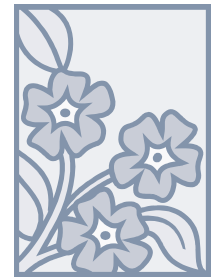


# NECHA News



new england college health association

Spring 2007

**Greetings** - By the time you receive this newsletter, another semester will be coming to an end. With April's finicky weather, I'm hopeful that May's climate will better match the calendar.

Before the academic year ends and people are preparing for summer, I'd like to encourage you to be mindful of the following events and grant opportunity:

- ACHA's Annual Meeting
- NYSCHA/NECHA 2007 Combined Annual Meeting
- NECHA grant proposal

**ACHA Meeting** The 2007 ACHA annual meeting will convene May 29-June 2 in San Antonio, Texas. NECHA members will be very involved at this meeting. NECHA President-Elect, Ellen Reynolds and me, along with representatives from the various sections of ACHA, will be attending a Leadership Day Workshop prior to the commencement of the annual meeting. The workshop is designed to help participants identify their own style of problem solving and decision making and using that information to help them negotiate styles different from their own. I look forward to this workshop and sharing it with the board and our membership.

In addition to NECHA's presence at Leadership Day, we are delighted to have two members running for national offices. Chad Henderson, Director of Health Services from the University of Rhode Island (and a NECHA Past President) is seeking the office of ACHA President-Elect. NECHA Board Member-at-Large John Miner, Co-Director of Counseling and Psychological Services at Williams College, is seeking the Chairmanship of ACHA's Mental Health Section. We wish them well in their respective races. We also have members from our region presenting their work. The conference promises to be quite an event; I look forward to seeing you in San Antonio!

**NYSCHA/NECHA Combined Annual Meeting, October 10-12**  
NECHA will be joining the New York State College Health Association in Saratoga Springs, NY this fall. The Annual Meeting has great programming for all sections and there is strong programming representation from NECHA. Please monitor both the NECHA

(www.nechaonline.org) and NYSCHA (www.nyscha.org) Web pages for information on registration and hotel accommodations. This information may be especially prudent for those schools where the academic year does not start until late September.

**NECHA Grant Opportunities** Each year, NECHA sponsors grant monies for college health services in New England. The purpose of the grant proposal is to assist schools in developing new student programs or enhancing existing student services through innovative health programming. In years past, Babson College was awarded a grant for developing a stress reduction program for students during final exams and Pine Manor College received a grant for examining and addressing obesity in their student population. In recent years, we have not received many grant proposals. Please don't miss out on this opportunity! Eligibility requirements for the grant include statement of purpose, description of program goals, relevance to college health, and budget. Proposals that include student involvement are especially encouraged. Health care professionals that work with student peer health educators or peer advising groups are encouraged to submit proposals. Proposals should be sent to me. (see page 8)at:

The deadline for submission is **May 31**. Recipient(s) of the award will be announced at the Combined Annual Meeting this fall and will have an opportunity to present their work the following year.

In closing, I'd like to say that it's a pleasure to serve you and lead this present board. There are great programming ideas from our various disciplines and lots of energy from our board members. We are also very pleased to have the support of our Administrative Director, Julie Basol who does an amazing job with our board. If we can assist you in any way, please let us know.

I hope to see you at one or both of the conferences as well as receive a grant submission from your school.

Best,  
Bryant Ford, PhD  
NECHA President



## In Memoriam

On April 16, 2007, tragedy struck the campus of Virginia Tech. Thirty-two people were murdered by a gunman before he took his own life. Our thoughts and prayers go out to the students, faculty, staff, and families that were affected by this senseless act. The gunman turned out to be a member of their community leaving many on campus, as well as across the nation, to ponder why. A few board members have expressed a desire to help the members of the Virginia Tech

community. The American Psychological Association (www.apa.org) and The American Psychiatric Association (www.psych.org) are coordinating nationwide volunteer counseling services for students leaving campus for the summer.

Please monitor their Web sites for more information. For other health concerns, please check ACHA.org. Given the seriousness of this event, this tragedy has ramifications well beyond the borders of Virginia Tech. The tragedy is creating a national discourse on safety at our colleges and universities. Campus administrators

are convening meetings to discuss current college policies of safety, security and student wellness. As health professionals, we may be called upon to participate in these discussions. If you are called to participate in a campus meeting on safety, please feel free to consult and share any information with other schools as they may find it helpful. NECHA has sent letters of support and condolences to the counseling center and college health service at Virginia Tech. As the campus mourns and heals from this tragedy, we will continue to keep them in our thoughts and prayers.

# 2006 - 2007 NECHA Board of Directors



L to R, back row: John Miner, Ellen Reynolds, Jeff Benson, Vanessa Britto, Bryant Ford. L to R, front row: Joleen Nevers, Gerri Taylor, Lynn Wachtel, Charley Bradley, Chris Burke

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John A. Miner, MD

As New England transitions from winter and the newsletter arrives, spring break will be a distant memory. And as we gear up for the final push through mid terms and finals, it's likely that many students will be doing all sorts of things that probably won't help them as much as they might in their academic functioning.

**NATIONAL COLLEGE HEALTH ASSESSMENT** The NCHA Spring 2006 data, published in the ACHA Journal (Jan/Feb '07), provides vital data from the past 6 years with regard to the state of health issues on college campuses. The number of students and colleges participating in the survey has steadily grown to nearly 95,000 students on 117 campuses. My initial reading of the report shows no major surprises...and, sadly, no significant improvements. The survey shows that college life, culture, stress, and behaviors are still quite problematic.

One of the findings I find most problematic is from the list of the Top 10 Health Impediments to Academic Functioning. Eight of the ten impediments fall into areas that could fall into Psych Services' domain...stress, sleep problems, concerns for friends/family, depression/anxiety/SAD, relationship difficulty, internet/computer games, death of friend/family member, and alcohol use. It speaks to how much work there is in educating, out reach, and helping students who might be struggling.

**BEST PRACTICES** An exciting panel presentation is planned for the '07 Combined Annual Meeting. Led by Keith Anderson, PhD (RPI), they will show how the NCHA

data can be used in planning and promoting campus programs and services that address some of the health impediments. So there's another good reason to come join us in Saratoga Springs! Keith is very knowledgeable and has been quite involved in ACHA, where he's currently Chairman of the Mental Health Best Practices Task Force.

'Best Practices' is a concept that has recently evolved, differing from 'Standard of Care'. The former is an ideal, something to aspire toward. Standard of Care is what another qualified colleague or peer would likely do in the same kind of situation. 'Best Practices' are determined by striving for excellence in effectiveness, outcome and satisfaction on the part of the client/patient.

It's not likely that any one institution, service, or provider achieves 'Best Practices' in all areas of clinical care. Some may have a great intake process, some might have a great informed consent process, some may have a great education and outreach process, an ADHD evaluation process, a psychotherapy technique, etc. I suspect that every Psych Service clinic has some aspect of providing care to students that quietly approaches a 'best practice'.

Key factors in identifying such excellence are looking at old problems in new and innovative ways, finding ways to implement creative practices within unique college cultures, a commitment to excellence in your practices and partnering with clients/patients in a respectful and collaborative way. One of the most useful and rewarding aspects of being involved with NECHA and ACHA is to be able to talk with colleagues about how they are conducting their 'practices' so as to learn and work toward improving all of our 'practices'. If you have specific questions or ideas about the ACHA Mental Health Best Practices Task Force, please be in touch with Keith at [anderk4@rpi.edu](mailto:anderk4@rpi.edu).

(continued on page 7)

NEW YORK & NEW ENGLAND COLLEGE HEALTH ASSOCIATIONS  
**2007 ~ COMBINED ANNUAL MEETING ~ 2007**  
**UNITED IN COLLEGE HEALTH**  
 Saratoga Springs, New York October 10-12

**2** SARATOGA SPRINGS

**0**

**0**

**7**

Presented by the  
 New York State  
 College Health Association



**Thank You's** I would like to thank the members of the NYSCHA/NECHA Planning Committee for their commitment to offering an excellent annual meeting. The following committee members met at The Saratoga Hotel on March 12:

- Cheryl Sitchenko, NYSCHA President
- Kathy MacLachlan, NYSCHA Pres. Elect
- Pam Houle, NYSCHA Treasurer
- Bryant Ford, NECHA President
- Lynne Maier, NYSCHA District 7 Rep.
- Linda Dudman, NYSCHA Conf. Planner

In addition, the following people have been very helpful behind the scenes:

- Shelly VanSlyke (NYSCHA) & Denise McGoldrick (NECHA): Health Promotion programming
- Mary Madsen (NYSCHA): Primary exhibitor contact
- Brooke Durland (NYSCHA): Clinical medicine programming
- The many NYSCHA and NECHA members who have submitted proposals

Offering an annual meeting of the size and scope takes the commitment and involvement of many people. Thank you to all of you who will help make this annual meeting one of our best!

*Linda Dudman,  
 '07 Combined Annual Mtg.  
 Conference Planner*

Planning is well underway for the 2007 NYSCHA/NECHA Combined Annual Meeting. We have chosen the theme, **United in College Health**, in recognition of New York's State's recent decision to become united members with ACHA. *United in College Health* also celebrates our continuing collaboration with our annual meeting partners, the New England College Health Association. We are pleased to host the 2007 Combined Annual Meeting and invite our New York State and New England colleagues to attend the Meeting this fall. We hope you will make plans to join us in Saratoga Springs October 10-12. We believe it will be one of our best!

The planning committee recently met at the Meeting site to review the program proposals, tour the hotel, and make other decisions about the meeting. The response to the Call for Programs was excellent this year. We received proposals from a broad spectrum of the disciplines represented in college health. We are pleased and excited to offer a broad array of programs. (The list of programs below gives an idea of some of the programs that will be offered.)

**ABOUT THE HOTEL**

We will be returning to The Saratoga Hotel and Conference Center (formerly called The Prime Hotel), which is located on Broadway in downtown Saratoga Springs. This hotel offers excellent guest room accommodations, in addition to the number of break-out meeting rooms we need and ample space for our exhibitors. The hotel has been remodeled since we were there in 2003. To take a look at the hotel, check the hotel's Web site at [www.thesaratogahotel.com](http://www.thesaratogahotel.com).

To make your hotel reservations, contact the hotel directly at 518-584-4000 or 888-999-4711. The hotel rates are \$149 for a single or double, \$164 for a triple, and \$179 for a quad. When reserving your room, please identify yourself as a member of the *NYS College Health Association - Annual Meeting 2007*. Hotel conference room rates are available through September 16, 2007.

**ABOUT REGISTRATION**

This year we have decided to simplify registration by offering one basic rate for the conference registration. The cost for the three day conference is \$265. Daily rates are available for attendees who can only come one or two days. Student rates will be available, too. The registration fee includes lunch on Wednesday; breakfast, lunch, and dinner on Thursday; and breakfast on Friday.

After September 16, the registration rate will increase to \$315. If you are unable to have a check sent by September 16, we can accept your registration form with payment to follow; however, it is important that we receive your payment prior to the start of the conference.

The registration form is now available on the NYSCHA web site. If you have questions about registration before the form is on the site, please contact me.

*Linda Dudman  
 ldudman@uhs.rochester.edu  
 585 273-5770, Fax: 585 461-4637*

**PROGRAMS TO BE OFFERED AT THE OCTOBER ANNUAL MEETING**

**Clinical Medicine:** Medical Acupuncture, Sports Medicine, Transgender Issues, Diagnosis & Treatment of Red Eye & Selected Ocular Emergencies, Screening for Study Abroad Students, HPV Vaccine Update, Male HPV Infection, Eating Disorders (2 programs), Dermatology (2 programs), Headaches, ADHD, Methamphetamine Primer, Bringing Homeland Security to Campus.

**Nursing:** Excellence in College Health Nursing, Telephone Triage, Obesity, Osteoporosis, Nursing Grand Rounds, Allergy Injections, TB Screening, Small Health Services, STD Screening & Treatment.

**Mental Health:** Combined Medical & Mental Health Services, Hot Topics in Counseling, Using NCHA Data to Develop Strategies, Initial Lessons Learned on Integration of Primary Care & Counseling Services, Practical Applications of Initial Lessons Learned.

**Health Promotion:** Health Promotion Roundtable, Solo Health Promotion Professionals, Using CAS Standards, Lost in Myspace.com, Break Up Workshop, Unwrapping Emotional Eating, Incorporating Sustainability in Nutrition Education, Men's Health, Social Norms, Break on Through to the Greek Side, Primary Prevention of Sexual Violence, Separating Fat from Fiction, Speaking Their Language.



# ACROSS THE STATES



## CONNECTICUT

*Joleen M. Nevers, MAEd*

The Governor's Prevention Partnership Statewide Healthy Campus initiative is pleased to announce the development of a Network of Trainers for BASICS (Brief Alcohol Screening and Intervention for College Students). BASICS is a science-based, model program endorsed by the National Institute of Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Administration (SAMHSA), among others. BASICS is a preventive intervention for college students 18-24 years old. Aimed at students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as poor class attendance, missed assignments, accidents, sexual assault, and violence, BASICS is designed to help students make better alcohol-use decisions and:

- Reduce alcohol consumption and its adverse consequences
- Promote healthier choices among young adults
- Provide important information and coping skills for risk reduction

A group of prevention practitioners and staff from The Governor's Prevention Partnership are now "licensed" to train campuses on the BASICS program. If you are interested in implementing this program on your campus contact Aliza Makuch at 860 523-8042.

This has been an exciting year for UConn's Counseling and Mental Health Services. During the fall semester, the University allowed the development of several new positions for the department. With limited space and a growing need, it was necessary to seek out new space. A warehouse behind SHS was retrofitted during the fall and the new space was in move-in condition for Counseling and Mental Health Services in January. A campus wide open house was held mid-March, showcasing the new space dubbed "Student Health Services Annex".

## MAINE

*Joleen M. Nevers, MAEd*

The BACCUS Network Area 10 conference was held in Orono, Maine on March 31 with the theme "Among the Stars". The day opened with a presentation from

Andrea Zlinko, from the BACCHUS Network and Dr. Sandy Caron from the University of Maine. The keynote speaker was Elaine Penn, nationally recognized speaker, trainer and performer who specializes in leadership, diversity, wellness and success. Throughout the day students and staff chose between twenty different breakout sessions. Session topics included: Handouts that Standout, Lights Camera Blackout, Beer Booze and Books, Self Esteem, Drawing the Shades, Rubberwear, and Diversity, to name a few. The day concluded with a BACCHUS Network slide show and an awards ceremony. Roger Williams University won two awards: Outstanding Peer Educator went to Rebecca Bowman and *Walk Away*, an interactive alcohol prevention program won Outstanding Program. The award for Advisor of the Year went to University of Connecticut's Joleen Nevers. With 150 students from various colleges and universities across New England in attendance, the conference was a great success, due in large part to the leadership of Beth Peters and the planning committee - UMAINE Peer Educators and Area 10 Leadership Team including: Lisa Currie-Wesleyan, Ann Doyle (both Bridgewater State), Chance Dorland (Emerson), Joleen Nevers (UConn).

## MASSACHUSETTS

*Gerri Taylor, MS, APRN*

Gerri Taylor (Bentley College) and Regina Roberto (WPI) have been invited to present papers at the Oxford Round Table program on Preventative Health: Intervention and Progress at Harris Manchester College of Oxford College in Oxford, England in August. Gerri will present on Pandemic Preparedness and Regina will present on Sexually Transmitted Illnesses in the College Population.

The Massachusetts Northeast Regional Nurse Practitioners Conference, sponsored by Mass. Coalition of Nurse Practitioners and New Hampshire Nurse Practitioner Association, was held on May 2 -4 at the Westford Regency For information about this annual event, visit:

[www.bc.edu/bc\\_org/avp/son/cont-ed/nrnpc/nrnpc.html](http://www.bc.edu/bc_org/avp/son/cont-ed/nrnpc/nrnpc.html)

Reminder - Deadline for providers to obtain a National Provider Identifier is

May 23. For information, go to <https://nppes.cms.hhs.gov/NPPES/StaticForward.do?forward=static.npistart>

Program on Assessing & Managing Suicide Risk (\$20): *Core Competencies for Mental Health Professionals* sponsored by:

MDPH Suicide Prevention Program  
c/o Alison Brill  
250 Washington Street, 4th Floor  
Boston, MA 02108  
Ph: 617.624.5299 Fax: 617.624.5075  
[Alison.Brill@state.ma.us](mailto:Alison.Brill@state.ma.us)

May 22 - Hotel Northampton  
June 12 - Radisson Plymouth



Suffolk University Health Services Director, Art Klossner, PA-C recently accompanied a group of 19 students to Mississippi (a similar-sized Suffolk group was volunteering in New Orleans). They found devastation still present so long after Hurricane Katrina - especially in areas where there was absolutely no visible signs of rebuilding at all! Staying at Camp Coastal, an organization that coordinated work assignments, they found the experience quite mind boggling. People in the Mississippi gulf coast communities were very appreciative of their help and were very kind to the college group. Art particularly enjoyed getting to know students in a different (happy and healthy) light. It was also rewarding to work with students from other colleges and universities from all around the country.

Suffolk received a special recognition for their contributions of money and labor to the Mississippi Gulf Coast region. The group was so touched by the experience last year that they returned and raised several thousand dollars, not only fund the return to trip, but also to donate. The University matched the money so they were able to purchase several \$1000 Home Depot gift cards to help individuals in need. This was particularly helpful, because many worksites had volunteers ready to work but no supplies to work with and the residents had no money to purchase supplies with. If you want to contact Art to hear more about this experience, contact him at:

[aklossne@suffolk.edu](mailto:aklossne@suffolk.edu)

## NEW HAMPSHIRE

*Sara S. Torbet, MEd  
Coordinator, Wellness Education  
Keene State College*

The New Hampshire Higher Education Alcohol and Other Drug (NHHEAOD) Committee, formally established in 1993, brings together representatives from New Hampshire public and private colleges and universities who are committed to addressing alcohol and other drug issues. The committee is made up of health educators, counselors, social workers, nurses, and directors. Institutional membership includes: Colby Sawyer, Daniel Webster, Dartmouth, Franklin Pierce, Hesser, Keene State, New Hampshire Technical Institute, Plymouth State, Rivier, Saint Anselm, Southern New Hampshire, and UNH.

The committee is a collective voice for college AOD issues at a statewide level and promotes knowledge and advancements in the AOD field through joint programs and initiatives. The committee strives to assist, support and strengthen representatives in their campus efforts to develop "low risk" environments through consultation, resource sharing and collaboration. The committee meets monthly throughout the academic school year at various campuses.

Some of their recent initiatives include having alcohol educator, George Parks train us on the BASICS (Brief Alcohol Screen and Intervention for College Students) program. Many of the schools have put this program into effect and are using it in their alcohol education efforts with students. In preparation for summer orientations, the committee created a family guide to conversations about alcohol and other drugs. The brochure provides basic information intended to help prepare parents and students for the realities of alcohol and other drug use in a campus setting. This spring the committee worked together to create and administer the NHHEAOD Alcohol and Other Drug survey (for the first time electronically) on their respective campuses. The survey, first implemented in 2001 in paper form, addresses student's personal use and attitudes toward alcohol, tobacco, and other drugs and also asks for their perceptions of peer usage. Data from each school is being used on individual campuses to aid in social norm

marketing campaigns and campus programming. Collectively the data from all schools is being compiled with hopes of presenting this information to New Hampshire college presidents later in the year.

To learn more about the New Hampshire Higher Education Alcohol and Other Drug Committee visit: [www.nhheod.org](http://www.nhheod.org)

## RHODE ISLAND

*Ellen Reynolds, MS*

Rhode Island College Health Services bids fond farewell to Marciana Nunes, RN, who retired the end of April. RIC's Women's Center participated in a series this spring called "What's Up Down There?" This was an interactive forum to discuss sexuality, genital variations, communicating with your partner and frequently asked questions about health and sex. One session was held for females "Viva la Vulva", one for males "A Phallic Affair" and the third session brought together both sexes for a lively discussion with a certified sexologist. Very well received, this may become an annual affair!

Providence College is in the process of changing the way they staff at their Health Center. The Division of Student Services recently announced that the SHS initiated a new staffing model that took effect mid-March. Seeking to bring Providence College in line with national best practices in the college health field, they will be staffed with state-licensed NPs who will work in collaboration with the current part-time physicians to provide enhanced continuity of care for their students. The Student Health Center is working towards a smooth transition to this new staffing model and anticipate an immediate enhancement in the services provided to students.

URI Health Services is proud of Sean O'Donnell, staff pharmacist who was awarded the Preceptor of the Year award from the College of Pharmacy for his outstanding work with pharmacy interns. Sean and Ray routinely precept 10 or more 5<sup>th</sup> and 6<sup>th</sup> year pharmacy students and work to prepare them for entry into the workforce. Great job, Sean! Roger Jadosz, RN in Health Ed, was recently interviewed by WPRI (tv) for work that he has done on his "Designer Drug Awareness Program" to try to educate students not only at URI,

but across the state as well.

URI Health Services said goodbye to Jen Hidalgo, Information Technologist, who recently accepted a position at Rhode Island College. Also, James Campbell, Counseling Center Director, will be leaving at the end of the semester to pursue work outside of higher education. Best wishes to both!

Chad Henderson, URI's Health Service Director, is currently running for ACHA's President Elect. Chad has worked hard over the past year as VP on many issues affecting college health and is actively planning the Leadership Day for the ACHA annual meeting in San Antonio.

URI Health Services has also put together a team to investigate, purchase and implement an electronic medical record system. The group is multidisciplinary and has met weekly for several hours to accomplish this goal. Thanks to the EMRGE (Electronic Medical Record Group Effort) team for all their hard work and effort to accomplish this mission!

## VERMONT

*Susan Jacques, NP*

On April 17<sup>th</sup> The University of Vermont hosted David Kraft, MD, former NECHA and ACHA President, who spoke to an audience of Northern Vermont college health staff on College Student Mental Health. Peter Nobes from UVM is in the planning stages of a series of four College Health Grand Rounds for the 2007-08 academic year. He hopes as many as possible can attend.

On April 20<sup>th</sup>, Castleton State College hosted the Second Annual Vermont College Health Roundtable Discussion. College health staff from Vermont colleges gathered for a day of networking and professional sharing. Thanks again to Deb Choma, RN, for putting together the second annual roundtable. If you are working in college health in Vermont and need more information about future College Health Roundtable Discussions, please contact me at Saint Michael's College: [sjacques@smcvt.edu](mailto:sjacques@smcvt.edu) or 802-654-2234 and to be added to our list for future events!

The ACHA Board of Directors convened their February meeting in Baltimore under sunny skies and chilly temperatures. Our initial activity included a trip to Capitol Hill in DC to meet with legislative staffers, involved with amendments to the 1990 Deficit Reduction Act. As many of us in college health had come to know firsthand, acts of Congress often have a direct, though perhaps unintended, impact on our daily practice and the lives of our students. At the end of 2006, college health centers across the country received notification that we would no longer be able to purchase oral contraceptives at the nominal pricing rate because of legislative amendments to the Deficit Reduction Act (DRA). Members of the ACHA BOD met with two staffers who had been involved over the last 3 years in authoring this amendment, which was intended to close loopholes related to pharmaceutical sales and Medicaid Rebates. We learned that college health centers and some Planned Parenthood organizations had been inadvertently

left out of exceptions to the amendment; some charitable organizations were identified as exceptions. After learning about the history of the amendment and its potential for future modifications, ACHA Board members then broke into smaller groups and visited with staffers in selected congressional offices. The group delivered an ACHA white paper outlining the issue as it relates to college health centers and also a summary of survey results collected from colleges responding to questions about the impact of the discontinuation of nominal pricing. Our groups felt we were well received and given the opportunity to explain the repercussions of this amendment on college students. Legislative remedies were discussed and strategies were suggested for encouraging greater grassroots input to legislative offices. Since this visit ACHA has forwarded comments to other targeted audiences. Additional strategies to convey the message are under consideration.

Many other important topics were the focus of the remainder of the Board meeting. A particularly relevant topic was the issue of affiliates within ACHA. VLIRC subgroups included one focused on refining the definition of ACHA regional affiliates and the final report of this committee was

accompanied by the announcement that New York State College Health Association as well as the North Central College Health Association had voted for united membership. This news was received very positively and affirms the current concept of regional affiliations with the national organization.

ACHA dues and annual meeting fee structures were reviewed. The current plan proposed by the Executive Committee and the Administrative Director is to keep increases in individual's dues modest and to continue a significantly discounted registration fee structure for the Annual Meeting to those who are individual ACHA members.

The 2007 Annual Meeting promises to be a stimulating and informative 5-day event in a beautiful location along the River Walk in San Antonio. From the Leadership Day pre-conference activity to the 144 educational sessions, from the presidential session speaker, Christopher Kennedy Lawford relating his personal story of addiction and recovery, to a social activity at the Knibbe Ranch, this year's meeting will be a great opportunity for learning, networking and fun.

Brooke D. Durland, MD  
Region V Rep. to ACHA Board of Directors

## CAMPUS WIDE SUICIDE PREVENTION & MENTAL HEALTH AWARENESS PROGRAM: A NEW FRONTIER



Anne J. Fredrickson, MS, APRN-BC, Director, Health Services at Massachusetts Maritime Academy (MMA) recently received a grant from the Substance Abuse & Mental Health Service Administration to develop and implement a campus wide comprehensive suicide prevention and mental health awareness program. The program's goals are to educate the campus community on suicide risk behavior prevention, recognition and intervention, develop and support healthy coping mechanisms and attitudes among students to reduce suicide risk factors, and enhance institutional resources for students at risk, strengthening the college's capacity to respond effectively to students in need. The grant is for \$75,000/year for a 3-year period.

The program includes the following activities: 1) training of key gatekeeper trainers who will train faculty, staff, and students to respond effectively to students with mental health and behavioral issues; 2) creation of a critical incident response plan and networking infrastructure including, but not limited to a suicide hotline and a comprehensive Web site; 3) creation of a full time position for a counselor as project coordinator on campus; 4) implementation a comprehensive "Freshman 101" course focusing on developing healthy coping skills during the first semester at college; 5) preparation and dissemination of suicide risk informational and educational materials for students and families of students.

MMA educates men and women for careers in the maritime indus-

try. It is one of six maritime colleges in the US. Residence life is regimented and all cadets are required to undergo rigorous training and spend a portion of their academic program at sea. These demanding circumstances, coupled with the expected demands of college life, present unique challenges for cadets. With funds from the grant, MMA will offer comprehensive mental health services for the first time in its history. This first step will foster acceptance on campus and bring about a change in the culture that will de-stigmatize help-seeking behavior. The program will utilize a social norms marketing plan to gain the adoption of the program by the campus community. Some of the interventions implemented so far are mandatory completion of the MyStudentBody.com alcohol assessment by all first year students and suicide gatekeeper training for cadets in leadership roles, as well as key staff and faculty.

We will collect and analyze a variety of quantitative and qualitative data to measure the impact of our educational seminars, training, marketing campaign, individual and group counseling programs using tools such as the National College Health Assessment (NCHA). It is our hope that this program may serve as a resource for other maritime academies and colleges both in New England and the US. For further information on MMA please visit

[www.maritime.edu](http://www.maritime.edu) or contact [afredrickson@maritime.edu](mailto:afredrickson@maritime.edu)

NECHA News is published 3x/year with its Fall, Winter, & Spring/Summer issues. Contributions of college health interest are welcomed! For details, contact [Julie@nechonline.org](mailto:Julie@nechonline.org) **Deadline: August 3** for the fall issue (September 10)

## COLLEGE HEALTH POSITION OPENINGS

<b>Clinical RN Nurse Coordinator Saint Anselm College</b>	<p>Saint Anselm College is seeking a full-time Clinical RN Nurse Coordinator to provide and coordinate care for patients including assessment, nursing diagnosis, planning, intervention and evaluation. This 10-month position reports to the Director of Campus Health Services and in concert with the director, this person will help coordinate the workflow of the college health services department. In addition to providing patient care, responsibilities include scheduling staff, facilitating referrals and follow up care, coordinating supplies and meds, and assisting with training/education consistent with the Catholic philosophy of the College. Collaborate with the director and providers, as appropriate, keeping the director apprised of critical situations. Other duties: implementing recordkeeping and safety guidelines, participating in development of procedures and guidelines, co-facilitating the drug and alcohol prevention program, and assisting to ensure statutory lab requirements are met; may</p>		
	<p>also assist in developing guidelines and procedures. A Bachelor's in Nursing, current NH State RN Licensure, plus 5-6 years solid clinical background required; 3+ years in a team leader role is preferred. Must be trained and skilled in IV infusion; training and experience with phlebotomy preferred. Ability to work in a fast paced, demanding clinical outpatient setting with some nights and weekends is required. Must possess excellent interpersonal and communication skills with a commitment to wellness and prevention with emphasis on treating the whole person. The successful candidate will be able to assist the college to further its strategic goals for institution-wide diversity. For more information, visit <a href="http://www.anselm.edu/hr">www.anselm.edu/hr</a>.</p> <p>Send resume and letter of interest with 3 professional references by mail to:  <b>Human Resources, 100 Saint Anselm Dr., Manchester, NH 03102</b>          or by email to <a href="mailto:hr@anselm.edu">hr@anselm.edu</a>.  <i>We are an equal opportunity employer dedicated to a policy on non-discrimination in employment.</i></p>		
<b>Stonehill College Full-Time, 11 mo. Aug-June Health &amp; Wellness Educator</b>	<p>Beginning August, 2007. Interviews currently being conducted. Reporting to the Director, Health Services, the chosen applicant will identify, assess, and assume responsibility of existing campus wellness and health education initiatives.</p> <p style="text-align: center;"><b>Responsibilities include, but not limited to:</b></p> <ul style="list-style-type: none"> <li>• Oversee student Peer Education Program. Recruit, train, supervise and evaluate peer health educators. Assist them in creating and performing innovative presentations based on sound public health principles</li> <li>• Advise SGA clubs; serve as Community Associate for Wellness Housing</li> <li>• Coordinate AOD Educational Program. Collaborate with AOD Counselor to facilitate educational interventions for AOD violations. Offer primary prevention programs</li> <li>• Develop a Nutrition, Body Image and Disordered Eating Educational</li> </ul>	<p>Program. Assist students with direct education and appropriate referral. Interact with Sodexo food service employees and dietitians. Participate on the Food Committee</p> <ul style="list-style-type: none"> <li>• Coordinate Health Education/Curriculum Infusion. Conduct educational programs on health and wellness issues for student groups. Be available to faculty for classroom presentations</li> <li>• Coordinate/participate in health and wellness events</li> <li>• Coordinate with Res. Life for staff training for RDs, ACs, RAs &amp; administrators on call</li> <li>• Coordinate w/Campus Ministry with regard to campus spiritual health and wellness</li> <li>• Coordinate with Rec. Sports and Athletics with regard to health and wellness programming</li> <li>• Create brochures, flyers and other wellness/health education related materials</li> <li>• Provide oversight for department's website development</li> <li>• Prepare health related newsletters and contribute articles for student newspaper</li> </ul>	<ul style="list-style-type: none"> <li>• Serve as Wellness Committee co-chair, resource for faculty/staff</li> <li>• Identify alternate funding sources. Investigate potential grant sources; assist with the preparation of grant proposals</li> <li>• Actively participate in national and regional Health Educator Coalitions and Organizations</li> </ul> <p><b>Knowledge, Skills, and Abilities:</b> Master's in Health Education or Public Health required; Certified Health Educator Specialist (CHES). Strong communication, organizational and interpersonal skills. Proven ability to motivate target populations. Strong organizing, presenting and writing skills required. Experience as a health educator in a college setting strongly preferred. Commitment to promoting/enhancing diversity.</p> <p style="text-align: center;"><b>Must be available to conduct evening programs and events at least 3 of 5 evenings until 9:00pm.</b></p> <p>Please contact Office of Human Resources 508-565-1105 (ph), 508-565-1499 (fax), or email resume/cover letter to <a href="mailto:hr@stonehill.edu">hr@stonehill.edu</a>.</p>

### Jessica Greher of Bentley College, ACHA Affiliate New Professional Award, New England Recipient

New college health professional is an understatement as this year's New Professional Award goes to Jessica Greher - who is also a newbie to college health! When Jessica interviewed for the position of Coordinator of Alcohol and Other Substance Prevention Coordinator at Bentley, she had no prior experience in college health. Prior to her coming to Bentley, she was a highly valued senior Resident Director at Wentworth Institute with a master's degree in counseling from Boston University. She so greatly impressed the interviewers that we hired her over many more seasoned professionals. She has more than met our expectations.

In my twenty years in college health, I have seen many outstanding individuals – Jessica is at the top of that list!! She has a very strong work ethic and has been creative, dynamic, and passionate about her commitment to prevention. She has accomplished so much in a very short time and is truly a trail blazer in the area of prevention. Jessica will receive her award at the upcoming ACHA Annual Meeting in San Antonio. Congratulations, Jessica!



*Geraldine S. Taylor MS, APRN  
Assistant Dean for Health and Prevention  
Director, Student Health Services Bentley College*

*Psych Services Corner,*  
CONT. FROM PAGE 2

**UPDATES** Finally, to update you on the status of the mailing list, which I mentioned in the last newsletter. We have created a fairly current list of all 250+ New England college/university health centers and their directors, regardless of whether or not their ACHA membership status. We are currently considering the best, most secure, and user friendly way to create an expanded mailing list from that list. Our tentative plan is to create a link on our NECHA Web site so people can add their names, addresses, etc. We hope to move forward on the project over the summer and be ready come fall.



# NECHA GRANT CALL for PROPOSALS

Open to the College Health Community

The 2007 NECHA Grant Committee invites you to respond to our Annual Grant Call for Proposals. The purpose of the grant proposal is to assist schools in improving the quality and delivery of student health services and promoting innovative health programming within New England's college health community.

The Board invites New England members to propose projects at grant-funded levels up to \$1,000. The total number and size of awards will be based on merit, need, and the number of proposals received. Grant projects should produce benefits with wide application for college health.

Projects that involve student participation and a multi-

disciplined/multi-departmental approach to address shared concerns are especially encouraged.

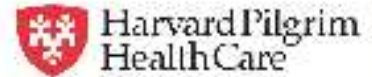
Recent recipients of the NECHA Grant include Pine Manor College and Babson College.

Proposals should include description of the program and goals, use of funds, and relevance to college health. Deadline for proposals: **May 31, 2007.**

*Bryant Ford, PhD NECHA President  
Chair, NECHA Grant Committee  
603 650-1442 bryant.ford@dartmouth.edu*

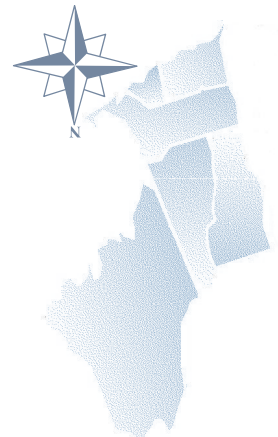
**UnitedHealthcare StudentResources together with Harvard Pilgrim Health Care is pleased to support NECHA in its mission to improve student health.**

Together, we look forward to a productive partnership that brings to bear the ideal combination of regional and national networks with affordable student health plans and benchmark administration.



Stay tuned to [www.UHCSR.com](http://www.UHCSR.com) over the summer to learn more about this partnership.

NEW YORK & NEW ENGLAND COLLEGE HEALTH ASSOCIATIONS  
2007 ~ COMBINED ANNUAL MEETING ~ 2007  
UNITED IN COLLEGE HEALTH  
Saratoga Springs, New York October 10-12



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