President’s Message

Welcome back - I hope you feel energized as you return to campus and gear up for another year! It’s that time again when the leaves start falling, days become shorter, and our industrious students breathe new life into campus.

For many of us, we play a supportive role, assist in keeping our students well, and helping them when they are sick, hurt, or injured. We are often times campus leaders, resourceful links, and mentors to the students we serve. The impact that we have on campus is more than providing splints, medicine, and instructions for better health. Though it is easy to measure how many flu shots we provide, recording positive and supportive comment cards, letters, and verbal feedback are important as well. During our busy moments, difficult doubtful days or moments of asking ourselves why we do what we do, we can rely upon the above sources to anchor us and renew our commitment to our field and our students.

This past year has been a very special time for me. The NECHA Presidency has provided opportunities to meet and get to know a multitude of colleagues from our region, several ACHA staff members, and people across the country. I have had great mentoring from Past-President Ellen Reynolds and Director Julie Basol. It has been a privilege to work with and for you.

We have made great strides in becoming environmentally greener and technologically savvy. We have transitioned from the Meeting’s 3-ring binders to CDs and are now moving to USB sticks this fall. This year’s Annual Meeting session evaluations, as well as voting for the 2010-2011 NECHA Board elections, will be done on line through the use of Survey Monkey. Utilizing our Web site even more, we’ll continue to communicate, with frequent updates as we fine tune and adapt to our members needs and our changing society.

The NECHA Board has been busy in other areas too. The Board has been reviewing our by-laws, considering new policies, keeping a watchful eye on our finances, and working towards transparency. In an effort to be transparent, we are working on a Conflict of Interest Statement and plan to adapt what ACHA has already established for their volunteers and board members. We will begin with our Board of Directors and, once implemented, move towards extending to all NECHA committee members.

Continuing a project that Ellen began last year, we signed a Memorandum of Understanding to document our existing relationship with NYSCHA in regards to the ACHA Region V Representative and Region V Representative for ACHA’s Nominating Committee. (NECHA and NYSCHA alternate these two-year positions) The memorandum documents our historical relationship and our continued interest to work together to alternate and share these roles. We have also been soliciting interest for folks to join our board and conducting a review of this year’s grants and award submissions. Since early January, the 2010 Annual Meeting Planning Committee, with Dr. Margret Higham at the helm, have been busy planning a miraculous annual meeting in downtown Providence, Rhode Island. The Art of College Health will take place October 27-29 at the Renaissance Providence Hotel. Three Pre-Meeting workshops will take place Wednesday morning (Oct. 27th) - this year, introducing one in the area of health education. Our keynote speaker Mary Carskadon, PhD, will be discussing students’ sleep habits and how we can facilitate interventions to improve their sleep and thus, overall health. One of our featured speakers, Daryl Lapp, JD, will be addressing the legality of responding to at-risk students on our campuses. In addition, we have over 40 great concurrent sessions - there is literally, something for everyone. We will also have opportunities for people to connect with colleagues during our 2nd Annual Soirée and the post-meeting Friday Afternoon Fun. See page 3 for details. Please visit our Web site for everything you need to know about the Annual meeting – and more!

www.NECHAonline.org

As my term as President winds down, it will soon begin for Dr. Higham, who has been doing a wonderful job as Chair for the fall meeting. I look forward to working with her and the Board in my capacity as Past President. I want to express my gratitude to Julie and the NECHA Board for a productive and valuable year. It has been an honor to be President of this fine organization; I thank you for the opportunity - and hope to see you in Providence!

Joleen M. Nevers, MAEd, CHES
President, New England College Health Association
Health Education Coordinator, University of Connecticut
234 Glenbrook Road, UBox 2011
Storrs, CT 06269-2011

NECHA GRANT WINNER ANNOUNCED
See Page 4

2009 Recipient CC Curtiss, MEd, along with Connecticut College colleagues, Janet Dee Spoltore, PhD and Cate Moffett, MSN, APRN will presenting their submission next month at the NECHA Annual Meeting -

WOMEN’S HEALTH INITIATIVES:
CREATIVE CAMPUS OUTREACH PROGRAMS

2009 Recipient CC Curtiss, MEd, along with Connecticut College colleagues, Janet Dee Spoltore, PhD and Cate Moffett, MSN, APRN will presenting their submission next month at the NECHA Annual Meeting -

WOMEN’S HEALTH INITIATIVES:
CREATIVE CAMPUS OUTREACH PROGRAMS
There’s a touch of fall in air…a sure sign that students have arrived and we’re off and running for another year. I hope that you all are having a good beginning to this fall semester. If your campus is anything like ours, the stresses of new transitions, new relationships and new identities are being further exacerbated by the insidious stresses of our nation’s prolonged economic difficulties. This has affected us from ‘both ends’! In this climate, it’s pretty unusual for any college leadership (and budgetary constraints) to be looking to expand its mental health services and programming. At the same time, our cultural and economic stressors will likely continue to increase the numbers of students that come for our services and the economic stresses create an insidious dynamic for young people. College education is increasingly costly and challenging for most families, wanting to pave the paths to success in our changing world. At the same time, there is far less guarantee that there will be plentiful jobs and careers following graduation. These stresses and dynamics are important contexts that we hear about as we work with the emotional struggles of our students.

For many years, I have been stressing several key factors that highlight the importance of our work in college mental health. These have mainly centered on the awareness that:

- Most major mental disorders appear and are diagnosed in the young adult age group.
- Best outcomes are achieved by early intervention and effective treatment.
- Most people have their first therapy contact during their college years.
- A positive first experience in treatment increases the likelihood of returning to treatment, when needed, in the future.

A recent review in the *Harvard Mental Health Letter* (Vol. 27 – Number 3; September 2010) addressed the emerging research that highlights the merits of psychodynamic therapy and speaks to another significant factor that we should be aware of in providing mental health treatment to young adults: therapy that increases psychodynamic awareness yields more benefits over time, even after the therapy has ended!

This is a very heartening piece of learning and something that those of us working with college students should feel gratified about. One of the more frustrating aspects of providing care in a college setting is that long term benefit and outcome often elude us, given that the academic experience and calendar essentially create a short term, brief treatment model, one where we often are aware that we haven’t been able to completely work through complex dynamics with our students. This new research suggests that good psychodynamic therapy is certainly worth doing, even in brief psychotherapy models, when we can’t fully know the long term benefits.

I believe that this emerging research will open the doors to new and important further research about the outcomes and benefits of college treatment, looking at data derived long after students leave their colleges. I’m quite sure that such new learning will reinforce the importance of good psychotherapy and treatment for our college students, as early as any mental health problems emerge.

The topic of psychotherapy with college students is just one of the many interesting programs that we’ve assembled for the NECHA Annual Meeting in Providence next month. Once again, I think we’ve put together a very diverse and informative program that provides lots of space for discussion with colleagues.

And once again, there will be a Pre-Meeting Workshop specifically for mental health professionals on Wednesday morning, October 27. This year’s workshop will focus on ‘Ethical Issues for College Mental Health Professionals’ and will be led by Jane Tillman, PhD, Chairperson of the American Psychological Association, Division 39, Committee on Ethics. I expect the workshop to be a very lively as we wrestle with important issues together.

Finally, I need to say goodbye from the NECHA Newsletter, Psych Services Corner and my second term as a Member-at-Large on the NECHA Board of Directors. I’ve enjoyed sharing my views and ideas with you via this newsletter over the last number of years and hope that you’ve found some of these ideas stimulating. I remain committed to working on Annual Meeting Planning Committees to continue to help bring informative and useful programming in the area of college mental health.

See you in Rhode Island!

John Miner, MD  
Co-Director, Psychological Counseling Services  
Williams College  
Member at Large, NECHA  
John.A.Minor@williams.edu

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**Thanks to our Meeting Supporters!**

**To date**

- ACM Medical Laboratory
- Aetna Student Health
- Austen Riggs Center
- Bayer HealthCare Pharmaceuticals
- Consolidated Health Plans
- Cross Insurance Agency, Inc.
- Gallagher Koster
- GlaxoSmithKline
- Medicat, LLC
- Merck Vaccines
- Moore Medical
- Nuesoft Express
- Oxford Immunotec, Inc.
- Pharmedix
- Point and Click Solutions, Inc.
- PyraMED Health Systems
- Spruce Mountain Inn
- Student Health 101
- The Maksin Group
- The Renfrew Center
- University Health Plans, Inc.
- USI Affinity Collegiate Insurance Resources
- Westbridge Community Services

The Exhibit Hall will be open Thursday and Friday at the Annual Meeting.

Key times to view the exhibits:

**Thursday:**

- 7:30-8:30am
- 10:00-0:30am
- Noon-1:30pm
- 3:00-3:30pm

**Friday:**

- 7:30-8:30am
- 9:30-9:45am

Exhibitors have also been invited to the Wednesday Evening Soirée, to be held at the Temple Restaurant at the Renaissance.
New England College Health Association
2010 Annual Meeting
The Art of College Health

Freshman Orientation: A Debt to the Younger Generation
When the freshers arrive on campus, they bring with them a host of expectations and hopes. These expectations can be both positive and negative. As educators, it is our responsibility to guide them through these early stages of their college life. In this session, we will explore the dynamics of freshman orientation and how we can best support our new students.

PM-1: Clinical Psychopharmacology and General Medicine 101 Update

- Fortunato (Fred) Procopio, MD, Director, Medical Services
- Kathleen Doyle, MSN, Psychiatric Clinical Nurse Specialist
- Sally Anne Lund, MD, Psychiatrist
- Sean O’Donnell, PharmD, Doctor of Pharmacy

University of Rhode Island

This presentation will provide health care providers with an update on current clinical psychopharmacology medications available for the treatment of ADD, ADHD, depression and other mental health diagnosis common to young adults typically seen in college health setting. It will include the different classes of medications and pharmacy economics for those patients concerned with cost and guidelines for management of the patient. The second half of the presentation will cover updated clinical information on appropriate use of antibiotics and other medicines currently prescribed and used to treat the college health population.

PM-2: Ethical Issues for College Mental Health Professionals

- Jane G. Tillman, PhD, Treatment Team Leader, Supervisor Staff Psychologist, The Austen Riggs Center
- John Miner, MD, Co-Director, Psychological Counseling Services, Williams College

Providing quality mental health care in institutions where the primary task is education presents the potential for conflicts of interest, competing ethical and legal obligations, and challenges in the area of confidentiality, duty to warn/notify, and the applications of professional codes of ethics. Through a combination of lecture, case study, as well as small and large group discussion, participants will become more cognizant of the ethical dilemmas arising in the provision of mental health care to students in a college setting and further develop capacities for ethical deliberation.

PM-3: Positive Sex Education: Deconstructing Sex-Negative Attitudes in Ourselves & Our Students

- Rosalyn J. Dischiavo, MA, EdD, Sexologist
  University of Hartford

How sex-positive are we, really? Does it make a difference with our students? Research shows that negative feelings about sex interfere with contraception, protection from STIs, willingness to do Breast Self-Exams and to have regular OBGYN visits. It also causes relationship difficulty and impedes frank sexual discussion, not only in students but in ourselves. This talk will delve deeply into these issues and how to begin to address them.

Effective sex education depends not only on knowledge of STIs and contraception, but also a deeper understanding of our culture’s attitudes toward sexuality, which are often polarized. Polarization can lead to poor patient/provider or student/educator communication, and in students, can lead to risky behaviors. This talk will focus on understanding these issues as well as offering concrete ways to develop more sex-positive attitudes in ourselves and those we educate.
NEW THIS YEAR - voting on line!  
Electronic voting allows ACHA members to vote even if they cannot attend the Annual Meeting. Click on the link on the Association’s Web page.

Voting is open to current ACHA individual members  
October 1 - 20.

When you vote, have your ACHA membership number handy!

The NECHA Executive Board of Directors consists of officers: President, Past-President, President-Elect, Secretary, and Treasurer. The Board also consists of five Members-at-Large, plus a liaison to ACHA (either the Region V Representative or Representative to the Nominating Committee). Generally an officer is selected for nomination following service as a Member-at-Large.

Once elected as President-Elect, that person assumes the role of President the following year. The 2010 Nominating Committee has compiled the following slate of candidates for membership vote on line October 1-20.

✓ President-Elect:  
Peter Davis Smith, MD  
Wesleyan University CONNECTICUT

✓ Secretary:  
Geraldine S. Taylor, MS, APRN, BC  
Bentley University MASSACHUSETTS

✓ Treasurer:  
Ellen M. Reynolds, MS  
University of RHODE ISLAND

✓ Member-at-Large:  
Dawn Harland, MD  
Dartmouth College NEW HAMPSHIRE

Denise McGoldrick, MS, CHES  
Amherst College MASSACHUSETTS

Kay Peterson, MD  
Simmons College MASSACHUSETTS

Election results will be announced at the NECHA Business Meeting which takes place Wednesday, October 27 at 11:45am at the beginning of the Annual Meeting.
Working in college health during the H1N1 2009 Pandemic Influenza was challenging, exhausting, and intensely interesting. Looking back, it was a fascinating experience to live through a new illness and experience the epidemiology first hand. Now that WHO has declared an end to the H1N1 Pandemic (http://www.who.int/csr/disease/swineflu/notes/press/2010pres/08/20100810b.html), we can officially switch gears - but to what gear should we switch? Early epidemiologic indicators point to the coming influenza year containing a mix of seasonal strains such as H3N2, and B strains, and continuing (but hopefully lower) circulation of H1N1.

I believe that many of us in college health are so relieved to have gotten through the past year that we haven’t thought operationally about what to do next. My initial response was to say, “we’ll go back to handling flu like we always have,” but that no longer feels right. The preparedness work our campuses engaged in yielded some very valuable improvements in influenza care. I don’t want to have to continue strict isolation procedures, but I realize that I also don’t want to abandon everything we developed to help with flu management last year. This train of thought has led me to think through exactly how I would like to manage influenza on my campus, in the post pandemic age.

First I turned to the official recommendations. WHO has issued guidance entitled Recommendations for the post pandemic period (http://www.who.int/csr/disease/swineflu/notes/briefing_20100810/en/index.html ). This brief, single page document is far different from the inundating guidance we were given last fall - more briefer with a broad brush overview rather than a detailed checklist. It emphasizes continuing to monitor disease activity, continuing to recommend vaccination programs, and continuing to be aware that H1N1 is still likely to disproportionately affect certain high risk populations.

I certainly plan to continue to participate in the CDC ILI Surveillance Network, which I was motivated to join last fall. I appreciated the closer contacts with my state public health program that came with being a sentinel site and it was very helpful to have confirmation of influenza types on a regular basis.

And, of course, we will continue with our already established fall influenza immunization clinics. It will be important to publicize these clinics well, as the public has been given the impression that H1N1 and influenza (in general) are no longer a concern. Many people who received a flu shot last year assume they don’t need one this year, since they already had either a shot or the flu itself. This is a prime opportunity to provide education about the need for a yearly flu shot, and the new recommendation that everyone in the US except young infants should receive an annual flu vaccination. Hopefully the supply of vaccine will be timely and sufficient, eliminating the need for confusing risk stratification programs which were so challenging last year.

The less clear issue, on which no specific guidance currently exists, will be the nuts and bolts of managing cases of influenza like illness when they start to occur on campus. I don’t want to recommend complete isolation and mask use to ill students, but I also don’t want them hanging out in the dining hall or going to class when they are running a fever.

I need to develop an intermediate path that builds on the good health messages we spent so much time on last year, without going to extremes. Additionally, I suspect there will be some community interest (from parents if from no one else) to have flu protection visible. At my campus this year, I plan to recommend that students ill with ILI be sent back to their dorm, to be in their double room with their roommates. They may use the regular bathrooms, and will not be asked to wear masks. I will recommend good respiratory and hand hygiene for ill and well roommates when together in the same room. I’ll advise sick students to avoid the dining hall if possible or if they do go, to take their food out. I’ve asked our dining service to provide “ill food packs” in the dining hall so that students may easily take a day’s supply of appropriate food to their sick roommate. Importantly, I will continue to stress the need to stay out of class when running a fever. This is one major cultural change that could significantly benefit our students long term, by decreasing the spread of many illness and normalize putting academic responsibilities aside when very ill. The new system we put in place last year at Tufts to help students communicate with professors and deans about illness was extremely successful, and we plan to continue that as well.

I believe we have an opportunity this fall to build on the health messages and communication channels we developed last year. By reinforcing the important health hygiene and prevention messages in a new context, we can impact overall health on our campuses. It is important to remember that influenza is not the only cause of infectious outbreaks and clusters of illness on college campuses. Did I hear anyone say norovirus?? Flu prevention does not just help prevent flu. Although I don’t have data, I suspect many of our campuses see more norovirus illness than we do influenza. I’m interested in how other campuses will address their influenza care this coming year. Just as we all managed ILI somewhat differently last year, our plans to move forward with vary too. NCHA’s Annual Meeting in Providence at the end of October, will be a good time to share ideas and best practices. I look forward to seeing you there and hearing how your year is going as you face the “post pandemic period.”
**Psychotherapist: Office of Health Services**

**WILLIAMS COLLEGE**

Williams College Psychological Counseling Services (PCS) has an opening for a licensed mental health clinician, working 3-4 days per week for 9 months/academic year to join a dynamic, multidisciplinary group which provides comprehensive mental health services to students in an intense liberal arts setting. The Psychotherapist must have demonstrated experience in working with individuals from historically underrepresented groups; counseling on issues of diversity in the broadest and most inclusive meaning of the term. Therapists need to be culturally sensitive and must be effective in outreach within a diverse population.

Additional duties include assessment and treatment planning; on-call/walk in services; conducting outreach and prevention in consultation with other college services and student organizations; he or she also supervises and teaches within our training program. Occasional nights and weekends and on-call rotation with other staff is required.

The position requires a PhD or PsyD in clinical or counseling psychology, a Masters degree in Social Work or Mental Health Counseling. Licensure in Massachusetts required. Experience working in a college counseling setting preferred. Candidates should have eclectic skills and be conversant within a psychodynamic framework. Experience working in time limited treatments helpful. This is a fully benefited position.

Review of resumes began on August 1, 2010 and will continue until filled.

Please apply by sending a cover letter and resume including job number Job#300639-W by e-mail to: hr@williams.edu

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**Boston University NP Position**

I am looking to fill a 20-hr per diem NP position. If you are interested or know of anybody who may be, please give me a call - thanks!

David R. McBride, MD Director, Student Health Services

617-353-3575

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**RECOGNITION**

Recipients of the 2010 NECHA President’s & Louise Gazzara Awards will be announced at the Annual Meeting in Providence. Do you know an outstanding colleague who has made exceptional contributions to their students, institution, and the field of college health? If so, consider nominating him or her for next year’s NECHA President’s or Louise Gazzara Awards! Individuals may be nominated by any member or member institution of ACHA. For more information:

[WWW.NECHAOออนไลN.ORG](http://WWW.NECHAOオンライン.ORG)

See past recipients on our Web site too!

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**Director of Health Education,**

**WESLEYAN UNIVERSITY**

Reporting to the Director of Health Services, the Health Education Director is responsible for coordinating a comprehensive health promotion program, primarily targeting college students. The Director works closely with the Health Services staff, Office of Behavioral Health and other relevant departments, students, faculty/staff and appropriate community agencies to sponsor and facilitate a variety of health and wellness programming initiatives. 10 month, 37.5 hours/week during the academic year. Responsibilities include:

**Educational Programming:** Proactively design and implement evidence-based health-promoting educational outreach programs and services that educate and empower students to make healthy lifestyle choices. Address health issues most relevant to a college population, including but not limited to alcohol and other drugs, sexual violence, sexual health, eating disorders, nutrition, stress management, etc. Maintain departmental website and library of health resources and educational materials.

**Peer Education:** Recruit, train and supervise Peer Health Advocate peer education group who provide peer-led prevention programming for other students. Facilitate student organization-initiated programming on health and wellness issues.

**Committee Leadership:** Chair campus-wide Alcohol and other Drug Committee. Oversee Biennial Review process and implementation of strategic plan for alcohol and other drug prevention efforts utilizing evidence-based environmental management practices. Build partnerships with relevant stakeholders in an effort to create campus-wide change.

**Training:** Coordinate Sexual Assault Response Team (SART) training efforts for faculty, staff and students. Provide, plan and present training on health/wellness issues to various student leaders and groups, including peer education groups. Coordinate health/wellness training programs for faculty and staff groups, as needed.

**Student Contact:** Serve as a resource on issues related to health and wellness, and make referrals to campus and/or local support services. Develop and provide individual and group-based educational interventions in collaboration with campus judicial officers. Develop contacts with student leaders and encourage student participation in the planning and implementation of health/wellness programming. Advise health/wellness-related student groups and organizations.

**Assessment & Evaluation:** Coordinate assessment, needs analysis, and evaluation processes of health/wellness programs and services. Actively seek opportunities to interact with students in order to be aware of current student issues and concerns. Research and benchmarking as necessary.

**Administrative:** Oversee departmental budget and expenditures. Serve as a resource person for the University community and represent the University on relevant community-based consortia. Assist with development of student services initiatives. Hire, train and supervise work study students. Perform other duties as assigned.

**Minimum Qualifications:** Master’s degree in Health Education/Promotion, Public Health, Student Development, or other related field. Three to five years progressively more responsible work experience in a college/university environment. Familiarity with alcohol and other drug prevention initiatives, sexual assault/violence prevention efforts, and other health and wellness issues relevant to a college population. Knowledge of current evidence-based health promotion practices and theories. Ability to work effectively with a diverse student body, including an understanding of health/wellness issues of diverse populations. Excellent communication and interpersonal skills.

**Preferred Qualifications:** Experience working in a small, private, liberal arts institution. CHES certification preferred.

To apply for this position please go to [https://careers.wesleyan.edu/applicants/jsp/shared/frameset/Frameset.jsp?time=1271943307898](https://careers.wesleyan.edu/applicants/jsp/shared/frameset/Frameset.jsp?time=1271943307898)
Connecticut College Health Association of Nursing Directors
College Health Update: 2010 Conference

In May, the Connecticut College Health Association of Nursing Directors (C-CHAND), held its 2010 College Health Update at the University of Bridgeport. Co-chaired by C-CHAND members, Patrice Klein, Director of Student Health Services at Sacred Heart University and Melissa Lopez, Director of Student Health Services at University of Bridgeport and their respective staffs. They welcomed 65+ participants, representing more than 12 colleges and universities, and an additional, select group of medical and educational professionals from the community who have interest in fostering quality health care at the collegiate level.

Participants were engaged by a variety of presenters, including Connecticut DPH epidemiologist Dr. Lynn Sosa, who spoke in detail on STD prevention, evaluation and treatment. Robert Gardiner, MD, a consulting psychiatrist for Sacred Heart and University of Bridgeport, addressed issues facing modern-day college students, with a primary focus on college counseling services. Additional presenters were Karen Siclare, MS and Barry Kendler, PhD, FACP, CNS who presented comprehensive aspects of student nutrition, typical deficiencies, recommended dietary requirements and interventions for student success of nutritional disorders.

In addition to the presenters, the conference provided a formal and informal setting for interaction between university health center staffs. The daily work of student health center providers, done individually and in independent settings does not typically allow opportunity for sharing and exchanging of valuable information. It was this concern that motivated C-CHAND to develop and implement the “College Health professionals’ Update” conference.

Each college and university in attendance brought a minimum of two active staff members, covering all areas of practice. Overall, attendees included more than 20 Advance Practice Registered Nurses, 30 Registered Nurses, and seven members of counseling staffs, three deans of students and several interested medical professionals of varying practice domains. In addition, we had twelve C-CHAND nursing director members representing Connecticut universities and colleges from across the state.

The culminating activity was prepared and facilitated by Sacred Heart University SHS staff and designed to revisit “Healthy Campus 2010”, a program developed in 2000 by ACHA to parallel the “Healthy People” campaign produced by the Clinton Administration Health Task Force to identify and define health objectives of the people.

ACHA’s campaign was similarly designed to address the specific health concerns of college students. While there were over 200 objectives in the Healthy Campus 2010 Handbook, we focused on the three subject areas covered by our presenters. The culminating breakout session was well received by participants and yielded the formulation of several useful documents that will be reproduced for distribution to participants.

The day concluded with a brief awards ceremony. The presentation of the first Appreciation for Service Awards went to long time C-CHAND member Kathryn Macaione from Quinnipiac University and Elizabeth Cocola of Saint Joseph College. Kathryn and Elizabeth were awarded plaques for dedication and extensive service to the C-CHAND organization.

For more information about C-CHAND, see the article below and contact:

Patrice Klein, HSD
Director, Health Services
Sacred Heart University
203 371-7838

Melissa Lopez, RN, BSN, MPH
Director, Health Services
University of Bridgeport
203 576-4712

The History of C-CHAND

Three women, who did not know each other but happened to be nurse directors of colleges in Connecticut, met for the first time while attending the 1985 Annual Meeting of the New England College Health Association. At the Meeting, held in Vermont, they planned a date to get together and exchange thoughts and ideas about their positions as college health administrators and how they may respond to the health needs of students more efficiently at their respective universities. The group consisted of Shirley Costello (Southern Connecticut State University), Kathryn Macaione (Quinnipiac University), and Rosemary Vanasse (University of Bridgeport).

The group’s first meeting was held at, what is now, Southern Connecticut State University. They discussed many common issues and experiences despite the differences in enrollment at their colleges - Quinnipiac, at the time, had the least number of students and Southern, the greatest number of students. They decided they would invite other college health nurse administrators from the state of Connecticut to their next meeting. A few directors in the immediate vicinity were invited as well as the nurse consultant from the State of Connecticut Department of Public Health. The membership grew as directors from other institutions were invited to attend meetings and the group called themselves NON-DOCCS (Network of Nurse Directors of Connecticut Colleges). Within a few years, nurse directors from all the colleges and universities in the state were included and there were upward of twenty active members. Speakers were brought in to discuss topics relevant to the provision of health care and education in the student health services setting. As meetings continued, it was decided that membership would be limited exclusively to college health nurse directors.

Since college health is a unique field, the meetings proved invaluable. Colleges that were represented rotated hosting the meetings to provide others a chance to see the different facilities. Eventually, the name of the group was changed to C-CHAND (Connecticut College Health Association of Nurse Directors). Permission was received from a similar group in Massachusetts who was already calling itself CHAND.

Presently C-CHAND continues to meet quarterly. It serves to provide education and support for college health directors, and encourages camaraderie and solidarity between Connecticut college nurse directors.
**President**
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**Region V Representative to ACHA**
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**ACHA Region V Rep. (10-12)**
Linda Dudman, MPA
Associate Director, Health Promotion
University of Rochester Health Center
585 273-5770  ldudman@uhs.rochester.edu

**Members-at-Large**

* year one, 2-yr term; ** year two, 2-yr term

- Sandra Hayes, MSN, NP-C *
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  - Bowdoin College
  - 207 725-3000  shayes@bowdoin.edu
  - Jennifer Hodshon, MPH *
  - Manager, Operations and Administration
  - Brown University
  - 401 863-7880  jennifer_hodshon@brown.edu

- Denise McGoldrick, MS, CHES **
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  - John Miner, MD **
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  - Peter Davis Smith, MD **
  - Medical Director, Health Services
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**Administrative Director**
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JNB Marketing, LLC
802 425-3936 x 2  Julie@NECHAonline.org

**Annual Meeting Speaker Preview**
Katherine Ackerman, MD, MPH
Former Olympian
Mary A. Caraskadon, PhD
Alpert Medical School of Brown University
Rosalynd J. Dischiavo, MA, EdD
University of Hartford
M. Gerard Fromm, PhD, ABPP
The Austen Riggs Center
Beth E. Goldbaum, MS, MD
Belmont Medical Associates
Neil Greenspan, MD, FACP
Alpert Medical School of Brown University
Daryl J. Lapp, JD
Edwards Angell Palmer & Dodge LLP
Maria D. Mileno, MD
The Miriam Hospital
Euna Oh, PhD
Tufts University
Katherine Richman, MD
University Medicine Foundation,
Division of Hypertension and Kidney Disease
Samir A. Shah, MD, FACP
Brown University
Jane G. Tillman, PhD
The Austen Riggs Center
Ernst O. VanBergeijk, PhD, MSW
New York Institute of Technology
Vocational Independence Program

And, oh, so many more! See the full lineup at www.NECHAonline.org

**2010 Annual Meeting**
**October 27-29**
**Providence Renaissance Hotel**

**NECHA**
New England College Health Association