



NECHA NEWS



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Fall Pre-Meeting Issue 2010



Joleen Nevers, MAEd, CHES

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!

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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**



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.

...Therapy that increases psychodynamic awareness yields more benefits over time, even after the therapy has ended.

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 psycho-

dynamic 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

Thanks to our Meeting Supporters!

(to date)

- ACM Medical Laboratory
- Aetna Student Health
- Austen Riggs Center
- Bayer Health Care 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.



Come early; stay late
October 27-29

New England College Health Association **2010 ANNUAL MEETING** THE **ART** OF COLLEGE HEALTH

3 Pre-Mtg Workshops

NO ADDITIONAL CHARGE pre-register, please
Wednesday, October 27 8:30-11:30am

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'Donnel, 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.

✓ *Countdown to Providence*

- 17 Hours of Continuing Education
 - ✓CME ✓Contact Hours for Nurses
 - ✓CHES ✓NBCC ✓PsyCE
 - ✓NASW Contact Hours
- 40+ concurrent sessions over three days
- 65+ presenters from throughout New England
- 2 days of exhibits (Thursday & Friday)
- 1 day registration option
- Simplified registration fees include CE
- Dates & Deadlines:
 - September 27, speaker materials
 - October 5, overnight reduced rate deadline, extended
 - October 8, register beforehand for better rates
 - October 27-29, Annual Meeting dates

• **FRIDAY AFTERNOON FUN!!!**

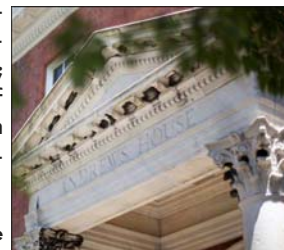
Free to Meeting Registrants, Pre-Registration necessary
by Wednesday, October 20. Sign up through our Web site!

OPTION 1:

Brown University Student Health Center Tour

Lunch at the Faculty Club; transportation provided to and from the Renaissance. Leave the Hotel at 1:15pm; return by 3:45pm. Join the hosts of Brown University's Student Health Services on their beautiful campus - the 7th oldest campus in the USA!

Andrews House



OPTION 2:

Take a Break at The Breakers & Salve Regina

Brown bag lunch as we head to Newport, described as the "shining gem in New England's coastal crown". Transportation provided to and from the Renaissance. Leave the Hotel at 1:15pm; return around 6:30pm. (*reduced overnight rates at the Renaissance apply Friday night as well*)

We'll arrive in Newport mid-afternoon and receive a private tour of The Breakers, the historic Vanderbilt summer "cottage" along Ochre Point.

After our tour of The Breakers, we'll arrive at the nearby campus of Salve Regina University. Offering what the National Trust for Historic Preservation has described as a "tour of the great architectural works of the Gilded Age".

And while architecture buffs could spend days touring campus, we'll gather with SHS Director, Mary Kay Connell, and members of her staff for a late afternoon reception in the fabulous Ochre Court. Join us; it will be wonderful!

The Breakers



2010-11 BOARD OF DIRECTORS NOMINATIONS

**VOTE
HERE**

www.NECHAonline.org

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: THREE 2-year terms** 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.*

NECHA 2010 GRANT WINNER ANNOUNCED

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The NECHA Grant Committee, is pleased to announce,
the Tufts University proposal,
**Balance Your Life: A Healthy Communication
Campaign to Achieve A Healthy Lifestyle**
has been awarded a \$2500 grant.

Submitted by Ian L. Wong, MSPH and Kate Sweeney, BS,
the project is designed to educate and provide tools for students to
attain a healthy lifestyle and decrease their risk for chronic disease.

The Grant Winners will be recognized at the upcoming Annual
Meeting in Providence and will present their program at the 2011
NYSCHA/NECHA Combined Annual Meeting in Saratoga Springs.

Ellen M. Reynolds, 2009-2010 NECHA Grant Chair

The NECHA Grant Committee will begin accepting grant proposals for the
2010-2011 academic year beginning in December. An application and further
information will be announced on the NECHA Web site.

The NECHA Grant was designed to assist schools who seek to improve the qual-
ity and delivery of student health services as well as promote innovative health
programming within New England's college health community. Grant projects
are funded at levels up to **\$2500**. The total number and size of awards will be
based on merit, need, and the number of proposals received. Projects that in-
volve student participation and a multi-disciplined/multi-departmental ap-
proach to shared concerns are especially encouraged.

Health Promotion Notion

Branding Your Wellness Program

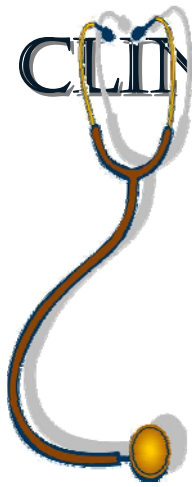
One of the issues we had at Boston University was getting the word out about wellness to students. In response, a new initiative was launched with the intention of creating a wellness brand. The purpose of launching this initiative is to help students associate a wellness message (or theme) to an event. Our hopes are that they will make the connection that our programs can help them learn about healthy lifestyles. In addition the programs can provide a setting where they may speak to professionals to answer their questions about health and wellness.

To this end, we created the **GTK** program, which stands for "Good To Know". We called it that for two reasons: 1) because students use acronyms to speak about everything; 2) because it is good to know about anything health related! All of our events are GTK eligible which means that students who want to be part of the campaign receive a card and each time they go to one of our events they collect a GTK stamp. As they collect stamps they earn prizes such as stress balls, pedometers, workout towels, backpacks, and much more. Every prize is designed with the GTK brand and the wellness blog address.

Initially, we had over 100 students participating in the GTK program and many more attended our first event, **Smart Snack Day** on Wednesday, September 8th. Some events are worth one stamp (movies, acupuncture, obstacle courses) while others (online chats and seminars) are worth two, depending on the level of probable excitement from the student body. We have been working with the Office of Residence Life to create a sort of competition between different residence halls to see who can get the most students involved in the GTK program.

Michelle George, MS
Wellness Coordinator, Boston University mgeorge@bu.edu

CLINICAL CHECK UP



AFTER THE PANDEMIC

Margaret Higham, MD
Medical Director, Health Services
Tufts University

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.hhs.gov/news/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 long 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. NECHA'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."

This is a prime opportunity to provide education about the need for a yearly flu shot..

POSITION OPENINGS

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 under-represented 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

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>

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

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.NECHAONLINE.ORG

See past recipients on our Web site too!

C O N N E C T I C U T - C H A N D 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, FACN, CNS who presented comprehensive as-

pects 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 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 professional of varying practice domains. In addition, we had twelve 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.

A C H A ' 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 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.

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