

President's Message Greetings,



When I came onto the NECHA Board, Chad Henderson Gladi Porsche and I were the 2-year members-at-large making up the "Class of 1998". Chad, the Director at URI, and Gladi, Assistant Director of Clinical Services at UNH, brought strong leadership skills to the Board. As a physician assistant with full-time clinical responsibilities, I hoped to bring another type of voice to NECHA.

I learned the importance of linkages in college health, working with William Christmas, MD, who was active in ACHA, serving as President while Director at UVM and Phoebe Clark, RN, who served as NECHA President in 1993. Observing my co-workers undertake NECHA and ACHA duties, I admired their ability to juggle Board tasks with work responsibilities. They also taught me what a tremendously positive effect volunteerism can have on your professional life - a lesson I'm thankful for.

Now that I'm serving as NECHA President, I want to acknowledge and honor the strong influence of my fellow "classmates". As UNH and UVM share many similarities, Gladi Porsche and I were able to frequently compare notes and collaborate, especially last summer as we joined up with Anne Cole, MA, RN of Fairfield University, to lead Clinical Hot Topics in Farmington. We'll miss Gladi's participation on the Board, but are reassured that she's just an email away! Although just a couple of months into my term, I've already leaned heavily on Chad. Fortunately for NECHA, our by-laws don't allow Past-Presidents to disappear into the sunset, and Chad isn't going anywhere - continuing his active support as committee chair and moderator for our upcoming Spring Summit planned for March 28. (More info on page 3)

Having just gotten back from a scouting mission to Portsmouth, and our January Board meeting the following day at St. Anselm, (thank you, Connie Richards, for extending your hospitality) I'm invigorated by NECHA's Class of 2003! New Hampshire is well represented as Charley Bradley, RN, from Dartmouth starts her at-large term. Other members of the Board's "Class of '03" are Jeff Benson, MD representing Maine (Bowdoin College), Anne Cole, RN (Fairfield University), and Vanessa

Britto, MD from Massachusetts (Wellesley College). Leaving the Board along with Gladi, but not from our grateful hearts, is Pamela Clay-Storm who did a fantastic job of producing minutes that totally made sense. We also look forward to continuing to have a student voice on the Board, a position that has been ably filled by Amanda Fitzpatrick of Anna Maria College. Unfortunately for us, but happily for Amanda, her undergraduate days are coming to a close. The Board is actively looking to bring on another 1-2 current students who bring their unique perspective to our work.

As I began to write this, I re-read Chad's President's Message from a year ago. Tempted though I was to change a couple sentences and plagiarize the rest, I resisted. The work of the organization Chad articulated in the Winter 2002 Newsletter, which was summarized beautifully at Farmington when Chad received the President's Award, is going to continue. Thelma Lake's remarks as she presented Chad his commendation, summarized what NECHA is all about - "...Your leadership has given college health professionals the capacity to focus on the critical issues that face us and the vision to transform challenges into opportunities while never losing sight of what ultimately guides us - advocating and educating for the health and well-being of our students."

Expect no surprises in the coming year! Initiatives such as signing up as many colleges and universities as we can with NECHA's Affiliate Institutional Membership (AIM) (allowing more staff to take advantage of NECHA's advocacy and learning opportunities), continuing to develop the Web site as a resource, organizing and presenting a spring workshop, continuing and hopefully finishing the by-law revisions, and laying the groundwork for NECHA NH-04 (New Hampshire in 2004) while at the same time helping our New York colleagues as they take responsibility for our Region V Combined Annual Meeting in Saratoga Springs (Oct. 29-31) are on-going activities that will keep the Board busy. Please be in touch with any of us on the Board with your concerns or questions, so that we can fully realize our mission of truly representing and advocating on behalf of our membership. Thank you.

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

NYSCHA & NECHA Associations

Combined Annual Meeting

October 29 -31, 2003 * Saratoga Springs, NY
Many Perspectives – Shared Vision

Call for Programs

Extended Deadline: Wednesday, March 5, 2003

Submission forms can be obtained by visiting www.nechaonline.com and click on Annual Meeting tab. For more information, contact NECHA President-elect Carole Worsh.

2003 Spring Summit **Friday, March 28 * Northampton, MA**

Speakers include:

- **Deborah Bronson, MBA**
Asst. Director, Finance and Administration, University of New Hampshire
- **Cindy Lubianez, MS, RN**
Asst. Director, Health Service, Boston College
- **Lynn Wachtel, FNP**
Director, Health Services, Rhode Island College

Turn to Page 3 for details!

Meet the Board

Jeff Benson, MD, MPH



Editor's Note: Please join us in welcoming Dr. Jeff Benson to the NECHA Board Class of 2003. We look forward to his contributions and working with him in the coming year – and hearing more about his

travels prior to re-settling in the East! The following, in his own words, is his story:

HELLO!! I've been asked to introduce myself as one of your new NECHA Board members (Member-at-Large, and also NECHA rep to the Maine College Health Board). So ... This is my third year at Bowdoin, as Director of Health Services. I have been very happy, working with a truly outstanding health center staff and within a very supportive student affairs division. I spend about half my time seeing students, and have been delighted to find my clinical work very satisfying and quite challenging. After years of work in a variety of private and public sectors, I relish this opportunity to see as many patients as need to be seen, for as long as we need, and as often as we need, without having to worry about RVUs and HMO schedules and insurance reimbursement rates. I enjoy the teaching opportunities that are built into these visits.

The other half of my time is taken up by a variety of administrative functions, which happily include opportunities to work on health policy issues. I've always tried to combine clinical work and public health work, and at Bowdoin, feel a little like the Public Health Officer for a (very) small town. Through the Maine College Health Association, and now NECHA, I'm now able to work with colleagues around the region on common problems and issues.

I've been fortunate to live, study and work in some interesting places over the years. I grew up in Montreal and did my undergraduate studies in Sociology at Harvard. After college, I went to China studying Chinese language and history. After some travels in Southeast Asia, I went to Berkeley, and started a PhD in Chinese history. As it turned out, I didn't much like the life of a graduate student, so got my master's, left school, and like many Berkeley grad school dropouts, became a carpenter. After a couple of years of construction work, I needed more, so I volunteered in the Oakland County Hospital E.R., took pre-med classes, and eventually headed back to Harvard for an MD.

I did a family practice residency in social medicine at Montefiore in the Bronx, and after residency, worked in Central and South America on a variety of primary care/public health projects. Later, I worked in rural Texas, went to Johns Hopkins for an MPH, got married, worked in East Baltimore inner city clinics, and ultimately moved to New Mexico, where I joined the med school faculty and started a clinical and public health teaching program on the Navajo Reservation. When our first child was born, we moved closer to family in Maine and Canada, and here we are!

My wife, Michele Polacsek, works at the Maine Center for Public Health and Harvard's Prevention Research Center. Our daughters, Sophie and Esme, now 7 and 4 years old, are thriving Montessori students. We all feel very happily settled in Maine, and in our work and lives here.

I am excited about joining the MCHA and NECHA Boards, and look forward to working with all of you in the months and years ahead!

Life After College Health

Louise Gazzara

Yes, Virginia, there is life after college health—a wonderful life!

Now don't misunderstand me. My 25 years at Tufts University afforded me the opportunity to initiate new programs, expand my skills, and become one of the first college health nurse practitioners.

BUT after retiring in 1992, I discovered attributes that I never even dreamed I had. I need to digress a bit before expounding on those attributes... My husband, Chuck and I decided we would like to spend our time in warmer climates. We decided on the southwest coast of Florida.

Having designed and built a small house in New Hampshire, I undertook the challenge of designing our Florida home. We built a courtyard complete with separate quarters for guests, plus a very private pool.

Other skills, which we discovered and finely honed, are dancing, singing, acting, and volunteering. I keep my NP license up to date and spend a considerable amount of time counseling on health issues, especially those associated with the elderly. Over the past five years, our per-

forming groups have presented shows for many organizations, nursing homes, churches and clubs. I was recently allowed to sing at a variety show!

Traveling has also occupied a good share of our time. We also enjoy the companionship of our five children and their families.

My advice to all in college health – enjoy your relationships with your co-workers as well as the challenge of providing care and teaching good health habits to our country's future leaders – but realize that excitement lies ahead of you when you retire!

You can reach Louise (if she is home!) at 4546 SE 6th Court, Cape Coral, FL 33904.

NECHA President's Award and Louise Gazzara Award Nominations Deadline Approaching

Nominations for the 2003-04 NECHA President's and Louise Gazzara Awards are due Tuesday, April 1. For a nomination application, contact Nomination Chair Chad Henderson. The Awards Committee will meet over the summer and recipients will be chosen in the early fall and awarded at the Combined Annual Meeting in Saratoga Springs. Both recipients will have their registration fee waived for NECHA's 2004 Annual Meeting.

NEHEN Update

On January 16, twenty health educators from various New England colleges met at Simmons College in Boston. Topics discussed included: Review of the Health Education sessions to be offered at the ACHA Annual Meeting in May; sexual assault programming; peer education/peer counseling; porn and sexual health; tobacco policies and what's up with alcohol on campuses. It was decided that health educators from the Boston area could benefit from some additional meetings that were topic specific, i.e., peer health/peer counseling. Contact Catherine Collins @ Wellesley for further information. The group will meet again on Thursday, May 8 at UMass Amherst.

2003 SPRING SUMMIT: NECHA - HIPAA

**A Discussion & Information Exchange Focusing on
Privacy and Security Issues
In the College Health Service Setting**

Friday, March 28, 2003

10:00am – 4:00pm

Clarion Hotel & Conference Center
Northampton, Massachusetts

Plan to join us and become a part of a diverse college health audience for the purpose of discussing privacy and security issues dealing with protected health information (PHI). The Summit is intended to allow for the exchange of information and strategies for improving privacy and security of PHI within the framework of guidelines issued under the Health Insurance Portability and Accountability Act (HIPAA).

Objectives: At the conclusion of the program the participant will:

- Understand the privacy and security issues involved with PHI within the college health service.
- Understand the basic requirements and intent of HIPAA; identify whether their health service is a covered entity or whether they will adopt the intent of HIPAA.
- Have access via CD-Rom to sample documents and training programs from colleagues

The Summit is **free** to 2003 NECHA AIM schools. (If your school has not yet renewed or joined, you may do so by completing the form on page 5 or downloading it at our Web site: www.nechaonline.com. At this time, two representatives at member school can join us, with a third colleague option on the waiting list.

Confirmations and directions will be emailed to participants within 7 days of receipt of their registration. Each attending institution will receive a CD-Rom of best practices/examples they can edit for their own use.

NECHA's 2003 Spring Summit is made possible by the generous continued support of the following:

**The Chickering Group Koster Insurance Company
University Health Plans**

PRELIMINARY PROGRAM

9:00 – 10:00 Registration, Continental Breakfast

Morning Brief History and Status of Statute and Regulations

Does HIPAA Apply to My Health Service and/or College?
FERPA vs. HIPAA vs. State Statute Intent and National Standard

Basic HIPAA Requirements

Transaction and Code Sets

Privacy: Define Protect Health Information
Privacy Notice
Authorization Forms
Consent
Business Associate Agreements
(*who, what, when, where*)
Amending a Record – the Process

Lunch (provided)

Afternoon Security Issues
Physical
Limit Access (who, what, when, where)

Gap Analysis: Defining What You May Need to Change Enforcement

Breakouts/Sharing Based on Where You Stand
Each session will have a facilitator to lead discussion/information sharing to develop a brief synopsis on progress and identify unmet needs.

Wrap Up / Closing Comments

Free to Colleagues from NECHA AIM Schools!

REGISTRATION FORM

One registration form per institution

NECHA Fed ID #: 23-7132676

Registration Deadline: Wednesday, March 12

Institution: _____

NECHA AIM#: _____

Address: _____

City/State/Zip: _____

Registrant #1

Registrant #2

Name/Credentials:

Name/Credentials:

Title: _____

Phone: _____

Email: _____

• I have attended HIPAA training: (<i>please circle</i>)	<u>Registrant #1</u>	<u>Registrant #2</u>
At ACHA	Yes No	Yes No
At NECHA	Yes No	Yes No
Other Outside Source	Yes No	Yes No
On the Web	Yes No	Yes No
On my Campus	Yes No	Yes No

• Our institution has performed a "GAP Analysis":		
Regarding Privacy Issues	Yes	No
Regarding Security Issues	Yes	No

• Our institution has the following in place:		
Security Plan	Yes	No
Privacy Notice	Yes	No
Authorization to Release Info	Yes	No
Business Associate Agreements	Yes	No
Process for Patient to Review Record	Yes	No
Process for Patient to Amend Record	Yes	No

• Our institution uses automation (computer based):		
Electronic Medical Record	Yes	No
Immunization Tracking	Yes	No
Medical Record Management	Yes	No
Appointing and Scheduling	Yes	No
Billing and Collections	Yes	No
Insurance Waiver	Yes	No
Other: _____	Yes	No

Our greatest unmet need in terms of privacy or security is:

Please check this box if you have a third person who could also benefit by attending the Spring Summit. Depending on pre-registration numbers as of March 12, we may have additional room to accommodate a third person from your institution. We will contact you by Tuesday, March 18 if we can accommodate more registrants.

If you require special accommodations or have additional needs in order to participate, please check this box. Indicate your requests in writing and include with your registration form.

Send your Spring Summit registrations NECHA Spring Summit
by **Wednesday, March 12** to: 741 Hand Road
No. Ferrisburgh, VT 05473

Questions: Julie Basol / NECHA Administrator
802 425-3936 jnb@gmavt.net

Connecticut

Michael Kurland, MSPH

New Immunization Legislation Considered:

Connecticut has quite stringent laws regarding immunization compliance for measles and rubella.

Given the success of the elementary and secondary schools in enforcing these regulations, a number of colleges and universities have approached the Connecticut Department of Health proposing that graduation from a Connecticut high school should allow a student automatic compliance with the immunization requirements that pertain to institutions of higher education. Representatives from a number of community colleges, state universities, state colleges and private colleges have met with DPH staff to request this change.

If the modification to state law is approved, it will facilitate the compliance and reporting process for all schools within the state, but particularly those with a high proportion of Connecticut high school graduates in attendance (such as the community colleges). The proposal is to modify Section 1, Subsection (a), section 10A-155 of the Connecticut statutes to include the following as proof of immunization: "(5) shows evidence of graduation from any Connecticut public or non-public high school after 1999 or later and did not have a medical or religious exemption from measles and rubella vaccination shall be exempt from the appropriate provisions of this section". Please support this modification and contact me if you have any questions.

Planning for Smallpox Mass Vaccination Clinics:

Many schools within Connecticut, including Yale, UCONN and Central Connecticut State have been working with their local health districts to plan for Stage 1, 2 and 3 of the Smallpox Pre-event Vaccination process. The state has been broken up into 43 mass vaccination regions. Throughout these regions, approximately 70 clinics (that will each vaccinate 50,000 people) need to be developed. At this point, we are working with our health districts to identify a group of "vaccinators" who will agree to be vaccinated during Stage 1. Stage 1 vaccination will take place at UCONN-Farmington, beginning in February. In the case of UCONN-Storrs, we have partnered with the Eastern Highlands Health District in Northeast Connecticut and will develop plans for vaccinating 56,000 members of the

community (including ~ 15,000 - 20,000 students and staff). Stay tuned for further details!

Maine

Jeff Benson, MD, MPH

Perhaps the most exciting recent news from Maine concerns our Tobacco Summit this past November. A group of college health, community health, and Cancer Society workers had been meeting for over a year, as the Maine Tobacco-Free College Network, to provide support, information, and coordination of efforts statewide around tobacco issues. The Summit brought together student health service representatives from almost all of Maine's colleges and universities, deans and student affairs administrators, students, campus facilities workers, Harvard School of Public Health researchers, community-based tobacco advocates, Bureau of Health officials, and state and regional leaders of American Cancer Society and American Lung Association all to consider together, the increasing prevalence of tobacco use on college campuses and what to do about it. It was very exciting to bring together so many different people from so many different campuses and public and private agencies, all wanting to work together on a common public health goal.

We heard from Henry Wechsler's group about current national trends in college smoking, watched a student-produced video about the tobacco industry's targeting of college students, and learned about secondhand smoke as a primary health threat. ACS reported on their Smoke-Free New England College Campaign (launched with NECHA in April 2001), and the Maine's Bureau of Health on Partnership for a Tobacco-Free Maine. Chad Henderson described URI's development and implementation of a tobacco-free campus, and Pamela Clay-Storm outlined USM's sometimes-challenging path to the same goal. Students from UMaine Farmington described their much-admired grass-roots efforts to make and keep their campus smoke free, and a Bowdoin student and dean reported on administrative and student responses (overall, very positive) to Bowdoin's new tobacco policy.

The Summit will be followed up by ongoing meetings of the Maine Tobacco-Free College Network. We hope to work on a systems approach basis on the statewide level with MCHA, the Bureau of Health, community tobacco partnership groups, ACS, and ALA reaching out to campuses statewide to achieve long-term success.

Massachusetts

Mandate: Massachusetts law now requires that all health insurance policies include coverage for contraceptives effective January 1, 2003. This includes all QSHIP plans.

Career Move: Best wishes to Lori Fresina, formerly with the American Cancer Society. Lori has recently taken a position with the National Campaign for Tobacco-Free Kids. In her new position at CTFK, she will focus initially on the fight to restore tobacco control program funding in the Commonwealth, as a member of the Massachusetts Coalition for a Healthy Future.

Lori was influential in bringing ACS together with NECHA at the Spring Summit of 2001 at The College of Holy Cross. Since that time, New England states have continued their individual efforts in making their schools smoke-free.

With a fresh new project, no doubt, Lori will excel and continue her good works though the Campaign for Tobacco-Free Kids. She can be reached at lfresina@tobaccofreekids.org or 978-694-9988.

New Hampshire

Charley Bradley, RNC

Each year in the fall, along with bedding down the gardens, college health services make preparations for winter. An important undertaking for many colleges is flu clinics. It is interesting to discover the resources used to provide these clinics.

New England College offered two flu clinics this year. Home Healthcare, Community Services and Hospice sponsored the clinics with space provided by the health center. Only 11 individuals received flu shots at the NEC clinics, all of which were staff or faculty.

Daniel Webster College held one 2-hour clinic where 40 flu shots were administered. Injections cost \$15 each and were given by the VNA with clerical assistance from the DWC health service staff.

Colby Sawyer College offered flu shots to students, faculty, and staff at a charge of \$10. Ninety-two people received shots at CS this year. The health service directly contacted students with chronic illness and encouraged them to receive flu shots. By providing this email con-

(continued on pg. 6)

CT-02 is a REALLY Big Success!

College Health: What's REALLY Important... received warm accolades from the 165 attendees who convened in Farmington last November. Kudos to Program Chair Peter Nobes and the Planning and Local Arrangements Committees who pulled it all together!

Congratulations to Chad Henderson, well deserved recipient of the 2002 NECHA President's Award; Betty Cotter and Sandy Stern, co-recipients of the 2002 Louise Gazzara Award. Their citations can be read in their entirety at www.nechaonline.com. All three winners will have their registration fee waived for the 2003 Combined Meeting.

The support from our sponsors and exhibitors is vital to the success of our Annual Meetings and their arrival and set up sometimes feels like a family reunion! Special thanks to the following CT-02 supporters:

- Advanced Imaging*
- Aventis Pasteur, Inc.*
- Bollinger Insurance*
- The Chickering Group*
- Connecticut Pathology Laboratory, Inc.*
- Consolidated Health Plans*
- Cross Insurance*
- Culture Kits, Inc.*
- Edwards Medical Supply*
- Glaxo SmithKline*
- Koster Insurance Agency*
- MDhub.com*
- Media Highway*
- MedPro Software, LLC*
- Moore Medical*
- Nuesoft Technologies, Inc.*
- Ortho-McNeil Pharmaceuticals*
- Pharmedix*
- Point and Click Solutions, Inc.*
- SaraMed*
- Student Resources*
- University Health Plans, Inc.*

NECHA AIM

Membership Succeeds Expectations

In its second year, NECHA Affiliate Institutional Membership (AIM) renewals and initial applications are streaming in! Most institutional members were able to take advantage of CT-02's lower member registration rate, while other schools joined NECHA as a springboard for getting involved with neighboring colleges and universities. New members and renewals for 2003 are welcome.

We look forward to many NECHA AIM colleagues convening in Northampton in March to discuss HIPAA, privacy, and security issues in a college setting. The Spring Summit Workshop is **free** to NECHA (AIM) member schools – see page 3 for details!

A reciprocal agreement with New York State allows NECHA members to be eligible for reduced registration rates at the Combined Annual Meeting this fall. Regardless of your own personal status with ACHA, you will pay the lower registration fee for the Combined Meeting if your school joins NECHA.

Questions? Contact Julie Basol, NECHA Administrator: jnb@gmavt.net or 802 425-3936. Memberships are based on the calendar year and are not pro-rated.



Membership Application 2003

Affiliate Institutional Membership (AIM)

Applying for a NECHA membership is easy! NECHA Fed ID # 23-7132676

1. Complete all required information on this form
2. Return this completed form with your payment to :

New England College Health Association

741 Hand Road

No. Ferrisburgh, VT 05473

Ph: 802 425-3936 F: 802 425-5507

_____ Date of Application

\$50/institution

Institution: _____

Contact Person: _____

Preferred Degree: _____

Position / Title: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

E-mail Address: _____

Secondary Contact: _____ Phone: _____

• # of staff members at my health center: ____ full time; ____ part time; ____ per diem

• My health service reports to (department): _____

Across The States, cont...

tact, ~ 60% of the identified students were vaccinated. In addition, the health service tracks diagnosed cases of flu. When there are more than three cases in a particular residence hall, the RDs and RAs provide additional programming about ways to reduce one's risk of contracting the flu.

Franklin Pierce College held four flu clinics for students, faculty and staff. Faculty and staff were allowed to schedule an appointment if they were unable to make any of the clinics dates. This year 200 flu shots were administered at FP (more to faculty than students) at a cost of \$10.

New Hampshire Technical Institute's health service held two flu clinics. The Student Nurses' Association provided publicity and education and administered the injections to students, faculty and staff. Two hundred and fifty flu shots were given at NHTI, the cost of which was assumed jointly by the student senate and health service.

Saint Anselm College held one 4-hour clinic for students, faculty and staff, along with special clinics for the men's and women's basketball teams and the men's ice hockey team. A total of 284 shots were administered, primarily by the student nursing majors at a cost of \$10.

Dartmouth College held six flu clinics this year. As has been the practice for several years, the health service and the College's department of human resources shared the overall cost of the clinics, including flu vaccine. Three of the clinics were held at the health service, one at the gym, one in the dining hall, and one, which was a featured part of the annual Employee Benefits Fair, was held at the student center. A total of 1,874 flu shots were given at the clinics this year. The majority of students, faculty and staff who get flu shots at Dartmouth each year are able to self-schedule their appointment via computer, which really helps control both patient volume and flow, along with alleviating additional work for appointment office staff.

The flu clinics have been incredibly successful and run very smoothly as a result of the collaborative efforts of every health service department. From the greeters to the folks who provide computer check-in, to the "shooters" and the "patient flow directors", everyone works together to put on great clinics that are even fun!

Following the national trend, the number of flu shots administered at the above New Hampshire colleges is down from previous years. Time will tell how effective our efforts have been this year!

Rhode Island

Chad Henderson, MBA

We all enjoyed the Meeting in Farmington and offer our congratulations to the program planning committee for a job well done. We are very proud of Betty Cotter from Bryant College who received the Louise Gazzara Award. My thanks to those who nominated me for the NECHA President's Award and the congratulations that followed from many of you.

The Tri-State Health Care Consortium had interesting sessions this past fall. First, Steven Swartz of Advanced Imaging provided an informative session on converting paper records to retrievable formats. October saw a general discussion of HIPAA and the debate regarding applicability to college health in our various settings. In December we welcomed Gregory Banner, Emergency Response Preparedness Coordinator from the Rhode Island Department of Health, who discussed smallpox as a bio-terrorist threat. Plans for the spring include inviting a medical expert to continue the discussion on bio-terrorism.

The University of Rhode Island joins Brown University in receiving re-accreditation by the Joint Commission on Healthcare Organizations.

URI bid farewell to Barbara MacDonald who has been the Senior X-ray Technologist for more than 30 years and Fran Girardi, Medical Records Supervisor, with more than 23 years of service. New staff members added throughout Rhode Island include Diane Butkins as a part time secretary to Karen O'Brien at RISD, Betty Murray as Medical Records Supervisor, Jane Anderson as Senior X-ray Technologist, and Marcia Blazar as Housekeeper at the University of Rhode Island.

As the spring term begins, it looks like we may be in for a widespread outbreak of Norwalk Virus. Maintaining good fluid levels and frequent handwashing (www.acha.org/about_acha/affiliates/NECHA/positionpapers.htm and <http://health.uri.edu/handwashing>) are keys to controlling symptoms and spread.

Hope we all enjoy a healthy spring ... looking forward to seeing many of you in Northampton on March 28 for the Spring Summit.

Vermont

Kathleen Ready, FNP

The Eating Disorders Team at Middlebury College is in its second year. The team is comprised of counselors from the Office of Counseling and Human Relations, our health educator, a representative from the athletic department, the physician and nurse practitioners from the health center, and a nutritionist.

Monthly meetings are divided into two sections- the first half includes discussing a range of issues including campus climate, opportunities for health education with students, faculty and staff. A special effort has been made to educate coaches about disordered eating and support them in their work with students. The second half of the meeting is for clinicians to discuss patient care issues and individual cases if students have given their permission.

This committee of care providers and members of the athletic department have found this group to be a great vehicle for collaboration and support. It has been a springboard for developing educational opportunities in our college community.

Call for Nominations for the 2003-2004 NECHA Board of Directors Now Being Accepted

DEADLINE FOR SUBMITTING NOMINATIONS IS THURSDAY, MAY 1, 2003.

The Nominating Committee, chaired by Past-President Chad Henderson, is seeking nominations for the following positions:

- President-elect – 1 year
- Secretary – 1 year
- Treasurer – 1 year
- Members-at-Large (2 positions (2-yr terms))
- Region V Representative to ACHA – June 2004 – 06

We are seeking candidates who have strong leadership skills and commitment to college health. Nominations must be current members of NECHA/ACHA.

Please forward a letter of nomination that includes:

- Biographical information about the candidate
- Summation of nominee's participation with NECHA/ACHA
- Special attributes and professional accomplishments of the nominee
- Nominee's name, title, e-mail and phone number

Send letter of nomination to:
Chad Henderson, MBA, Director, Student Health Service (address on back page of newsletter).

ALTERNATIVE SPRING BREAK

March 16-21

Kripalu Center for Health and Yoga
Lenox, Massachusetts

All Adults Welcome!

Not interested in the stereotypical spring break this year? Well, then put down your bathing suit and pick up your yoga mat, as this program is a healthy choice for anyone looking for an alternative spring break experience. Come relax and enjoy the beauty of the Berkshires, meet new like-minded people and rejuvenate your body, mind and spirit!

In this program you will explore:

- The joy and peace of yoga
- The fun of Kripalu Danskinetics
- The power of meditation and inner stillness
- The fresh air of walking/hiking in the Berkshires and simply being in nature
- Tips on eating well and practicing conscious eating
- Fun with art and writing

Throughout the week, you'll learn specific techniques to deal with stress and re-energize yourself. Laurie Magoon, an educator for 20+ years (and Health Educator at Babson College), combines the traditional and non-traditional wisdom to motivate, inspire and bring joy to all. Your Kripalu experience will help re-affirm that your spirit is alive and well.

For more information: 413 448-3400

2003 NECCD Conference

March 30 – April 1
Westbrook, Connecticut

The 2003 NECCD Conference is scheduled for Sunday evening, March 30 - Tuesday April 1, 2003 at the lovely Waters Edge Resort and Spa (www.watersedgeresortandspa.com) in Westbrook. APA continuing education units are planned.

The conference, *What the Heck is Happening: Clinical Issues on College Campuses*, is planned to tentatively include multiple useful topics including:

- Who are these millennium kids?
- DBT-S for the college
- Tx issues for ADD
- Group work with college students
- Developmental approach to treatment of college students
- HIPAA-Are you ready?
- Caring for students over summer/vacations
- How to prepare for IACS accreditation
- Cultural competence/diversity
- Boundaries in therapy

- What do we do with all the bipolar disorders?
- Medication issues
- Asperger's autism- what is it and how do we treat it?
- International issues and effects
- Behavioral disruptions-are the problems getting worse?
- Medical withdrawals
- Case discussions

Information: Janet Dee Spoltore, PhD, ABPP
Director, Student Counseling Services
Connecticut College
jdspo@conncoll.edu or 860 439-2692.

PERFORMING BEYOND THE LIMITS:

UNDERSTANDING EATING DISORDERS IN FEMALE ATHLETES

Friday, April 11

Simmons School for Health Studies
Boston, Massachusetts

Simmons School for Health Studies will sponsor a conference on Friday, April 11, addressing a critical issue affecting the competitive performance of female athletes: eating disorders. Featured speakers:

- Nancy Clark, MS, RD
Director of Nutrition Sciences
SportsMedicine Associates
- Joanne Pomodoro, RT, MSW, LCSW
Clinical Social Worker
Trauma Center & Arbour Counseling Center

Clark will discuss "Eating Disorders & Athletes: How to Transform Food Fears into Healthy Eating". A world senior champion racquetball player, Pomodoro's lecture is entitled, "Athletes with Eating Disorders: A Personal Journey".

Some of the afternoon workshops will include:

- Health is Not a Number on the Scale: Nutrition & Eating Disorders
- Who's in the Driver's Seat?: Emotional Health & Eating Disorders
- Athletes & Eating Disorders: Understanding the Nursing Role
- Physical Therapy & Fitness: Working with Athletes with Eating Disorders
- Women of Color & Lesbians with Eating Disorders: Socialcultural Considerations
- How, When, Who to Include?: Practical & Legal Considerations for Coaches & Administrators

Continuing education units (contact hours) have been applied for through the American Psychological Association, Commission on Dietetic Registration, National Athletic Trainers Association, National Commission for Health Education Credentialing, Simmons School for Health Studies Nursing & Physical Therapy

Programs and Simmons School of Social Work. This conference has been collaborated with and endorsed by the Massachusetts Governor's Committee on Physical Fitness and Sports.

For more information, please contact
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ACHA Region V Representative Report

Kathy MacLachlan MS, ANP
Syracuse University

It's hard to believe that I'm in my 6th month as ACHA Representative. The responsibilities hit home quickly when I attended the Board Meeting in Baltimore last month. I look forward to getting really acclimated to the working of the Board as I represent Region V.

On November 6, I attended the NECHA Board meeting in Farmington. I felt most welcome and many Board members expressed interest in how NYSCHA deals with issues specific to college health. Most important, I was impressed by the Board's concern for NECHA members and its role in assisting institutions in meeting mandates, such as HIPAA. The NECHA Board collectively suggested that I approach ACHA at the January meeting. I'll be pleased to report more about the topic very soon.

Currently, the NYSCHA Board is busy hammering out plans for our Combined Meeting in Saratoga Springs in October. The planning committee met mid-January to view the facility (although it is a familiar one) and discuss program ideas. We always look forward to our Combined Annual Meetings and quality time with our NECHA counterparts.

In closing, I want to add that to be an ACHA Board member at a time when the President is from my own affiliate is exciting. Dr. Ralph Manchester has chosen *A Passion for College Health* as the theme for the 2003 ACHA Annual Meeting. Think about it. So many of us have been working in this field for years and wouldn't think of doing anything else. I have been the NYSCHA Annual Meeting "registrar" for a number of years and could almost write the attendee list before I receive registrations. We are a unique specialty with many interwoven disciplines and we all work together for the same common purpose – the health of students. Must be that Ralph is correct – we do have a **passion for college health!**

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