHA and ACHA members will join me in wishing Rita Sheppard well in her retirement from Framingham State and Janice Allen, formerly from The College of Holy Cross. For Rita, retirement did not last very long (one short summer?) as she was back in college health come fall. See 'Across the States' for more on Rita and Janice.

As I close let me thank each of you for allowing me the privilege of serving as the NECHA President for 2002. I became involved during my second year in college health as a Board Member-at-Large, then last year as President-Elect. I look forward to supporting Peter Nobes in 2003 and encourage every NECHA member to take the opportunity to get involved in Advocating for College Health in New England.

As my favorite Winnie the Pooh character would say, "TTFN!!!"

Chad Henderson, MBA
NECHA President
Director, Health Services
University of Rhode Island

In This Issue:

Bill is Back! pg 2

More Annual Meeting News pg 3

Building Partnerships with the DPH pg 6

2002-2003 NECHA Board of Directors Nominations

Elections will be held on Friday, November 8 at the NECHA Business Meeting in Farmington.

Board nominations for the coming academic year are as follows:

President Elect

Carole Worsh, RN-CS, ANP
Director, Health Service
Pine Manor College

Treasurer

Michael Kurland, MSPH
Director, Health Service
University of Connecticut

Secretary

Donna Denelli-Hess, MSPH, MA
Director, Health Education
Williams College

Member-at-Large

(2 one-year positions; 2 two-year positions)
Vanessa Britto, MD (1yr)
Medical Director
Wellesley College

Anne Cole, MA, RN (1yr)
Director, Health Service
Fairfield University

Jeff Benson, MD, MPH (2yr)
Director, Health Service
Bowdoin College

Charlene Bradley, RN (2yr)
Director of Nursing
Dartmouth College

BY LAWS

Draft Proposed Changes to the Bylaws as of June 2002

Article I - Name

Replace the current paragraph with: The organization will be known as the New England College Health Association (NECHA), a voluntary, non-profit affiliate in Region V of the American College Health Association (ACHA). NECHA is comprised of members from Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont. ACHA Region V is comprised of NECHA and the New York State College Health Association (NYSCHA).

Rationale: Clarifies organizational relationship with ACHA and describes scope of the organization in geographic terms.

Article II - Mission

Create two sections inserting: Section 1 *preceding the existing paragraph and adding:* Section 2: We will accomplish our mission through providing networking, educational opportunities, support and advocacy for a diverse group of professionals who provide health care, health promotion, disease prevention, and support healthy lifestyle choices for college and university communities. NECHA members are integral to the academic mission of their institutions and play a vital role in the well being of society.

Rationale: Clarifies indicating how we will accomplish our mission and ties our purpose to that of our institution's mission and values.

Article III – Membership

Replace the entire article with: This was accomplished in 2001 and incorporated.

Article IV – Officers

Replace the entire article with:

Section 1: The officers of NECHA will be the Past-President, President, President-Elect, and a Secretary-Treasurer (or a Secretary and a Treasurer). Officers must be members of ACHA and NECHA and be currently employed in college health. The officers, except the President and Past President, shall be elected for a one-year term at the Annual Meeting and will take office immediately after being elected. The President-Elect will assume the office of President and the President, the office of Past-President at the conclusion of the Annual Meeting. The officers of NECHA shall comprise the Executive Committee of the Board of Directors.

Section 2: The duties of each officer shall include, but not be limited to the following with additional tasks as assigned by ACHA or the NECHA Board of Directors:

The President shall provide leadership for NECHA. He/she shall:

- Represent the constituents' concerns both regionally and nationally
- Conduct the annual NECHA Business Meeting
- Organize, coordinate, and conduct regular and special meetings of the Board of Directors
- Assist the President-Elect/Program Chair with planning the Annual Meeting
- Assist the Secretary-Treasurer (or Secretary and Treasurer)
- Designate Nominating and Awards Committees with the Past President as the chair
- Communicate regularly with the NECHA membership; and ACHA
- Attend the Affiliate Officers' ACHA Board Meeting

The President-Elect shall provide support and assistance to the President and the Board of Directors and be available to assume the Presidency at the Annual Meeting, following the term as President Elect. He/she shall:

- Serve as Program Chair to plan, organize, and coordinate the Annual NECHA Meeting
- Attend the Affiliate Officers' ACHA Board Meeting
- Assume the President's responsibilities in his/her absence
- Represent the constituents' concerns both regionally and nationally

The Past-President shall provide advice and assistance to the President and the Board of Directors. He/she shall:

- Chair the Nominating and Awards Committees
- Represent the constituents' concerns both regionally and nationally

The Secretary shall support the Board and membership. He/she shall:

- Prepare, distribute, and maintain the minutes of each meeting of the Board
- Prepare and present for approval the minutes of the Annual Meeting
- Oversee all general correspondence and maintenance of files and supplies

The Treasurer shall oversee the financial operations. He/she shall be responsible for:

- Maintenance of financial records reflecting receipts, disbursement, and accurate account balances
- Managing the assets of the organization
- Coordinating the development, Board approval, and execution of a fiscal year budget
- Reporting financial status to Board at its meetings and to the membership at the Annual Meeting
- Completing the Internal Revenue Report for the Association and submitting it to ACHA according to ACHA guidelines

Section 3: Vacancies in office which occur between annual meetings will be filled as follows: If the office of President becomes vacant, the President-elect will assume the office of President for the remainder of the term and will continue as President for the subsequent year.

Vacancies in the President-elect, Secretary-Treasurer (or Secretary and Treasurer) offices will be filled by action of the Board of Directors until the next annual meeting. Should a Past-President be unable to serve, a recent Past-President shall be appointed with approval of the Board of Directors.

Rationale: Adds Past President as an officer and member of the Executive Committee to assist with continuity. Articulates and clarifies substantive duties for officers. Clarifies the filling of vacancies of officer positions.

Article VIII

Delete duties of treasurer from title and delete Section 1. Article to read:

ARTICLE VIII – Fiscal Year

The fiscal year of NECHA will be from January 1 to December 31.

Rationale: removes duties of Treasurer that which were clarified and moved to Article IV Section 2.

Annual Meeting Update

More Continuing Education Credits Than Ever Before!

Farmington
2002



From Hot Topics to making some really hard workshop choices, the 2002 NECHA Annual Meeting is the place to be November 7 – 9. We are very pleased to bring the Meeting to Connecticut this year and have many, many session offerings, a fun-filled slate of entertainment, surprises, awards and more!

Peter Nobes, PA

Program Chair

Continuing Education Approved!

Continuing Education Credits for this year's Meeting are as follows:

CME: 17.5 hours of category 1 credit

Nursing: 20.4 (up from 20.2 in the brochure)

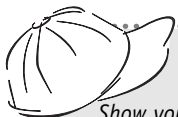
CE Credits for Psychologists: 17.5

CECH Contact Hours (CHES): 17.5

NECHA Salutes the Idlers

We are pleased to have The United States Coast Guard Academy 'Idlers' perform at the 2002 Annual Banquet. The 'Idlers' is a select group of twelve male singers chosen by audition from the Corps of Cadets and the Cadet Glee Club. They specialize in the performance of sea chanteys and patriotic music.

Directed by Dr. Robert Newton, Director of Cadet Vocal Music at the Coast Guard Academy, the evening will be a sure-fire delight for everyone!



Yankee Swap

Show your school spirit by participating in NECHA's Annual Yankee Swap. A great success year after year, bring a mug, t-shirt, cap or banner - whatever represents your school! Bring your item to the Swap Table and trade it for something of equal value in return. Visit your college bookstore or raid your give-away box before heading to Farmington for the Annual Meeting. Keep swapping!

SOAP PROJECT

Once again, we will be collecting donations of toiletry items, which will be given to a worthy (yet to be named) cause in the Greater Hartford area. We urge you to pack a bar of soap, deodorant, lotion or any other toiletry item you wish to add to the collection. The Local Arrangements Committee will be ready and waiting to receive your donation!



State Baskets

Tension is mounting among the states as each basket committee seeks to outdo the rest of New England. (Wait until you see the Connecticut basket this year!)

Join us Thursday evening and you could be a lucky state basket winner. The banquet is included in your 3-day registration fee! Single day registrants are welcome too—simply sign up as a banquet guest on your registration form.

Annual Meeting Brochure

- Chad Henderson, MBA, and Christine Connelly, MBA, MA, were inadvertently not included in the alphabetical listing of presenters in the brochure. Christine, formerly with URI, is now the Director of Health Services at Minnesota State University in Mankato, Minnesota. Their session on Strategic Planning will be held Friday afternoon. Christine is looking forward to her New England return to see many familiar faces!
- Dr. John Miner was omitted as a panelist in the H2 session of the meeting schedule. He joins other Williams College colleagues Saturday morning for a dynamic session addressing the dual roles of therapy in a college community. Special thanks to Dr. Miner for his behind-the-scenes work in creating a quality mental health offering at this year's Meeting!
- Hot Topics, the Pre-Meeting Workshops are 2.5 hours in length from 9:00 – 11:30 on Thursday morning.
- Dr. Mark Reed's correct position title is Director, Counseling & Human Development.
- Paula Cappuccia is Director, Student Health Services at the University of New Haven - not Dartmouth College. Sorry, Dr. Turco!

Hot Topics in College Health

Thursday, November 7, 9:00 – 11:30am

Join colleagues from throughout New England for the Pre-Meeting Session, Hot Topics in College Health. The session is sure to ignite a lively discussion! Hot Topics is free to registered participants of the Meeting, but pre-registration is encouraged for planning purposes.

Relay what's really important to cover at Hot Topics (*by Friday, October 11*) to the following discussion leaders:

Clinical Medicine: Peter Nobes, PA

pnobes@zoo.uvm.edu or 802 656 0611

Mental Health Counseling: Mark Reed, MD

mark.h.reed@dartmouth.edu or 603 650 1442

Health Education: Connie Peterson, MATPH, CHES

cpeterson@smith.edu or 412 585 2824

AWARDS AT THE REGIONAL & NATIONAL LEVELS

Nominations for the NECHA Presidential and Louise Gazzara Awards are complete and the 2002-03 recipients will be recognized for their excellence at the Annual Meeting's evening banquet. Yolanda Baumgartner and Charley Bradley (respectively) were the 2001-02 recipients in Burlington last year. Both Yolanda and Charley will have their registration fees waived for Farmington.

ACHA's (2003) Affiliate New Professional Award will be presented in Miami at the national meeting in May. This award recognizes individuals who are new to the field of college health and have made significant contributions to their institutions and/or affiliate, who demonstrate the potential for significant and sustained leadership important to the mission of ACHA.

Criteria for the New Professional Award: Individual ACHA member of any discipline with 3 or less years of service in college health. Process: Write a letter of nomination and have a colleague write a letter of support. Authors must be ACHA affiliate members and/or from the nominee's institution. Deadline for receipt: Tuesday, December 10. Send letters to:

Chad Henderson, NECHA President • University of Rhode Island
6 Butterfield Road, • Kingston, RI 02881

Bill Christmas is Back!

Editor's Note: We are honored to have Dr. William Christmas join us as a speaker at this year's Annual Meeting (Nov. 8 in the afternoon). A familiar name throughout New England and the national level, Dr. Christmas was very involved in NECHA during the 80s and early 90s. We are pleased to include his contribution to the fall newsletter:

I am really looking forward to attending the 2002 NECHA Annual Meeting where I will be presenting an immunization update on the Hepatitis B and Varicella vaccines under the auspices of the ACHA Vaccine Preventable Diseases Task Force. However, the best part of the Meeting for me will be reconnecting with many old friends from my tenure as Director of Health Services at The University of Vermont (UVM) and as an active member of NECHA from 1981-1993.

I left UVM in late 1993 to become the director at Duke University in Durham, North Carolina. Duke is a research university with a large medical center and about 12,000 students. I took over what proved to be a challenging position, because the health service was firmly embedded in the Family Medicine clinic within the Department of Community and Family Medicine (CFM). A few of my colleagues thought I was a little addled in the head to take such a position and I must admit, it has been a very interesting journey. In addition to a clinic that was not well organized for easy student access, I had several off-site services to oversee including a 12-bed infirmary, health education group, and a physical therapy unit, all of which were distant from our clinic.

I became an agent for change when I interviewed for the position, and I found that change in complex universities such as Duke occurs at a glacial pace. Over the past nine years I have succeeded in separating the student health clinic from family medicine and have elevated the student health service to a division within the CFM department. Over the past three years we have worked very hard to consolidate most of our units and we were finally rewarded for our labors by obtaining space in the Duke Clinic building. The new location and renovated space has greatly improved our image and enhanced the convenience for students to see us just off the main quad.

In recent years we have made some significant changes in our operation in anticipation of our move. About four years ago we implemented an open-access appointment system that has been extremely successful for both patients and staff. We have seen greatly improved student satisfaction with our services now that access (usually on the same day) is the rule rather than the exception. We have developed our own quality assur-

ance program and in November 2001, were accredited for the first time by JCAHO. Our move into more space has permitted us to expand our clinical services and improve our support services. Our health promotion group is now in contiguous space with our clinic, which will improve cooperation between the two groups. The only downside to our move was the closing of our infirmary this past May, for economic reasons due to low utilization.

In the next several months we will be implementing a new medical information system, improving our immunization surveillance capabilities, and, of course, dealing with that big *hippopotamus*, HIPAA. I suspect that we at Duke are facing many of the same issues of many New England institutions. I hope to be able to find this out first hand in November at the NECHA Annual Meeting, so please come up to me and say, "Hey!" I would love to talk to you.

Bill Christmas, MD

Happy Hours: Alcohol in a Woman's Life

Now Available in Paperback

Author Devon Jersild was a speaker at our Combined Meeting in Burlington last fall. Her book, *Happy Hours: Alcohol in a Woman's Life*, served as a forum for her presentation and has been well received by the public. The book, now available in paperback, weaves the newest research on the medical, social, cultural and psychological implications of female alcoholism into compelling stories of women in recovery. Since the hardback publication of *Happy Hours* a year ago, Jersild has spoken on the subject of women and alcohol at mental health conferences and college campuses across the country. She has appeared on such radio shows such as National Public Radio's "Talk of the Nation," and she has been a frequent guest on television shows such as C-Span's "Booknotes" and the Oprah Winfrey show. She has also written on the subject of women and alcohol for *HEALTH* magazine and on college-age drinking for the *Chronicle of Higher Education*. *Happy Hours* is being used in college courses in psychology and in addiction education classes. Stephanie Covington, author of *A Woman's Way through the Twelve Steps*, wrote, "*Happy Hours* is an excellent addition to addiction literature. Devon Jersild has written a unique and compelling book that combines the voices of women with comprehensive research. She gives us an opportunity to understand the complexity of this disease for women and the need for a compassionate response."

For more information, contact Devon at jersild@jaguar.middlebury.edu.

NECHA Membership Continues to Climb

NECHA's Affiliate Institutional Membership includes 49 schools from across New England. If your school is listed below, you are eligible for the registration member rate in Farmington! Questions about your membership? Contact: jnbasol@together.net

Connecticut

Briarwood College
Connecticut College
Eastern Connecticut State University
Fairfield University
Quinnipiac College
Sacred Heart University
Saint Joseph's College
Southern Connecticut State University
University of Connecticut
University of Hartford
Wesleyan University
Yale University

Massachusetts

Bay Path College
Bentley College
Boston College
Boston University
Bristol Community College
Clark University
Fitchburg State College
Framingham State College
Hampshire College
Lasell College
Marian Court College
Massachusetts College of Liberal Arts
Mount Holyoke College
Mount Ida College
Northeastern University
Pine Manor College
Regis College
Roxbury Community College
Simon's Rock College of Bard
Stonehill College
Tufts University
University of Massachusetts Boston
University of Massachusetts Dartmouth
Williams College

Maine

Bowdoin College
University of Maine - Farmington
University of Southern Maine

New Hampshire

Dartmouth College
New England College
University of New Hampshire

Rhode Island

Community College of Rhode Island
Providence College
Roger Williams College
Salve Regina University
University of Rhode Island

Vermont

Saint Michael's College
Vermont Technical College

Connecticut

Lisa-Marie Griffiths, APRN

The University of Connecticut School of Nursing and The Women's Center presents "The 16th Women's Health Update: Women's Moods" on October 10, 2002 from 2:30-7:30pm at LaRenaissance, 53 Prospect Hill Road, Route 5, East Windsor, CT. The program, dinner and 3.6 CEUs is \$75.00 (w/o CEUs, \$50). The program will feature Dr. Cheryl Beck, RN who developed the Postpartum Depression Screening Scale and Jeanne Watson Driscoll, RN, MS author of Women's Moods. For a brochure please call Carol at the Women's Center at 860 486-4738.

Maine

Pamela Clay-Storm, RN, BSN

The Maine Office of Substance Abuse has received a \$400,000 grant, from the U.S. Office of Juvenile Justice and Delinquency Prevention (OJJDP) to establish a two-year Higher Education Alcohol Prevention Project (HEAPP). The project consists of both a statewide initiative that is open to participation by all institutions of higher education in Maine as well as a sub grant program that provides funding to six Maine colleges for development of effective strategies to reduce/prevent underage and high-risk drinking.

The purpose of the statewide initiative is to engage and support Maine's colleges and universities in a collaborative and collective effort to changing factors in the campus and community environments across the state that currently contribute to underage and high-risk drinking. In addition, the project will fund an additional training and technical assistance series open to all institutions for higher education in Maine.

The focus of the sub-grant program is on planning and implementing "environmental strategies" at the campus level to prevent alcohol problems and change factors in the campus environment that promote alcohol abuse. The six sub-grant partners include: Central Maine Technical College, Eastern Maine Technical College, Unity College, University of Maine, and Maine Maritime Academy. For more information: www.state.me.us/bds/osa/prevention/highered/in dex.htm

The Maine Tobacco-Free College Network is pleased to announce the regional summit, Reducing Tobacco Use Among Maine's College Students, to be held November 15 at Lewiston-Auburn College. This full day event is the result of the collaborative efforts of Maine College Health, American Cancer Society, Maine Association of Student Affairs Professionals, and a variety of public health organizations including Healthy Maine Partnerships. Encourage your

policymakers on and off campus to attend this educational summit and spark a needed discussion on how to reduce tobacco use on your campus!

Massachusetts

Thelma Lake, RNC, NP, MS

There has been lots of movement among Massachusetts college health folks as of late.

Rita Sheppard, RNP, served as Director of Health Services at Framingham State for 14 years 'retired' from that position in May to pursue other avenues.

In addition to her role as Director of Health Services at Framingham State, Rita served as President of CHAND, and was a member of the NECHA Board of Directors. In her spare time she also served on the Board of the Metro West Division of the American Heart Association.

Retirement did not last long for Rita however, as I managed to recruit her for a nurse practitioner position here at Babson College. Who would have known?!

No sooner did we digest the news that Rita was leaving Framingham, than we heard Janice Allen, MS, RNC, Director of Health Services at The College of the Holy Cross, was also leaving. Janice recently left the Director's position to work with Biogen in Cambridge in their Laboratory Safety & Health Service Divisions.

In her brief time in the field, Janice certainly made her mark. Not only did she work hard at securing a four-year AAAHC accreditation for Holy Cross' Health Services, she was also actively involved in NECHA and CHAND. She is the immediate Past President of CHAND and served on the Board of NECHA.

Janice is gifted with high energy and skill, and undertook whatever task she was involved in with great passion, all the time while juggling the role of wife and mother of two young children.

Debbie Cain, RNC, has taken over the reigns of Interim Health Services Director at Holy Cross. Debbie has been with the HS for 15 years, so she is no stranger to college health!

Roberta Lecke, Director of Health Services at Fisher College, has retired after 20 years of service to the college. Guiding Fisher through the transition from an all female to a coed campus, Roberta managed a solo RN office for a student body of 550. She is also a founding member and long term treasurer of CHAND, the College Health Association of Nurse Directors. Roberta is joining her family on Cape Cod yet is sure to remain active in health care.

Please join me in wishing these very dynamic people all the best!

QSHIP Memorandum from the Commissioner

The Division of Health Care Finance and Policy distributed a memorandum dated August 5, 2002, concerning student health insurance programs administered in the Commonwealth. It concerns "adverse determinations" and "new mandated benefits". Of particular importance is the new mandated benefit as it relates to Contraception and Hormone Replacement therapy, which will become effective for policies which will be renewed or issued after January 1, 2003. Please visit the Division's Web site for complete details. http://www.state.ma.us/doi/bulletins/bulletins_ho me.html; the particular bulletin is 02-09.

New Hampshire

Gladi Porsche, MD

UNH Health Services faced a challenge this fall as the Sexual Harassment and Rape Prevention (SHARP) organization relocated to the Health Services building. We thought we were already using every available space, but the staff of 5, headed by Elizabeth Plante (who will be presenting at NECHA's fall meeting), has taken over our former conference room with offices. HS's staff is looking forward to working with their new colleagues. While space remains a significant issue, we are looking ahead to possible major renovations in 3-5 years, expanding our physical space and reorganizing for increased efficiency.

This past spring, UNH instituted a "Smoke-Free Campus" policy that is being tested this fall. Several other tobacco use cessation initiatives will be undertaken as well. Health Services is offering individual and group hypnosis, counseling, weight management, stress management, meditation, and yoga for no additional cost to the students. Acupuncture will be offered on a fee for service basis and negotiations are taking place to offer nicotine replacement therapy (gum and patch) and Zyban through the pharmacy at reduced cost. "Quit Kits" will be offered to participating students and will allow us to track progress. The Office of Health Education and Promotion is planning extensive outreach education as well as signs, advertising, buttons for practitioner saying "Ask me about quitting smoking" and other activities too numerous to mention!

Rhode Island

Chad Henderson, MBA

It was a delightful summer in Little Rhody - near perfect weather, some time to reflect on the past year and anticipate the coming academic year. The Department of Health announced a more robust Tobacco Treatment Program with a

(continued on pg. 7)

College Health Services and the U.S. Influenza Sentinel Physician Surveillance Network Make Good Partners

THE SENTINEL PROGRAM:

WORKING AT UVM

Peter Nobes, PA

Three years ago, I was contacted by the Influenza Surveillance Coordinator from the Vermont Department of Health about participating in influenza surveillance. The decision to sign on was an easy one. By using the influenza diagnostic culture kits provided by the Health Department, UVM and the Office of Infectious Disease Epidemiology have shared, for many years, the role of identifying early influenza in this part of New England.

It wasn't a great leap to formalize this partnership by means of the CDC's Sentinel Program. Most of us have some system of visit and diagnostic coding, some sophisticated and some less so. And all of us know from our experience that although it may come early or it may come late, we're going to have a few weeks every winter when we see lots of students who have the flu. The Sentinel Program consists of receiving pre-season information including a unique identifying participant's ID, a password for the CDC Computerized Reporting System, and access to diagnostic test kits.

The key to participation is the ability to submit weekly totals of patients seen for all reasons in your health service, and patients who meet a rather general clinical definition of influenza-like illness. The Sentinel Program definition for a case of influenza-like illness is defined as:

"Fever greater than 100F (measured at home or office) AND cough and/or sore throat (in the absence of a known cause". The presence or absence of other symptoms we usually associate with flu, such as body aches, fatigue, vomiting and headache are disregarded when classifying a patient as having an ILI. If the patient clinically met the symptoms definition, but had an identifiable other infection (e.g. strep throat), they were excluded.

When first enrolled in the Sentinel Program, the two most challenging aspects of tracking were (repeatedly) reminding clinicians to code influenza-like illness differently from other respiratory disease codes they commonly used, and to accept that the CDC clinical definition is very general. We decided on "487.1", and repeated this diagnostic code in print and at every other opportuni-



ty. The code has become imprinted in our minds to the point that we often wake up February mornings muttering "four- eighty- seven -point-one...got to get a coffee". Repeated educational reminders at staff meetings have led to a clinical staff that will use the ILI code, even if the student isn't clinically meeting another characteristic of what we know of as influenza. The CDC uses data from providers in conjunction with data they collect on circulating viruses when assessing disease activity.

Reported cases *could* represent true influenza, however they *do not need to be culture or rapid-test positive to be reported*.

The data on visits and codes come from our computer system at UVM, Medica by Nuesoft. Non-computer based appointment systems could be gleaned for the same data using a manual system. Reporting weekly can be by phone or on the Internet. A seasonal chart listing every week from October 1 to mid-May is provided for record keeping, and sent in to CDC in June. Collated statistics by region are compiled and may be viewed on the CDC Web site. Participating offices and centers receive a complimentary hard copy of MMWR, special alerts and other bulletins regarding the influenza season as well as a fine Certificate of Appreciation. Following the season's data completion, a concise summary of the year's influenza activity is sent to participating sites. This summary includes the CDC's opinion regarding the future flu season, and even includes the viral contents of the next season's vaccine.

While to some, influenza tracking may appear to be a lot of work for a disease that many still consider a nuisance more than a major problem, my experience has been that it is enormously helpful on our campus. Influenza vaccination as the best prevention has become a part of our daily thinking, especially when we see students with chronic conditions in the early fall. During the flu season weekly disease updates in the form of email messages provide reality-based data, which is instantaneously available to all offices. This has been an important counter-attack to the other campus health alert system known as the grapevine.

When college or university health services have some experience in partnering with their state's Health Department by means of programs like the Sentinel Program, the open channels that exist are very useful when other less common public health issues arise.

Our experience in Vermont has been a win-win situation, and one that I would definitely recommend to my colleagues in other centers. If you're not participating, you can find out if the Sentinel Program is an option for you by calling your Epidemiology Office.

The Southwest Lure:

Update on Former Colleagues

Christine Hollis, former Manager of the Center for Wellness & Health Communication at Harvard University Health Service, continues her college health career in a different college health setting. As Health Promotion Manager for the University of New Mexico's Center for Health Promotion & Disease Prevention, her work focuses on prevention research to help improve the health of American Indian populations.

Michael Hoyt has begun a new adventure in the Southwest as well. Leaving his former health promotion position at Harvard, Michael recently began his doctoral studies at Arizona State University in Tempe, Arizona.

At Harvard, Michael was instrumental in developing the Mind/Body Medical Institute, creating a residentially-based community health initiative, the implementation of the National College Health Assessment, and played an active role in NECHA. In the PhD program, he will focus specifically on the psychology of health. His research will investigate how the inhibitions of thoughts and emotions affect people's willingness to engage in risky behaviors, particularly for HIV.

Congratulations

to Donna Denelli-Hess, NECHA Membership Chair (and fan of the Southwest), who is serving as Program Chair for the American College Health Association's Health Education Section. Donna and other members of the Program Planning Committee are already hard at work organizing for May 2003 to be held in Miami, Florida!

Report from the ACHA Region V Representative

With the hectic start of the new academic year, let me just say that I'm excited about the opportunity to work more closely with NECHA. I've worked with many of NECHA members over the years on conference planning and resource sharing. I see my new position as a chance to get to know NECHA on a different level. Attending the ACHA Board of Directors meetings in DC (as a beginner) made me realize more than ever, the common mission that NECHA and NYSCHA share. I hope to be as vigilant as Sandy Stern in keeping communication open between both groups and ACHA. For now, I need to know how I can help you and what you hope for in the Region V Rep. Please advise me as I am completely new at this and I truly want to make this a good two years; Sandy will be a tough act to follow!

Kathy MacLachlan, MS, ANP, RN-CS
Syracuse University Health Services
315 443-3585 kathy_mac@twcnny.rr.com

Across The States, cont...

Smokers' Information Resource Center available at 1-800-Try-To-Stop (1-800-879-8678) or 1-800-8DEJALO for Spanish (1-800-833-5256) that will help callers choose from the following services:

- Access to printed information from a Tobacco Education Clearinghouse;
- Referral to www.TryToStop.org Web site's interactive quitting program that can be accessed from home or through most public libraries;
- Referral to a telephone counseling quitline;
- Referral to community sites in Rhode Island for in-person treatment services – individual, group and family counseling, and nicotine replacement therapy (patch or gum), provided by counselors that are certified Tobacco Treatment Specialists.

The Department of Health and the Worksite Wellness Council of Rhode Island have a vision of making Rhode Island the first "Well State" in the country. Through WELCOA they are encouraging all employers in the state to initiate well workplace programs and to submit for gold, silver, or bronze level recognition from WELCOA. Try www.welcoa.org for additional information.

Tri State College Health Consortium meetings began again in September; we look forward to having another great Rhode Island basket and Yankee Swap items for Farmington in November!

Vermont

Peter Nobes, PA

UVM has welcomed a new President, Dan Fogel, who assumed his duties July 1. President Fogel had been Provost at Louisiana State University, but has roots in the north, having completed his academic degrees at Cornell. In his inaugural address Fogel challenged students and faculty to boost "competitive metabolism" by intensifying intellectual engagement and creative thinking. He also stressed the importance of a healthy atmosphere that promotes and supports learning.

In weaving a "fabric of care-for ourselves and each other", he stressed the connectedness of students, staff, faculty and the greater communities of Burlington and Vermont. The themes Fogel stressed in a letter sent to the university community have a familiar ring, as they're the guiding principles for us in the field of college health. Working with high energy towards common goals, caring for each other as we try and care for others, and doing everything we can to promote a healthy learning environment are components of a sound vision that all of us could readily endorse.

Thinking about "connectedness", some last-minute phone calls this week to other Vermont colleges made me realize that change really is a

constant. "Sorry, she hasn't worked here for about two years..." was a response that served as a reminder that I'd like to know more about what's happening from Bennington to Castleton, and points between. Hopefully NECHA's Annual Meeting will help us become better connected. See everyone in Connecticut!

Career Opportunities / Positions Wanted

Coordinator of Health Services/Nurse Practitioner/Staff Associate – Salem State College

The Office of Counseling & Health Services is seeking a Staff Associate Nurse Practitioner/Coordinator of Health Services. The Coordinator of Health Services manages the college student health service, with clinical as well as administrative responsibilities. The Coordinator manages professional and support staff; assesses, diagnoses, and treats student health problems within established protocols; plans and presents health education programming; coordinates the student immunization program and student health insurance program.

Qualified candidates must possess licensure to practice in Massachusetts as an Advanced Practice Nurse; 2+ years of APN experience with young adults; 2+ years of administrative and supervisory experience, preferably in college health.

Preferred qualifications include certification in College Health Nursing and administrative and supervisory experience in a college health setting.

Application review will begin immediately and will continue until the position is filled. To apply, send letter of application and resume, and three letters of reference to: Office of Human Resources and Equal Opportunity, Salem State College, 352 Lafayette Street, Salem, MA 01970; FAX: 978 542-6163;

E-mail: eo-hr@salemstate.edu; (Word or Word Perfect Attachments Only); REFER TO: 02-SL-A-ADM-SANP. Salem State College is an equal opportunity/affirmative action employer. Persons of color, women and persons with disabilities are strongly urged to apply.

Nurse Practitioner/Physician Assistant – Tufts University Health Services

FTP, 40 weeks/year. Possibility for additional summer per diem work. Plays key role in a dynamic multi-disciplinary team serving the acute and chronic medical needs of undergraduate and graduate students. Responsible for providing primary and episodic care, health education, and outreach. Provides high-quality reproductive health care and information to female

patients; helps develop and participate in quality assurance initiatives, including peer review to improve function of the practice; participates in various committees and special projects; performs duties within productivity standards developed by medical director; helps develop and improve clinical policies and procedures.

Requires nurse practitioner license and/or physician's assistant certification and at least two years' experience. Prior experience in ambulatory care setting highly preferred. Must possess strong women's health experience, with clinical skills in the treatment of eating disorders, STDs, travel medicine, asthma, sexual assault, and substance abuse all strongly preferred. Preference will be given to those who possess experience working with a diverse patient population.

For more information contact:

Michelle Bowdler, MSPH
Director, Tufts University Health Service
124 Professors Row
Medford, MA 02155

POSITIONS WANTED

Physician

I am an outstanding doctor seeking a position as a staff physician in a student health center. I am Board Certified in Internal Medicine with over ten years of experience in caring for ethically diverse patients in situations ranging from student health to emergency room. I am widely recognized for quality patient care and enjoy the challenge of promoting wellness by guiding young adults toward healthy choices and behaviors.

I have experience in personnel management, quality improvement, peer review, staff credentialing, and AAAHC accreditation with emphasis on health education, wellness programs, and disease prevention. Excellent verbal and written communication skills. For more information, please write mbrill@centurytel.net or call 360 645-2514.

Physician Assistant

I am a recent graduate of Finch University of Health Sciences/Chicago Medical School Physician Assistant Program and am actively seeking a career in primary care. Originally from Rhode Island, I am eager to return to the East Coast. I have 6+ years in a variety of health care settings, including clinical experience in Family Practice, Internal Medicine, and Emergency Medicine.

If your health center has an opening or if you know of an organization in need of help, please contact me at sailor230@hotmail.com or 773 975-8283.