



Building Thriving and Inclusive Communities

June 2021

PROGRAM ABSTRACT BOOK



AMERICAN
COLLEGE
HEALTH
ASSOCIATION

Tuesday, June 8

12:45 pm – 2:15 pm

A1. Implementing a Streamlined LARC Program and Managing Common Side Effects and Complications

Presenter(s): Melanie Deal, MS, FNP-BC, WHNP-BC, and Eleanore Kim, MD (University of California, Berkeley)

The implant and IUDs are the most effective methods, yet usage rates remain low. We will present LARC guideline updates, management of the most common side effects to decrease barriers and expand current university programs. In the era of COVID 19, providers want to minimize visits to clinics to decrease risk of exposure. We will present our web-based consultation program which reduced access barriers and allowed program continuation with little alteration to workflow and operations.

A2. An Intradepartmental Research-Practice Partnership

Presenter(s): Kelli Agrawal, MPH, TTS, Casey Rayfield, and Ronald Berry, MD (University of Florida)

This program examines University of Florida's Student Health Care Center's Research Office, which is responsible for the development, conduct, analysis, and dissemination of research relevant to collegiate health. We'll discuss the benefit of internally-developed applied research, increased student engagement, stronger continuing education for clinicians, data-informed policies/practices, and accreditation support. We will also cover the associated logistics; funding, training, partnerships, and the roles of students (the Collegiate Health Research Internship).

A3. The Role of Pharmacy Benefits Managers in the Delivery of Pharmacy Services

Presenter(s): Justin Kirby, PharmD, BCACP, NBC-HWC (Lipscomb University)

Pharmacy Benefits Managers (PBMs) play a central role in the delivery of pharmacy services as nearly 9 in 10 prescriptions are paid for, at least in part, by PBMs. The role of PBMs has evolved over time. Their opaque reimbursement practices have posed serious financial challenges for pharmacies and caused many calls for increased regulation. How PBMs are regulated in the future will have lasting effects on the practice of pharmacy for years to come.

A4. Developing and Implementing White Accountability and Learning Groups on Campus

Presenter(s): Marian Trattner, MSW, CHWP, Mariane Magjuka, EdD, MEd (Wake Forest University); Joleen Nevers, MAEd, CHES, CSE, CSES (University of Connecticut); Megan Marks, PhD, MA, Ashley Hinton-Moncer, MPH, MS (University of Kentucky)

With the resurgence of racial unrest due to the murders of George Floyd, Breonna Taylor, and Ahmed Arbury, and the many others who have died at the hands of white supremacy, there has been an increase in White Learning and Accountability Groups (WLAG) being started on campuses. This panel discussion will focus on how three campuses have launched these groups and the lessons they have learned as white folks who are doing this work.

All times listed for the live sessions are in Eastern Time.

Tuesday, June 8

12:45 pm – 2:15 pm (cont.)

A5. Adopting the Healthy Campus Framework: Using the Inventory to Build Capacity

Presenter(s): Monica Webb, PhD, MPH, CHES (University of Florida)

An important tool of the new Healthy Campus Framework is the Healthy Campus Inventory. This environmental scan helps institutions of higher education to conduct an evaluation assessing their infrastructure and identify components needed to advance the health and wellbeing of their campus community. Participants will discuss the components of the new Healthy Campus Framework, describe the Healthy Campus Inventory, and identify ways to build capacity at their home institutions. Relevant resources will also be discussed.

A6. Kind Mind: Encouraging Self-Compassion

Presenter(s): Becca Rampe, PsyD (University of North Carolina Wilmington)

Students are increasingly self-critical, which often is detrimental to positive well-being. Self-criticism is correlated with loneliness, depression, and anxiety, three current mental health concerns. Mindful self-compassion (MSC) is a useful intervention in managing self-criticism and improving health. MSC consists of kindness, common humanity, and mindfulness and positively influences well-being while decreasing the experience of stress and symptomology. This session will review a four-week workshop that teaches the skill of MSC and offers suggestions for implementation with students.

3:00 pm – 4:00 pm

B1. The Ball's in Your Court: Addressing Men's Sexual Health Concerns in a College Health Setting

Presenter(s): Benjamin Silverberg, MD, MSc, FAAFP, FCUCM (West Virginia University)

Patients are often too shy to ask and providers frequently stumble over what to say. In this presentation, we will discuss male sexual dysfunction, testicular pain, dysuria/urethritis, and dermatologic manifestations of sexually-transmitted infections (STIs): how to treat them, and how to ask those personal questions and offer thoughtful responses.

B2. A Mindfulness and Self-Compassion Program for Gender and Sexual Minority Emerging Adults: Lessons Learned

Presenter(s): Jennifer Ahlquist, MSN, RN, ANP-BC (Nursing Practice Corporation/Campus Health Center)

Persistent mental health disparities in gender and sexual minority (GSM) emerging adults call for innovative, culturally sensitive interventions that mitigate the stress response and support wellbeing. Practicing mindfulness and self-compassion can potentially alleviate the detrimental effects of minority stress in this vulnerable population. This presentation will discuss lessons learned after implementing a mindfulness-based self-compassion program for GSM emerging adults in a college and community health setting, with a focus on recommendations for implementing future programs.

Tuesday, June 8

3:00 pm – 4:00 pm (cont.)

B3. Means Reduction Strategies for Suicide Prevention

Presenter(s): Brian Kassar, PsyD (Montana State University)

Reducing access to suicidal means is one of the most effective strategies for suicide prevention, though many clinicians and universities are not fully aware of this strategy. Concrete means reduction strategies will be discussed, including methods for instituting systemic change and instituting campus-wide efforts with stakeholders. Personal successes and struggles from a public university will also be shared as examples. This session may be useful for providers, administrators, and those involved with student safety and welfare.

B4. Fitting Their Schedules: Best Practices for Maximizing Efficiency at Mass Vaccination Clinics on College Campuses

Presenter(s): Lauren Cordova, MEd (University of Pennsylvania)

Mass vaccination and herd immunity are crucial in controlling the spread of infectious disease. Grounded in CDC best practices, over 11,300 people and 31% of the student population were vaccinated at University of Pennsylvania's 3-day, annual flu clinic in 2019. Positioning this clinic as a model for conducting a successful and efficient mass vaccination clinic, other universities can adapt clinic best practices to increase influenza vaccination rates and aid in COVID response efforts.

B5. Nurse-led Intervention Improves Cervical Cancer Screening Rates Among Students who Present for HPV Vaccination

Presenter(s): Tahshann Richards, DO, MPH, Robert Bernales, DO, MPH, and Siobhan Southern, RN (Columbia University)

In a retrospective study, while 90% of students returned for subsequent HPV vaccines only 9% returned for cervical cancer screening/Pap testing after counseling by medical providers. A nurse-led intervention to improve cervical cancer screening rates was implemented. Cervical cancer screening rates increased from 9% to 26% following this nurse-led intervention. Counseling by RNs coupled with offering a cervical cancer screening appointment was 350% more effective in improving the cervical cancer screening rate.

B6. ACHA Racial Marginalization and Health Inequities Task Force Update

Presenter(s): Raphael Coleman, PhD, MPH (Columbia University); Emily Matson, MPH, MCHES, CHWP (University of Minnesota); Sinead Younge, PhD (Morehouse College); and Cynthia Burwell, MS, EdD, MCHES (Norfolk State University)

ACHA's Racial Marginalization and Health Inequities Task force will share updates on the work that they have been doing over the past year. A review of the charge will be shared in addition to the myriad of steps that the task force has taken to identify the needs of the members of the association and the students we serve to be inclusive and decrease health inequities.

Tuesday, June 8

4:45 pm – 5:45 pm

C1. Adaptive Strategic Planning: Using an Equity Lens to Create a Roadmap for the Future

Presenter(s): Bene Gatzert, MPA (University of California, Berkeley)

Strategic planning is an evolving art form that involves both aspirational and pragmatic thinking. If approached with an equity lens, the work will better address diverse student and staff needs. Whether you have a staff of 15 or 300, this session will share practical tools to involve leadership teams, staff, students, and external stakeholders. This workshop will also share internal assessment tools for those centers seeking a fresh internal view into their organization.

C2. Mental Health, Burnout, and Wellness During COVID

Presenter(s): Bill Scheidler, MD (University of North Carolina)

This presentation will focus on the mental health of campus health providers and staff with particular focus on the impact of burnout and trauma associated with the COVID-19 pandemic. Wellness promotion at the individual and institutional level will also be discussed.

C3. Growth Through Change: Managing and Leading During Uncertain Times

Presenter(s): Jennifer DiPrete, MEd, CWHC, and Courtney DiPrete, MS (University of South Florida)

This session will address managing and leading through transition, uncertainty, and changes in leadership. Through roundtable discussions, participants will work through real life scenarios involving managing through changes in staffing and personnel, shift in strategic priorities, and limited resources; while upholding standards of practice and ensuring that work continues to be data and theory-driven, evidenced-based, and represents best practices. Participants will leave with tangible tools and skills to help them navigate the ever-changing landscape of higher education.

C4. Promoting Mental Health and Wellbeing of Students of Color: Cultivating a Culture of Care, Resiliency and Thriving

Presenter(s): Kiera Walker, MA, ALC, NCC, April Coleman, MA, LPC, NCC, and Herbert Wilkerson, MS, LPC, JSOCC (University of Alabama at Birmingham)

A foundation of trust must be established first in order for students of color to reach out and/or accept services/resources that are there to support them on college campuses. The Equity in Mental Health Framework lays out specific recommendations to better support mental and emotional health of this population of students. This presentation focuses on a program we have implemented to build connection and trust with students of color, while decreasing stigma around seeking mental health support.

Recordings for all live sessions will be available late June 2021.

Meeting attendees will be eligible for CE credit from recordings if applicable based on credit type.

Tuesday, June 8

4:45 pm – 5:45 pm (cont.)

C5. What's New in Allergy

Presenter(s): S. Shahzad Mustafa, MD (Rochester Regional Health System)

There have been a lot of novel therapies in the allergy/immunology space (FDA-approved peanut oral immunology, monoclonal antibodies for asthma, eczema, nasal polyps, etc). College health providers are coming across many of these new therapies/meds.

C6. Inclusive Programming Toolkit: How Student Organizations Can Be More Inclusive

Presenter(s): Carlie Deatherage, MPH, CHES (University of Central Oklahoma)

College students come to campus from all over the world with different backgrounds, identities, and experiences. Everyone has a role to play in creating an inclusive campus environment. This session will help participants look critically at their student organizations and discover ways to incorporate inclusive practices.



Wednesday, June 9

11:00 am – 12:00 pm

Dorosin Memorial Lecture: Reflections on Race and Medicine in the Year of COVID-19 and Nationwide Protests

Presenter(s): Damon Tweedy, MD (Duke University School of Medicine)

This presentation will explore how the events of 2020 (COVID-19 and nationwide protests) have disproportionately been linked to the experiences of Black people in the United States and discuss the implications of this history on medical education, our health care system, and the experiences of Black student-learners who navigate this complex world.

12:45 pm – 1:45 pm

D1. Diverse Workforce Retention Alert: Impostor Phenomenon Warning

Presenter(s): LeAnn Gutierrez, PhD, MBA (Florida Atlantic University)

Impostor Phenomenon, also known as Impostor Syndrome, touches all generations within today's workforce with higher incidents with those that identify as persons of color and women. Over 70% of the people studied reported incidents of impostor feelings at least once in their lived experiences. This session will help participants to identify how impostor syndrome shows up in the workplace and learn strategies for handling feelings of impostor syndrome for themselves and others.

D2. Trauma- and Resiliency-Informed Programming

Presenter(s): Rebecca Rampe, PsyD, LP, HSP-P (University of North Carolina Wilmington)

Adverse Childhood Experiences (ACEs) affect over 67% of Americans and have an impact on health behaviors and disease (CDC, 1998). Within the college population, studies have found that ACEs lead to higher levels of depression and ADHD with an increase in cigarette, marijuana and alcohol use. Providing trauma and resiliency informed programming is necessary in order to mitigate the impact of ACEs, COVID-19, and other traumas by increasing safe programming that avoids re-traumatization.

D3. Common Rashes in the College-Age Population, Across All Skin Types

Presenter(s): Chris Adigun, MD (Dermatology & Laser Center of Chapel Hill)

This presentation will review common skin eruptions in the college-age population. Both infectious and inflammatory entities will be covered. The focus will be on the multiple ways these rashes can present clinically in an effort to improve diagnostic accuracy. In addition, management of these rashes and their sequelae will also be covered.

Recordings for all live sessions will be available late June 2021.

Meeting attendees will be eligible for CE credit from recordings if applicable based on credit type.

Wednesday, June 9

12:45 pm – 1:45 pm (cont.)

D4. Engaging Peer Educators in Delivering Evidence-Based Brief Motivational Interventions: Innovative Training Models, Benefits, and Challenges

Presenter(s): M. Dolores Cimini, PhD (University at Albany, SUNY)

Research indicates that peer educators, when well-trained and supervised, can deliver evidence-based brief motivational interventions just as well, if not better, than trained professionals. This workshop will explore a number of innovative peer education training models derived from evidence-based brief motivational interventions, including peer wellness coaching and peer educator-delivered Screening and Brief Intervention (SBI) addressing a variety of risk behaviors. The strengths of training models that involve classroom instruction and computer simulations will be discussed. Challenges and potential risks associated with engaging peers in delivering evidence-based brief interventions will be identified and explored. Benefits of engaging in evidence-based peer education best practices, both to students receiving services and to peer educators themselves, will be identified.

D5. Examining Administrative Principles for the Nurse Who Transitioned from Staff to Supervisor

Presenter(s): Pamela Stokes, MHCA, DNP, RN (Oklahoma State University)

The role of the nurse manager is critical in the provision of effective quality care in any setting. Professional development regarding leadership within the nursing profession has traditionally been neglected (Townsend, 2011). Often the competencies that are related to an administrative role are absent or lacking when examining a high-performing nurse. In fact, senior nursing staff are most often moved into managerial roles because of their skills rather than an ability to manage business related issues. This presentation will address key managerial strategies for nurses who have transitioned into an administrative role. Topics include but are not limited to: management techniques, retention, best practices, professional development, quality, accreditation, patient satisfaction, performance, and staffing.

D6. Increasing Pharmacy Efficiency and Patient Engagement via Technology

Presenter(s): Melvin Fenner, MBA, PhD, and Brian Aubry, BS (The University of Illinois at Urbana-Champaign)

The average college health patients, age 17-25, are among the most technically savvy consumers in the healthcare market. Additionally, inefficient pharmacy processes lead to longer wait times, waste, and rework. The University of Illinois at Urbana-Champaign sought to better connect to this age group and enhance processes by building prescription management tools like those available from major pharmacy retailers.

All times listed for the live sessions are in Eastern Time.

Wednesday, June 9

2:30 pm – 3:30 pm

E1. Hot Topics In Gastroenterology for Student Health

Presenter(s): Benjamin Levy, MD (Sinai Health System); Nina Gupta, MD (University of Chicago Medical Center)

We will present updated guidelines and recommendations for important Gastroenterology topics including: GERD, Dyspepsia, H pylori, IBS, Abdominal Pain, Eosinophilic Esophagitis, Rectal Bleeding, NSAID induced Gastritis and Enteritis, Ulcerative Colitis, and Crohn's Disease.

E2. Sexual Diversity on Campus: Distinguishing Between Consensual Sexual Behaviors from Reportable Title IX

Presenter(s): Heather Eastman-Mueller, PhD, CHES, FACHA, CSES, CSE (Indiana University); Sara Oswald, PhD (University of Texas at San Antonio); and Joleen Nevers, MAEd, CHES, CSE, CSES (University of Connecticut)

There is an increasing emphasis on sexual violence prevention efforts on college campuses. The definition of consent is at the forefront of these discussions, with inconsistency across the nation. At the same time, people report engaging in a wider range of sexual behaviors with a diverse array of intimate relationships including consensual non-monogamy and BDSM-oriented forms of sexual expression. As college health professionals, it is important to understand and clearly differentiate consensual sexual behaviors from sexual violence and perpetrative behaviors to improve sexual health of college students.

E3. Combining Campus Resources with Evidence-Based Practice to Meet the Sexual Health Needs of Campus

Presenter(s): Jessica Doty, RN/BAN, and Sonia Doulamis, MPH (University of North Dakota)

Sexual health is a very broad topic and is sometimes considered taboo. Most people think of sexual health relating to practicing safe sex, using condoms, and contraception. Sexual health also encompasses educating students on the importance of: healthy relationships, recognizing the signs of domestic violence, bystander intervention, STI testing, and sexual health for the LGBTQ+ communities. Learn how UND has evolved the topic of sexual health into an engaging community event.

E4. Prescribing and Promoting Expedited Partner Therapy

Presenter(s): Joanne Brown, DNP, APRN (University of Kentucky); John Laury, MSN, CNP (University of Pennsylvania); and Blake Flaughner, MPH, CHES (University of California, Davis)

Expedited partner therapy (EPT), the practice of treating partner(s) of patients diagnosed with sexually transmitted infections such as chlamydia and gonorrhea without requiring a visit, is recommended by the CDC. Despite evidence indicating that EPT is a valuable strategy in preventing reinfection and limiting population spread, many college health clinicians are not utilizing this tool. This presentation will help participants evaluate the legal environment in their state and policies in their health center, advocate for change and provide tips for clinical practice and health promotion to increase its use.

Wednesday, June 9

2:30 pm – 3:30 pm (cont.)

E5. Serving Black Female Students Through Support Groups

Presenter(s): Brandie Chandler, MS, MSW (Oklahoma State University)

The experiences of Black female students include instances of racism and sexism; feeling like an outsider, imposter syndrome, and community and familial pressure. Black female students feel overwhelmed, fatigued and disconnected. Support groups specifically for them, helps to reduce isolation. Understand how OSU's Counseling Services staff created a support group for Black female students.

E6. Sustaining a Quality Program during the Pandemic

Presenter(s): Sandra Villafán, MLIS, RHIT (Stanford University)

We are in a time of social unrest and once-in-a-century pandemic, but there is still work that needs to be done to achieve organizational goals, compliance and accreditation requirements. Through the lens of a Quality Manager, templates, tips and lessons-learned will be shared to support: patient experience surveys, peer chart reviews, and Quality and Safety Orientations.

Presidential Closing Session: Preparing Thriving and Inclusive Campus Communities in the Aftermath of COVID-19

Presenter(s): Anne Schuchat, MD (U.S. Centers for Disease Control and Prevention)

In this Presidential Closing Session, Dr. Schuchat will focus on how we better prepare our campus communities for public health measures and interventions for the both the remainder of the pandemic and for future health threats. She will view these topics through a lens of *building thriving and inclusive campus communities*.

On-Demand Sessions

R1. A Multidisciplinary Approach to Working with International Chinese Students Struggling with an Eating Disorder

Presenter(s): Danielle Gonzales, PsyD, NHRSP, Parissa Nili, PsyD, and Heather Needham, MD (University of Southern California)

The University of Southern California's Student Health Center has experienced a growing number of international students from China attempting to manage academics while struggling with an eating disorder. This presentation will describe a multidisciplinary team approach to treat the needs of international Chinese students with AN or BN. Presenters will discuss multicultural considerations, COVID-19 barriers, and advocating for higher levels of care. Panelists will review a series of case presentations that highlight collaborative care and treatment outcomes.

R2. ACHA Ethical Principles and Guidelines Reviewed by the Ethics Committee

CANCELLED BY PRESENTER

R3. ACHA Task Force Summary on Best Practices for Chaperoning Sensitive Examinations: Recommendations on Policies, Guidelines, Competencies and Patient Safety

Presenter(s): Susan Ernst, MD (University of Michigan); Mary Landry, MD (University of Wisconsin-Madison); Robert Ernst, MD (University of Michigan); Stephanie Hanenberg, MSN, FNP-C, FACHA (University of Colorado Colorado Springs); Kim Webb, MEd, LPC, FACHA (Washington University in St. Louis)

The ACHA has prioritized patient safety and created guidelines establishing best practices regarding sensitive exams. We will share the guidelines, including recommendations on creation of institutional policy, implementation of policy with training, competencies and patient education. Resources from the new ACHA toolkit will be shared to assist colleges and universities with policy development and implementation.

R4. ACHA-NCHA Update

Presenter(s): Mary Hoban, PhD, MCHES (American College Health Association; and Alyssa Lederer, PhD, MCHES (Tulane University)

This program will sharing findings from the first three data collection periods with the ACHA-NCHA, describe instrument reliability and validity, and demonstrate ways new measures may be used in data analysis.

**On-Demand Sessions will be released
June 1, 2020 (some sessions subject to
date change)**

On-Demand Sessions

R5. Achieving AAAHC Accreditation for College Health

Presenter(s): Joy Himmel, PsyD, MA, BSN, LCPC, NCC, RN (Bodhi Counseling); and Valerie Kiefer, DNP, MS, BSN (University of Connecticut)

Achieving accreditation is one way to demonstrate compliance with broadly accepted industry standards. This presentation will focus specifically on the core barriers or fears in beginning the process to get ready for accreditation and complying with the standards. It will provide numerous reasons to seek accreditation for all sizes of schools and will present practical information on how to be successful and achieve accreditation in both a merged center (counseling and health clinic) and health clinic alone. Quality and process improvement, essential components of accreditation, will be discussed in detail with examples of exemplary quality improvement studies, and information will be shared on how to succeed with obtaining accreditation.

R6. An Evidence-Based Case for Space: Strategic Space Planning Using a Demand Forecast Model

CANCELLED BY PRESENTER

R7. Becoming a Trauma-Informed University Healthcare System

Presenter(s): Brenda Ingram, EdD, MSW, LCSW Katie Hurley, MSW; Sarah Van Orman, MD, MMM; Grace McMahon; Deirdre Logan, MD, FACOG, MMM; Katie Bates, MS, APCC; Jessica Beale, PsyD (University of Southern California)

Research shows that up to 89% of college students have traumatic experiences before college that puts them at greater risk for re-victimization once at college. The impact of these experiences can derail their academic success and they tend to seek out health services at a higher level. The University of Southern California (USC) is transforming our student healthcare system into a trauma-informed system. This presentation will discuss this process and lessons learned along the way.

R8. Best Practices for Non-Binary and Transgender Student Campus Inclusivity and Mental Health Services

Presenter(s): Joanna Schwartz, PhD (Georgia College and State University)

Non-Binary and Transgender students face unique challenges on college campuses. This session will address best practices regarding campus policies, faculty and staff education, and aspects of campus mental health support that will create a more inclusive and adaptive campus environment. Aspects of gender identity inclusivity begin with understanding and then go on to include how to adapt campus culture to better accept this under-served part of our campus population.

On-Demand sessions will be accessible to registered meeting attendees until June 2022.

Continuing education credit (as applicable) will be available.

R9. Cardiac Considerations in Athletes and Post COVID-19 Infection

Presenter(s): Kyle Goerl, MD, CAQSM (Kansas State University); Kimberly Harnon, MD (University of Washington); and Bradley Petek, MD (Massachusetts General Hospital)

Starting early in the pandemic, there arose a concern of possible long-term symptoms following a COVID-19. One of these, specifically in athletes, was the potential for myocarditis post-infection. The University of Washington and Harvard began comprehensive research into this area. This presentation will review the data from this research and share helpful insights and clinical management concerning these patient and the appropriate steps needed to clear them for future sports participation.

R10. Connected College Health Network

Presenter(s): Sarah Van Orman, MD, MMM (University of Southern California); and Mary Hoban, PhD, MCHES (American College Health Association)

The Connected College Health Network is the ACHA data warehouse project whose goal is to bring together sources of information about college student health and healthcare to better inform college health professionals, institutions of higher education, and policy makers. Now in it's third year, the CCHN has successfully piloted collecting institutional health center data and linking it to institutional information from the Department of education, National College Health Assessment data, and clinical coding data. An overview of the project and initial reports will be presented.

R11. Could Nutrient Inadequacy be Driving COVID-19 Long-Hauler Symptoms?

Presenter(s): Joannie Dobbs, PhD, CNS (University of Hawaii, retired)

COVID-19 long-hauler symptoms are similar to multiple subclinical nutrient inadequacies. Using National Health and Nutrition Examination Surveys (NHANES), dietary data for 4,333 individuals 18-35 years were examined to determine potential nutrient inadequacies. Data analysis indicates 91.5% of individuals were deficient in at least one immune system micronutrient cofactor with the mean nutrient deficit greater than three nutrients, depending on age and ethnicity. These data indicate the potential need for a moderate dose multivitamin/mineral supplement.

R12. COVID CARE at UNF: Creating Health Care in a Remote Student Location

Presenter(s): Doreen Perez, DNP, MS, BSN, RN-BC, Linda Connelly, PhD, (University of North Florida)

This presentation will describe one university's experience in providing health care to students on campus in COVID-19 isolation and quarantine. As the University of North Florida prepared to open for the fall 2020 semester, it became apparent that we would have to identify isolation rooms for ill and COVID positive students as well as quarantine rooms for exposed students. The School of Nursing also needed clinical practice sites for nursing students in Health Assessment and Chronic Health Care. We created a win-win situation that met the objectives of both issues.

On-Demand Sessions

R13. Developing and Implementing a Process for Combating Anti-Black Racism in a University Healthcare System

Presenter(s): Tobirus Newby, LCSW, Bene Gatzert, MPA, and Chenitria McKenzie, BS (University of California, Berkeley)

While the call for social justice and systemic transformation in the sphere of higher education is nothing new, the sociocultural zeitgeist of the past few years affords us a vital opportunity to embody equity and inclusion in word and in deed. Join us as we share a process of leadership accountability, affirming marginalized voices, and collective action within a multidisciplinary university healthcare system.

R14. Development and Utilization of a Decision Aid to Improve Access to Care for Students Needing Psychiatric Medication

Presenter(s): Michelle Romero, DO, and Sara Lee, MD (Case Western Reserve University)

Working together, psychiatrists, counselors, and primary care providers have developed a Referral for Psychiatric Medication Management Decision Tree to aid in determining whether students are most appropriate for an initial medication visit with a psychiatrist or primary care provider. The creation and utilization of this tool has decreased wait times for psychiatric appointments, increased communications amongst providers, and improved student care.

R15. Dietary Supplement and Herb Use Among College Students

Presenter(s): Dawn Null, PhD, MS (Southern Illinois University)

In February 2019, the FDA announced strengthening its oversight of the dietary supplement industry as “explosive growth” has resulted in risks to consumers. This is especially worrisome at the collegiate level since studies suggest up to 70% of young adults report using herbs and dietary supplements. This session will highlight popular products and usage among college students, top reasons for use, and safety and pharmacology. Additionally, we will discuss how to interpret Supplement Facts labels.

R16. Dismantling the Inherent Privilege of Self-Care

Presenter(s): Nishelli Ahmed, MPH, CHES (University of Connecticut); Ashleigh Hala, MSW, LCSW (Babson College); and Raphael Coleman, PhD, MPH (Columbia University)

The current understanding and practice of mainstream self-care is rooted in privilege, capitalism, and colonialism. Self-care is often presented as an individualistic approach to supporting one person's mental health. Self-care alone fails to acknowledge a) the overlapping systems of oppression that affect well-being and b) the role of community care. Collectively, we will dismantle self-care through exploration of anti-oppression framework(s), Trauma Stewardship, The Healing Justice Framework, and Community Cultural Wealth.

On-Demand sessions will be accessible to registered meeting attendees until June 2022.

Continuing education credit (as applicable) will be available.

R17. Establishing Healthy, Inclusive, and Thriving Communities: Best Practices from Active Minds' Healthy Campus Award Recipients

Presenter(s): Amy Gatto, MPH (Active Minds); Mary Ann Takemoto (California State University Long Beach)

The Active Minds Healthy Campus Award honors campuses that champion student health. While many campuses focus on building thriving among their students and establishing inclusive communities, Santa Monica College and California State University, Long Beach are models of success. In conjunction with Active Minds, these institutions will provide best practices and strategies to help institutions prioritize student mental health.

R18. Finstas, Sugar Babies, and Seeking Arrangements: Insights into Student Transactional Sex

Presenter(s): Laura Andrews, MS, NCC, Lindsey Parker Winslett, and Cleoanne Estrera, NP-C (Duke University)

This presentation will reveal the rapidly changing landscape of terms associated with both direct and indirect college sex work. Sex work can include selling nude images on fake Instagram accounts to putting ads on websites for “seeking arrangements.” Recent studies report that between 2% and 10% of students have participated in transactional sex (sex work) while enrolled in college with many more considering involvement (33%). College health and wellness professionals may be tasked with supporting students who are involved in sex work or who are experiencing negative outcomes because of their involvement. With economic pressure, the cost of tuition, and growing online communities, college health professionals will need to know how to screen students for their involvement in sex work while also providing support and access to appropriate care.

R19. Implementing Buprenorphine/Naloxone Opioid Addiction Treatment in the College Health Setting

Presenter(s): Sharon Sperling-Siber, ANP-BC, and Meghan McSherry, FNP-BC, APHN-BC (Columbia University)

ACHA recommends that campus clinicians consider becoming certified to prescribe buprenorphine to treat opioid addiction on campus. College health centers may feel that there is not a need on their campus or they do not have the infrastructure to provide this type of addiction therapy. Columbia University is working to address these concerns and develop a program within our existing service to address this growing need.

R20. Informed Decision Making Regarding Meningitis B Vaccination

Presenter(s): Laura Anderson, MSN, APRN, FNP-C (New England College)

Meningitis B outbreaks are increasing on college campuses. According to the CDC, 34 cases were diagnosed in 2018. Thirty-two percent of those diagnosed with Meningitis B were college students. Meningitis B has negative health outcomes including brain damage, loss of limbs and death. Should college health centers require the Meningitis B vaccine? This presentation will cover the different meningitis vaccines including the challenges and successes that come with requiring these vaccines on a college campus.

On-Demand Sessions

R21. Is Sleep Deprivation Affecting your Physical and Mental Performance?

Presenter(s): Robert Dollinger, MD (Augusta University)

Twenty-four hours, 1440 minutes, or 86,400 seconds! There's never enough time in a day! Many people meet life's challenges by trying to get more done by sleeping less. However, acute and chronic sleep deprivation have consequences to our physical and mental well-being. This presentation will explore how sleep deprivation can affect cognition, memory, weight, and more. Finally, the presentation will provide scientifically proven methods to improve sleep quantity and quality.

R22. Key Strategies to Build and Sustain a Culture and Environment of Wellbeing

Presenter(s): Megan Amaya, PhD, CHES (Ohio State University); Christy Gipson, PhD, RN, CNE (The University of Texas at Tyler); Nikki Brauer, MS, CWPM, COEE (Illinois State University); and Julie Edwards, MHA (The University of Chicago)

Creating and sustaining cultures that support healthy behavior change are key to any institution who wants healthy, happy, engaged and productive students, faculty and staff. In this panel discussion, health promotion leaders from four universities will discuss key strategies for leveraging best practices in institutions of higher learning. Data will be shared from the Building Healthy Academic Communities National Summit study, addressing components and barriers to building of a culture of wellness in academic settings.

R23. Measuring Your Financial Health With Key Performance Indicators

Presenter(s): Sara Parris, MHA, CHWP, SHRM-PMQ (Iowa State University)

Do you know how healthy your revenue cycle is? Unsure what reports you should be running? And how do you measure your success anyway? This presentation will introduce several common accounts receivable reports you should be running, as well as benchmarks to measure your success. We will also review results to determine what steps can be taken to improve collections.

R24. Now What: Students' Substance Use and Health Under the Influence of COVID-19

Presenter(s): Dong Ding, MPA, MA, Dana Schmidt (Missouri Partners in Prevention)

COVID-19 has affected Missouri campuses in unprecedented ways. Missouri Partners in Prevention 2020 Students' Well-being Survey was designed to assess students' experiences due to the pandemic. In this presentation, we will use the survey data to identify the influence of COVID-19 on students' well-being and health and how we used the data to assist our partner campuses with their alcohol and other drugs prevention strategies, which could be applied to other campuses or statewide coalitions.

R25. Nutrition for Depression and Anxiety: Practical Strategies and Preliminary Study Results

Presenter(s): Ryan Patel, DO, FAPA (The Ohio State University)

This presentation will provide an update on research developments show that certain nutritional strategies can have comparable benefits to medications or therapy for treatment of depression, anxiety. There will be room for sharing and discussing strategies to help students improve nutrition to improve their mental health, as well as possible system/university level interventions. I will also present preliminary results from my study.

On-Demand Sessions

R26. One & Done: The Impact of a Mental Health Tool Kit Distribution and How We Can Better Serve Students

Presenter(s): Paula Parker, EdD, CMPC, and Nicole Rushing, PhD (Campbell University)

This program discusses original mixed-methods research on the creation and distribution of small, portable tool kits to manage stress in college freshmen. Kits were distributed in Fall 2019; pre- and post-scores of psychological distress and coping styles were analyzed. Data were also collected in Fall 2020. The application of findings to plan campus mental health programming will be discussed, as well as the implications on post-COVID campuses.

R27. Opioid Overdose Prevention and Naloxone on College Campuses

Presenter(s): Michael McNeil, EdD, CHES, FACHA, Melanie Bernitz, MD, MPH, and Wai Kwan (Bonnie) Li, MS (Columbia University)

This study investigated an evidence-informed opioid education and naloxone training program. 1975 students, faculty, staff, and alumni registered and 77% attended the training. Among attendees, 94% requested naloxone kits. During the COVID-19 pandemic, traditionally in-person naloxone trainings were conducted via a webinar platform. We will report on characteristics of in-person and virtual participants, baseline and 6-month follow-up survey data on knowledge, attitudes, and norms towards naloxone and opioid use. Replication strategies will be discussed.

R28. Overcoming Barriers to Implementing Dialectical Behavior Therapy (DBT) in the University Setting

Presenter(s): Nerine Tatham, MD (Duke University)

This presentation will provide a brief overview of DBT and an update on recent developments in the field of DBT. The program will also discuss common barriers and challenges in delivering DBT in group and individual therapy settings.

R29. Pregnancy Desire Screening for College-Aged Students

Presenter(s): JeNeen Anderson, MPH, and Mackenzie Piper, MPH (Power to Decide)

As compared to other populations, college-aged youth are at increased risk of negative outcomes related to sexual health. Barriers such as access to preventative services exacerbate this reality. One Key Question®(OKQ), a pregnancy desire screening tool, allows health and social service providers to start conversations with students about sexual and reproductive health priorities, then connect them to the services they need. OKQ Online is an interactive training platform where providers can gain the skills to transform healthcare for their patients and commit to making reproductive health a priority.

On-Demand sessions will be accessible to registered meeting attendees until June 2022.

Continuing education credit (as applicable) will be available.

R30. Promoting Faculty and Staff Health and Wellness in a Virtual World

Presenter(s): Lori Dewald, EdD, ATC, MCHES (Walden University); Nikki Brauer, MS, CWPM, COEE (Illinois State University); Faith DeNardo, MPH, PhD, MCHES (Bowling Green State University); and Marguerite O'Brien, MSW (University of South Carolina)

The COVID-19 pandemic has challenged every aspect of an open and functioning traditional face-to-face university. Faculty and staff health and wellness is one of these many challenges and of great concern. Faculty and staff health and wellness on all university campuses is needed now more than ever before. This 2021 ACHA presentation will focus on the promotion of faculty and staff health and wellness through creative methods of delivery that have been used successfully.

R31. Overview of Emergency Contraception Methods and Access

Presenter(s): Sara Farjo, DO, and Amie Ashcraft, PhD, MPH (West Virginia University)

This presentation will review emergency contraception (EC) methods that are available in the U.S. and updates regarding efficacy. Techniques improving EC counseling skills will also be discussed. Availability and access of EC will be addressed with a specific focus on original research done in West Virginia regarding levonorgestrel EC.

R32. Sailing Our SHIP through COVID-19: The Stanford Experience

Presenter(s): Johanna Infantine, MA (Stanford University)

In March 2020, Stanford University dispersed thousands of its students due to the COVID-19 shelter-in-place order. The student health insurance program pivoted to meet this unprecedented moment and students' insurance needs. This session will describe the urgent questions and issues that arose as our students left campus. We will explain the program changes and exceptions that were made, and we will identify future considerations for our comprehensive student health insurance plan.

R33. Self-Care for the Treatment of Infectious Diseases: From Antihistamines to Zinc

Presenter(s): Lauren Biehle, PharmD, BCPS (University of Wyoming)

If we know that the majority of prescriptions for antibiotics are unnecessary, what else can we offer our patients? What if we offered other options available on the pharmacy shelves? This presentation will describe therapies that are over the counter when you are feeling under the weather! Join us for an interactive discussion describing non-prescription recommendations for a variety of infectious diseases.

R34. Single Session Therapy: Sometimes Once is Enough

Presenter(s): Summer Zapata, PsyD, Charlie Padow, LCSW, and Alice Phang, PhD (University of Southern California)

This presentation provides an overview of USC Counseling and Mental Health's implementation of "Single Session" therapy as a way to increase access of mental health services to underserved college students due to cultural stigma or other barriers. Discussion will compare this model to more traditional therapy models, review data regarding usage and outcomes from 2019 to 2021, provide useful tips to clinicians and recommend ways to overcome challenges that may arise during implementation.

R35. Student Health Data on Japanese and U.S. Colleges and Universities – A Joint Session of JUHA and ACHA

Presenter(s): Mayumi Miyamoto, MD, PhD, MBA (Gifu University); Katsumi Nakagawa, MD, PhD, JD (Ritsumeikann University); Hirokazu Yokoyama, MD, PhD (Keio University); Taku Iwami, MD, PhD (Kyoto University); Hiroshi Ishiguro, MD, PhD (Nagoya University)

In this engaging and collaborative joint session of the Japanese University Health Association (JUHA) and ACHA, four Japanese Professors of Health Administration will describe the “Data” accumulated with mandatory annual health check for all students in Japan; focusing on infection control, quality of health checkup, and national university survey. Panel facilitators from the U.S. and Japan will compare many aspects of health data approaches between the two countries.

R36. The Flexible Care Model: Overview and Recent Updates

Presenter(s): Will Meek, PhD (Minerva Schools at KGI)

University counseling centers are at a point where the traditional model of service is no longer viable due to increased demand. Improved staffing can have a temporary positive impact. However, the structural problems in our centers that create access issues, frustrated students, and burned out staff remain intact. This presentation will discuss the Flexible Care Model, which is an innovative service delivery system that focuses on same-day access, variable session lengths, goal-focused counseling, and customized follow-up plans. It will provide an overview of the model, as well as recent updates and system, satisfaction, and clinical outcome data.

R37. The Interconnection Between College Students’ Health and Academic Performance: What’s the Evidence?

Presenter(s): Alyssa Lederer, PhD, MPH, MCHES, Isabella Parise, MPH, Melissa Rosenthal, Raquel Horlick, MLIS (Tulane University); Sara Oswald, MPH, PhD (University of Texas at San Antonio)

College health professionals regularly purport that healthier students are better learners, but this assertion is based more on assumption than evidence. This presentation will review the results of the first ever scoping review that compiles and synthesizes all peer-reviewed literature examining the relationship between college students’ health and academic performance from the past 10 years. Attendees will gain an empirical understanding about this crucial topic in college health research and practice.

R38. The Mystery Unraveled: Standards for Student Health Insurance Plans

Presenter(s): Kat Lindsey, MS (University of Florida); and Maureen Cahill, BS (The Ohio State University)

Feel confident in your understanding of the basic concepts behind what makes up a quality student health insurance plan. Ensure your institution is offering a health insurance plan that will cover your students home and away while also learning core principles to navigate plan management. ACHA’s Student Health Insurance/Benefits Plan Coalition has codified ten standards of best practice to guide institutions with both fully insured and self-funded health plans.

On-Demand Sessions

R39. Understanding the Four Models of College Health

CANCELLED BY PRESENTER

R40. Using CollegeAIM 2.0 for Planning Alcohol Prevention: Making Change Happen On and Off Campus

Presenter(s): Jason Kilmer, PhD (University of Washington); M. Dolores Cimini, PhD (University at Albany); Alicia Baker, MA, MPH, CHES (University of Florida); Toben Nelson, ScD (University of Minnesota)

The National Institute on Alcohol Abuse and Alcoholism's (NIAAA's) College Alcohol Intervention Matrix (CollegeAIM) was released in 2015 and updated in late 2019. Strategies to propel/encourage adoption of evidence-based approaches will be detailed by national alcohol prevention leaders, and new prevention and policy efforts added to CollegeAIM 2.0 will be described by scientific contributors to CollegeAIM. Presenters will share lessons learned in utilizing CollegeAIM and suggestions/tools for making change happen on and off campus.

R41. Zebras Get Sore Throats, Too: Thinking Beyond Strep Pharyngitis

Presenter(s): Benjamin Silverberg, MD, MSc, FAAFP, FCUCM (West Virginia University)

"It's probably viral." Though true, what if the odds aren't in your favor? It can be dangerous to blame adenovirus (or Strep) and neglect other causes of sore throat. Epiglottitis, retropharyngeal and peritonsillar abscesses, Ludwig's angina, and diphtheria can be life-threatening. EBV/CMV mononucleosis, gonorrhea, Kawasaki syndrome, and thyroiditis also demand attention. In this presentation, we will discuss an evidence-based approach to the diagnosis and management of sore throat, refreshing ourselves on the uncommon, so-called "zebras."