



news

Fall 2003

new england college health association

President's Message

Greetings,



The rapidity with which we receive information nowadays effects how I approach the task of submitting a message for this newsletter. I'm sure it affects other contributors as the editorial staff seeks columns and other news from our member states. Although 'nothing new to report this time around...' has been heard more than once, I believe that we're constantly bombarded with news.

We've had to develop shields and firewalls to filter out the junk, but that hasn't lessened the information deluge we all face whether we're going to our mail cubbies after getting to work or opening our e-mail wherever we are. So rather than 'nothing new', it's more likely the case of 'there's so much happening I can't really decide what to say that hasn't already been done or said!'

The NECHA Board periodically looks at Association expenditures and how we choose to direct our resources. Consistent with our mission, the biggest piece of the financial pie goes toward our Annual Meetings, other educational venues, and the 3x/year NECHA newsletter. The newsletter, if we were to decide to go totally electronic, would cease to exist as a print medium. Long before I joined the Board, I anticipated the arrival of the *NECHA News*, and read with interest, what was happening in college health around New England.

We have not created a listserv only for NECHA members (preferring instead to direct email to NECHA via the SHS list so ably hosted by Tennessee-Knoxville). Although we do post the newsletter on-line at our Web site, I believe there's a great value in continuing to offer it in print, and I hope you agree. Like the *Journal of American College Health Association* and its transition under a new editorial staff, we are always welcoming contributions for articles and newsworthy items from our region.

Since our last issue, ACHA-Miami Beach (May 27-31) has come and gone. *A Passion for College Health* was an apt theme, as the Meeting's keynoters and other presenters conveyed the excitement and importance of our work. Conference presenters from New England included:

- Charley Bradley, RNC *Dartmouth College*
- Deborah Foss, PhD *Massachusetts College of Liberal Arts*
- Jason Baack *University of Maine-Orono*
- Davis Smith, MD *Wesleyan College*
- Marjorie Keefe-Canetti, RN, MS *University of Rhode Island*

- Donna Denelli-Hess, MSPH, MA *Williams College*
- James Perlotto, MD and Brain Elnel *Yale University*

As out-going ACHA President, Dr. Ralph Manchester was assisted by his son Eric of Williams College in a general session. The audience had lots of laughs and plenty to think about as we got a glimpse of ourselves through the eyes of a student. Former New Englander Bill Christmas, MD, exhorted us to increase our support of the ACHA Foundation.

A highlight for me was seeing so many fellow NECHA folks at Thursday's affiliate's lunch. The turnout of over 25 NECHA members offered valuable input to the Board, which we brought back and discussed at our June meeting. We were also pleased that Tammy Ting Hsieh of Harvard, came to the ACHA Meeting as a student interested in college health. She accepted our invitation to join the NECHA Board of Directors and will join Amanda Beane (UVM via Pine Manor College) on NECHA's Board. Both Tammy and Amanda plan to join us in October at the Combined Meeting in Saratoga.

I was proud that Thursday evening when New England's nominee for the ACHA Affiliates New Professional Award, Lynn Wachtel, MS, RNP (Rhode Island College) took the stage and accepted her award from Bob Dollinger, MD. Lynn was one of six New Professional Award winners recognized at the ACHA Awards Dinner. Encouraging new college health professionals and recognizing excellence are aims that NECHA will continue to pursue.

Finally, one meeting in particular - the affiliate officer's meeting with ACHA's Board - gave Carole Worsh and I reason to feel very proud of our organization. Much of the meeting consisted of affiliate officers pleading with ACHA for more help, including financial assistance. Some of the affiliates' plights are really quite serious. Carole and I sat with Greg Engelman, MD, (NYSCHA) and together, we presented to the Board and other affiliate officers, a very different and positive picture of our organizations' health and vitality. It made us feel proud of our membership, our board, and of our ability to continue to forward the cause of excellence in college health. Thanks and pride in our accomplishments, should be shared amongst everyone in NECHA.

Peter Nobes, PA
NECHA President
Primary Care Clinician
University of Vermont

Meet the Board

Vanessa Britto, MD, MSc



Editor's Note:
Please join us in welcoming Vanessa Britto, MD to the NECHA Board Class of 2003. Dr. Britto is Medical Director at Wellesley College Health Service.

Wellesley is an all-female college founded by Henry Fowle Durant and his wife Pauline, who were impassioned believers in educational opportunity for women. Their strong philosophy carries over to the present day. Throughout its 127-year history Wellesley has been one of the country's preeminent liberal arts colleges, and a distinguished leader in the education of women.

The following, in her own words, is Dr. Britto's story:

I joined the staff at Wellesley College in January, 2000 and thoroughly enjoy the combination of clinical and administrative responsibility I have even on the crazy days! I grew up in Wareham, Massachusetts and went north to Dartmouth College for undergrad. Somewhere in high school I developed a fascination with medicine that became harder to repress as my college years went along. That meant, however, I did not begin pre-med studies until my junior year at Dartmouth.

So after graduation, I did a post-baccalaureate pre-med year at Bryn Mawr and subsequently worked at the University of Pennsylvania's Dental School as a very, very lowly research assistant while applying to med school. My job was to castrate Balb-C rats when I wasn't 'running columns' in the sub-freezing 'cold room'! I recall eating lots of Cheerios and macaroni and cheese that year and drank lots of hot tea.

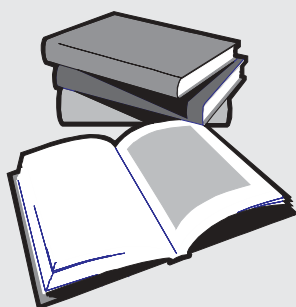
I then packed up my Toyota and drove out to the University of Illinois where I spent my four years of medical school. It was good to experience the cultural differences between life in the Midwest and life in New England, but I missed the ocean, terribly. I returned to the East Coast to do my residency and general medicine fellowship at Rhode Island Hospital in Providence and indulging in Del's Lemonade and real clam cakes whenever I could. I also had a chance to watch first hand, the rise and fall and rise again of

2003-2004 NECHA Board of Directors Nominations

Elections will be held on Thursday, October 30 at the NECHA Business Meeting in Saratoga.

Board nominations for the academic year are as follows:

President Elect Charlene Bradley, RN Director of Nursing Dartmouth College	Member-at-Large <i>(2 two-year positions; 1 one-year position)</i> Vanessa Britto, MD (2yr) Medical Director Wellesley College	ACHA Representative to Region V Chad Henderson, MBA Director, Health Services University of Rhode Island
Treasurer Michael Kurland, MSPH Director, Health Service University of Connecticut	Anne Cole, MA, RN (2yr) Director, Health Service Fairfield University	
Secretary Donna Denelli-Hess, MSPH, MA Director, Health Education Williams College	Lynn Wachtel, FNP (1yr) Director, Health Service Rhode Island College	



Comprehensive NECHA Membership Resource Guide in the Works

The NECHA Affiliate Institutional Membership (AIM) has been quite successful and as a result, we have learned of many new people in college health. Over 70 colleges and universities are 2003 AIM members. Their make up extends from the major universities to the smallest of liberal arts colleges in New England.

The NECHA Board is in the midst of creating a membership/resource guide that will include all AIM schools and point of contact, along with a database of names that includes current ACHA individual members as well as another list, which is fondly referred to as "Friends of NECHA".

By virtue of receiving this newsletter, you will included in the guide! Please check your mailing labels for accuracy and contact jnb@gmavt.net by **Wednesday, October 1** for any corrections. We hope to do a mock up for the Combined Meeting with the real McCoy published by year's end.

Buddy Cianci, the infamous former mayor of Providence!

Since completing training, my interests have gravitated toward women's health and cardiovascular disease prevention. I have had the pleasure of working in various community settings over the years; all of them have given me tremendous satisfaction and appreciation for the breadth of medicine. Several years ago, I began to look at medicine from the standpoint of a community's health, what behaviors influence it, and why. The result was completing a master's program in Community Health at Brown University.

I was introduced to college health by Barbara Agee (now Director at UMass Dartmouth). As I began working with her and others who were truly committed to caring for this community of young people, I felt as though it had all came together. At Wellesley I have the pleasure of working with dedicated people who feel as strongly as I do that helping young, bright women make healthy choices and learn to be 'good stewards of their care' will impact positively on not only their individual lives but on the health of a much larger community. It keeps me very excited about what I do every day and....I haven't looked back!



**New York State & New England
College Health Associations
2003 Combined Annual Meeting**

Many Perspectives – Shared Vision

October 29 – 31, 2003

The hardest part of the Annual Meeting planning process is done and the final schedule of presentations is now complete! The 2003 Planning Committee has put together an excellent set of presentations that should be of interest to the many disciplines in college health. The schedule of presentations should be on the NYSCHA Web site by the time you receive this newsletter. In addition to the final schedule, you will find the descriptions and behavioral objectives for each program listed. You can click on to www.nechaonline.com or go directly to New York's site at www.NYSCHA.org. We hope you will be pleased with this year's selection of programs and speakers.

Anticipation of a larger attendance at our Combined Annual Meeting this year enabled us to expand the number of offerings. Six presentations will be offered during each of the eight concurrent sessions, making it possible to offer a wider selection each session. We begin the Annual Meeting with the ever-popular Sid Hurlburt, who has presented at previous Combined Meetings. A second general session will begin the day on Friday. We are pleased to combine the talents and knowledge of speakers from both NECHA and NYSCHA. Our colleagues from Dartmouth College and Cornell University will share their experience and expertise on the topic of using treatment teams to assist students with eating disorders.

Due to the success of the post-meeting workshop at last year's NYSCHA Annual Meeting, we've decided to try it here in Saratoga. We are pleased to offer two post-meeting workshops this year. *Health Care Advocacy Skill Building* will be presented by Linda Lambert, who is helping NYSCHA develop its advocacy role. The second workshop, *Clinical Protocols to Reduce High-Risk Drinking*, will be presented by Roger Hartman from NIAAA (National Institute of Alcohol Abuse & Alcoholism). He will be co-presenting with a (TBA) physician. Please spread the word to colleagues on your campus about both workshops.

We encourage you to consider bringing a team of staff, students, and faculty from your campus, particularly for the NIAAA workshop. To learn more about NIAAA, you can check out their Web site at www.collegedrinkingprevention.gov.

There is no additional charge for Annual Meeting attendees who wish to attend a post-meeting workshop. Likewise, there is no charge for people who come to a workshop but do not attend the Annual Meeting. Everyone planning to attend one of the workshops must register using the registration form for the Annual Meeting. Lunch will be available for attendees who pre-register.

The final registration form will be mailed out in early September. In the meantime, the Early Registration Form can be downloaded on the NYSCHA Web site. People can use this early form if they prefer to register before the final forms are available. If you viewed or printed a copy of the Early Registration Form before August 2, you may want to take another look. The form was replaced when we realized we had an incorrect phone number listed for the hotel. The correct numbers are **888 999-4711** (toll free) or **518 584-4000**. If you are making your hotel reservations, be sure to tell them you are attending the NYSCHA-NECHA Annual Meeting.

If you are interested in being a presider at a presentation, please let Cathy Smith know. Presiders introduce the speakers and distribute and collect the evaluation forms. Cathy will be coordinating the assignment of presiders for every presentation. If you would like to be a presider, you can start by checking out the list of programs on the NYSCHA Web site and picking one or two you would like to attend. Then contact Cathy at smithe@cortland.edu or by phone at 607 753-2066. We will also include an invitation to be a presider in the final registration packet.

With the popularity of the state baskets at NECHA's Annual Meetings, we plan to continue the tradition in Saratoga. Those of us from NYSCHA enjoyed participating at the 2001 Combined Meeting in Burlington and while we don't have individual states in our Association, but we do have several districts and sections. We look forward to several districts and sections joining New England by participating in this fun event.

*Linda Dudman, MPH
2003 Combined Annual Meeting Chair*

***Register for the 2003 Combined Annual Meeting
by Wednesday, October 8 for the lowest registration rates.
Go to www.nechaonline.com – it's that easy!***



Maine

Jeff Benson, MD, MPH

Maine College Health is beginning to partner with the Maine Bureau of Health around college health issues of common concern: immunization requirements (especially meningococcal), tobacco control, alcohol policies, guidelines for SARS and West Nile Virus, to name a few. The Maine Tobacco Free College Network continues its efforts to make campuses smoke-free statewide.

MCHA has elected new president (Susan Martin of USM) and new president-elect (Melanie Thompson from Colby). We look forward to their leadership in the coming year.

The weather has been horrible here like region-wide, and even people who dread the Maine winters are eagerly hoping for an early fall.

Massachusetts

Carole Worsh, RN-CS, ANP

***FLASH*.... Massachusetts colleges and universities "TB School Testing Law" has been repealed as of July 31, 2003!**

The law pertains to the mandatory pre-employment screening for tuberculosis of all school (including colleges/universities) employees. The full text of the original law can be found at:
www.state.ma.us/legis/laws/mgl/71-55B.htm

August 2003

Dear Members of the MACET TB College Health Subcommittee:

It gives me great pleasure, on behalf of Dr. Stephen Lerman, Chair of MACET, to be able to share with you the successful fruits of your labor.

On July 31, 2003 the Governor of Massachusetts signed "An Act Providing Relief and Flexibility to Municipal Officials" which included Section 81 that reads as follows:

"Section 55B of said chapter 71 is hereby repealed."

Because of your letters and calls, the "TB School Testing Law" has been repealed as of July 31, 2003! Congratulations and thank you

for all your help in making this possible!

Tony Palomba
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Program Director, The Medical Foundation
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Our thanks go to the college health professionals who served on the College Health Subcommittee and contributed to this effort.

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Martha Favre
Fitchburg State College
Margaret Higham
Tufts University
Karen Kalmakis
UMass/ Hampshire College
Tom Nary
Boston College
Kay Peterson
Simmons College
Mitch Pysznik
Holyoke Community College
Gerri Taylor
Bentley College
Carole Worsh
Pine Manor College

New Hampshire

Connie Richards, MSN, EdD, RN, BC

Saint Anselm College, as well as Dartmouth, is requiring all incoming freshmen to take an on-line, interactive alcohol education program called AlcoholEdu. This program is a science-based course taken by thousands of college students across the country each year. The course provides detailed information about alcohol and its effects on the body and mind. Taking the course will (hopefully) empower students to make well-informed decisions about alcohol and help them cope with their drinking behavior or that of their peers.

The course is comprised of five chapters presented on slides and in audio/video clips, quiz questions, interactive exercises, journaling activities or a combination of all of these. Students take a pre, post and a follow-up survey two months after completion of the course. Charley and I will keep you posted on its success!

Editor's Note: Checking in with Charley Bradley late August, I came to the quick conclusion that

writing a column for NECHA News was the farthest thing from her mind! Moving from a home that she and her husband have lived in all their married life (and his childhood), to a new house down the road is something only to be done for the strong and mighty.

And strong and mighty, Charley is - by now, she's back in the saddle at Dartmouth, learning how to use their newly-installed electronic clinical record system. She was on the committee with Yolanda Baumgartner, Administrative Director and others that selected the electronic scheduling and record system of Massachusetts-based Point & Click after conducting and extensive search process.

Rhode Island

Chad Henderson, MBA

The summer has certainly flown by. Many of us are preparing for a larger than usual freshman class while experiencing issues from budget reductions, to increased pharmaceutical prices, to staffing changes.

We bid farewell to Mary Calner, RN from the Community College of Rhode Island who has accepted a position with the Rhode Island Department of Health; Doris Sword, NP recently retired as URI's Nursing Supervisor after a career of nearly 25 years; and Jim Hardiman, MD, who resigned as URI Medical Director to pursue other interests. We wish them all the best and say thanks for their contributions to college health and NECHA.

In May the state's Department of Health requested a meeting with college health directors to discuss SARS. The meeting was informative and resulted in the appointment of a single point of contact within the Department to liaison with college health regarding SARS issues. With fingers crossed we all hope that the coming year will be free of any cases.

We are proud of Lynn Wachtel, RNP, Director of Health Services at Rhode Island College, for receiving the Affiliate New Professionals Award at the ACHA Meeting in Miami. Congratulations Lynn!

Vermont

Julie Basol

Director Susan Jacques reports that Saint Michael's College Student Health Services and Personal Counseling have increased collabora-
(continued on pg. 6)

Editor's Note: At the Board of Director's meeting in June, the following changes (in bold) to the by-laws were discussed. For a current copy of the by-laws, please contact Chad Henderson or me. A complete set of by-laws will be available at the Combined Annual Meeting. These changes will be voted upon next month in Saratoga. The final version will then be posted on the NECHA Web site. Special thanks to Chad for his continued commitment to keeping this two-year project going!

BY-LAWS OF THE NEW ENGLAND COLLEGE HEALTH ASSOCIATION

PROPOSED CHANGES as of JUNE 2003

ARTICLE III – MEMBERSHIP, DUES, and FISCAL YEAR.

There shall be three categories of membership: (1) Individual, (2) Emeritus, and (3) Affiliate Institutional with dues payable on a fiscal year basis.

Section 1. Individual Membership (dual membership).

A. Eligibility. Individual Membership in NECHA is obtained by joining ACHA as an individual or by being the **Representative of the Member Institution (RMI) or Student Representative of the Member Institution (SRMI)** from an institutional member of ACHA and by designating NECHA as the affiliate choice. This is referred to as dual membership. Dual membership shall have three types: (1) regular, (2) student, and (3) associate.

ARTICLE IV - OFFICERS

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 **individual members** of ACHA and NECHA and be currently employed in college health.

[Rationale: To clarify that officers must be individual members of ACHA to be consistent with ACHA Bylaws.]

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. **If the office of President-elect becomes vacant, the Board of Directors shall appoint an interim who shall serve until the next Annual Meeting at which time an election for President shall be held.**

[Rationale: To clarify the filling of vacancies and ensure that the President has been elected by the membership as either President-elect or President if appointed interim President-elect.]

ARTICLE V - REPRESENTATIVE TO ACHA

Section 1. NECHA will elect a Representative to ACHA for a two-year term to commence at an ACHA annual meeting. **The Representative shall be a voting member of the NECHA Board of Directors as specified in Article VI.**

ARTICLE VI - BOARD OF DIRECTORS

Section 1. There will be a Board of Directors comprised of the officers; the Representative to ACHA; **the immediate Past-President**; five Members-at-Large, who will serve two year terms; and Student Representatives, who will serve two year terms.

[Rationale: Delete this phrase to be consistent with Article IV, Section 1.]

Section 2. Members at Large

- A. **Shall be elected at the annual meeting to serve a two-year term. They should represent the diversity of college health.**
- B. **Vacancies remain unfilled until nomination and election at the next annual meeting.**
- C. **May serve multiple terms if nominated and elected.**
- D. **Shall represent the Association and constituents' concerns both regionally and nationally.**

[Rationale: To clarify the role and relationship of Members at Large.]

Section 3. Student Representatives

- A. **Each President Elect will nominate a student representative for a two-year term. The Board shall consider and approve the nomination.**
- B. **Vacancies may be filled through consensus of the Board.**
- C. **Will provide input to the Board and represent the interest of students both regionally and nationally.**

[Rationale: To clarify the role and relationship of Student Representatives.]

Section 4. A NECHA Administrative Director may be appointed at the discretion of the Board to serve as a non-voting Ex-Officio member. The President, President-Elect, and Treasurer acting on behalf of the Board may contract with said individual who would be compensated from the NECHA operating budget.

[Rationale: To authorize the Board to appoint and contract with an Administrative Director.]

Section 5. The Board of Directors will transact the business of NECHA in the interim between **annual** meetings of the membership and **will report at each annual meeting.**

ARTICLE VII - COMMITTEES

Section 1. Standing Committees

A. Nominating Committee shall propose a slate of officers, members at large, and the ACHA Representative in accordance with Article IX Section 1. It shall be comprised of at least three members, chaired by the Past President.

B. Awards Committee shall receive nominations for the President's Award and the Louise Gazzara Award and make recommendations to the Board of Directors for approval. It shall be comprised of at least three members, chaired by the Past President.

[Rationale: To authorize the establishment of two standing committees.]

Section 2. The President, with the approval of the Board, will appoint such **other** committees as are needed to promote the affairs of NECHA.

ARTICLE VIII - FISCAL YEAR

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

[Rationale: Delete as redundant to Article III. Renummer the following Articles.]

ARTICLE VIII - ANNUAL MEETING

Section 1. There will be an annual meeting at a time and place selected by the Board of Directors.

Section 2. Special meetings may be called as deemed necessary by the Board of Directors.

ARTICLE IX - ELECTIONS

Section 1. Officers and other members of the Board of Directors, **with the exception of Student Representatives**, will be elected by the membership at the Annual Meeting. A Nominating Committee, chaired by a Past President and appointed by the President, will prepare and publish a slate of nominations at least twenty-four hours before the annual business meeting. Nominations may also be made from the floor at the annual business meeting.

ARTICLE X - PARLIAMENTARY AUTHORITY

In the absence of any provision to the contrary in the by-laws, all meetings of NECHA will be governed by the current edition of ROBERTS RULES OF ORDER.

ARTICLE XI - AMENDMENTS

Amendments to these by laws may be adopted by a two-thirds vote of the members present and voting at any Annual Meeting, provided that notice of any proposed amendments will have been presented, in writing, to the membership at least three weeks prior to the Annual Meeting.

ARTICLE XII - DISSOLUTION OF THE ORGANIZATION

Upon dissolution of this organization, all assets remaining after payment of debts or provision therefore will be distributed to the ACHA or to other organizations exempt from federal income tax, as described in Section 501(C)(3) of the Internal Revenue Code.

tion in the past year due to the rising incidence of mental health issues among students. Collaborative efforts (all within HIPAA guidelines!) include:

- 1) Creative an eating issues team consisting of a personal counselor, nurse practitioner, and a nutritionist.
- 2) Contacting all incoming students reporting mental health issues to encourage a smooth transition to college life.
- 3) Regular meetings between nurse practitioners and personal counselors for case discussion.

On a personnel note, Mary Alice Irish, RN, recently retired from Saint Michael's Student Health Services after 26 years! Perhaps 'retirement' is a poor choice of words as Mary can be seen working down the street at the UVM Medical Clinic.

Southern Vermont College Student Health Center is closed for the summer, but we caught up with Nurse Coordinator Deborah Berg on her first day back at work. An RN by profession, Deborah is employed part time by Southwestern Vermont Medical Center who oversees the health services needs of the college. "The arrangement between the hospital and the college has been a positive experience for everyone, with easy referrals and smooth communication," states Deborah. Because of the collaboration, she still is able to present several wellness programs each year

Marlene T. Eckerle, MD
1951 - 2003

Marlene Theresa Eckerle, MD, died at her home on January 14, 2003 of glioblastoma at the age of 51. She is survived by her husband of two years, James Dunn.

Dr. Eckerle graduated from Thomas More College and the University of Kentucky Medical School. She took residency training at the University of Massachusetts and University of Utah and completed an adolescent medicine fellowship at Harvard Medical School. Board certified in pediatrics and adolescent medicine, she served Brown University since 1982. An active member of the ACHA CME subcommittee, Dr. Eckerle was their representative to NECHA for ten years. Her exuberance, enthusiasm for life, and her sense of humor are all sorely missed.

On a more personal note for those of you in NECHA who knew her, Marlene would have wanted you to know that she was very, very happily married, but it required getting a brain tumor to overcome her innate resistance to the married state - Jim had wanted to marry her for 3 or 4 years before she finally acquiesced. She was optimistic. When given her diagnosis and told that only 5% of people lived beyond 2 years, she asked, "Why can't I be one of those?" And indeed, she made it to 2 1/2 years. She snorkeled in the Caribbean, climbed her favorite mountain in New Hampshire when she got a break in her treatment, and never lost her delight in life. "I Hope You Dance" was sung at her funeral. In the last months of her life, she embarked on a spiritual journey that included all kinds of questions, from knotty theological questions to "are there cats in heaven?"

She read widely, meditated, and surrounded herself with deep, thoughtful, profoundly spiritual people to keep her company on that last journey. At her death Marlene felt that she had grown in many ways and was at peace with herself and her world. She was ready to take the next step. She had touched so many lives that her beautiful memorial service barely had room for people to stand. Here at Health Services, we miss her very much and are grateful to have known her.

Connie Hiller, MD
Brown University Health Services

including one this past spring with the American Cancer Society.

Part time compensation with full time responsibilities is a fact of life at many institutions

throughout New England. Deborah first got 'hooked on college health' as a per diem nurse at Williams College just across the state line. If you are in the 'same boat' and would like to do some networking, contact her at dberg@svc.edu.

2002 - 2003 NECHA BOARD OF DIRECTORS

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Editor's Note: NECHA is very pleased to introduce to you, two students whose interests in college health have coincided with the Board's repeated attempts to get more students involved. We look forward to their contributions on the NECHA Board in the coming year.

Healthy Fish in a Healthy Pond

*Tammy Hsieh
Harvard University*

Freshmen year I found myself a tiny fish in a formidable pond of enthusiastic and outspoken students. But as ambitious as many of us were, the coming months proved more chaotic than we had all anticipated. With this chaos – sometimes pleasant, sometimes depressing – came the stress of living away from home in an immersing academic atmosphere. Amidst the loads of homework, I unexpectedly got involved in Caring for the Harvard Community, an event held annually in the spring. As a coordinator, I organized various workshops for students on aspects of college health ranging from nutrition to upperclassmen housing. It was this rewarding experience that sparked my interest in college health and led me to become more involved in peer education groups on campus.

In my two years working as a Community Health Advocate with the Community Health Initiative (CHI), I have been surprised by how interested students are in their health and how much information is available to them. The key is to put the two factors together. Sometimes students do not feel comfortable seeking information; sometimes the information is simply provided in confusing, inaccessible ways. As a peer educator, I strive to be not just a dispenser of college health information but also a conduit between students and their resources. What drives my interest and enthusiasm for college health is the interest and enthusiasm of the people I work with and the importance of the services I am providing. College health is such integral part of college life that I hope, in my way, to make the pond seem less formidable for the other fish who come this way.

College Life from the East & West

*Amanda Beane
University of Vermont
Pine Manor College alumni*

I became interested in college health while living on the East side of New England, studying at Pine Manor College in Chestnut Hill, Massachusetts. The Director of Student Health Services, Carole Worsh, has put together a wonderful program with which I was very lucky to be have been involved. SHAB, the Student Health Advi-

sory Board, was involved in so many programs on campus from the Silent Witness program to end of semester Stress Busters, that I realized how much impact one small group of people could have on the broader community. It was Carole's determination and passion that influenced me, and many other students, to push for change and awareness in issues relating to college health.

Now I am living on the West Coast of New England, attending The University of Vermont. I am looking forward to joining the NECHA Board, getting more involved with college health from my perspective as a student. I hope to meet many of you in Saratoga!

Raising 'VOICES' on Mental Health

Julie Basol

This past summer, I had the pleasure of talking to Sally Finkins, Artistic Director of VOICES, a mental health consumer theatre company located in Pittsfield, Massachusetts. A recent grant from the Massachusetts Department of Mental Health Consumer Initiatives Program has allowed them to expand their message beyond the state's borders to help audiences large and small.

VOICES is a Berkshire County theatre company dedicated to dealing with issues surrounding mental illness. VOICES uses theatre as a vehicle to increase public understanding of mental illness, decrease stigma, and dispel myths about people suffering from mental illness.

VOICES is a group of artists with disabilities. Most members suffer from major mental illnesses including schizophrenia, bipolar disorder, post-traumatic stress disorder and major depression. They live at the heart of mental illness and of the mental health system. Members write, direct, and perform original theatre pieces based on personal experiences of mental illness, treatment, and recovery.

Their presentations consist of 1-2 hour theatre performances followed by audience discussion. Topics range from suicide, self-abuse, and eating disorders, often times using comic skits and song. Performances can be designed to cover a wide range of topics, or may focus on issues of special interest to a particular audience.

VOICES is available for performances at colleges, conferences, staff trainings, consumer programs, and public events. Free to client audiences in Massachusetts, a sliding scale donation is

requested for all non-consumer audiences and those outside of the state. For more information contact Charlie Wright at CharlieTravel@msn.com.

THE STUDENT HEALTH SERVICE LISTSERV

Editor's Note: Random phone calls and emails over the course of the summer prompted this notice of how to sign off and on the Student Health Service Listserv. At various times throughout the year, we send global messages directed to NECHA members only. This sub-set message includes 'NECHA only' on the subject line.

The Student Health Service (SHS) Listserv is an independent discussion/exchange group open to all individuals who have an interest in the college health field. The listserv is housed and administered at the University of Tennessee, Knoxville. All costs involved in computer services and list administration are borne by the University of Tennessee. The SHS listserv endorses the goals, objectives, and programs of the American College Health Association, but is not officially connected to, nor financially supported by ACHA.

This listserv is maintained as an open forum for student health issues and as such the listserv may have members who are in unrelated fields who monitor the list. This open enrollment and free discussion are maintained in order that ideas may be explored and freely discussed for the betterment of student health.

Each member of the list has the option of responding to the individual who sent the query/message or to the entire listserv. The sender of a query may find it their preference to summarize responses and send the summary to the entire group. For discussion of issues, however, it may be appropriate to respond to the entire group.

SIGNING ON/OFF THE LIST

Do NOT address commands to the SHS address—address all commands to:
listserv@listserv.utk.edu
Put nothing on the subject line.

FOR THIS ACTION TYPE THIS COMMAND

Permanent sign on: SUB SHS Your Name
Permanent sign off: SIGNOFF SHS
Temporary sign off: SET SHS NOMAIL
Resume delivery: SET SHS MAIL
Archive of this list:
<http://listserv.utk.edu/archives/shs.html>

TB 101



A Seminar for College Health Services Personnel

Tentative date and location:

Tuesday, November 18 • 8:30AM - 1:30PM

College of the Holy Cross • Worcester, MA

A FREE half-day seminar and luncheon for Massachusetts college health staff members.
However, all NECHA AIM members are welcome to attend.

TB 101 will provide an overview of the epidemiology of tuberculosis, pathogenesis, clinical aspects of the disease, transmission, infection control, the difference between latent TB infection (L TBI) and TB disease, TB skin testing (including new recommendations for testing of students based on assessment of risk), BCG, and diagnosing TB disease.

A new publication from the Medical Advisory Committee for the Elimination of Tuberculosis (MACET) entitled, "*Detection and Treatment of Latent Tuberculosis Infection in Massachusetts College and University Students*" will be distributed and reviewed. CEUs and CMEs are pending.

Details regarding registration, confirmation of date and location will be posted on the NECHA WEBSITE (NECHAonline.com) within the next few weeks.
For more information, call Julie Basol at (802) 425-3936 or Carole Worsh at (617) 731-7173.

The seminar is sponsored by:

Medical Advisory Committee for the Elimination of Tuberculosis (MACET)
Division of TB Prevention & Control, Massachusetts Department of Public Health
New England College Health Association