

# NYSCHA News & Notes – May 2009

**From the NYSCHA President:** *Shelly Sloan, MS, CHES, SUNY Oswego*

Meet the President of NYSCHA and read about topics discussed by the NYSCHA Executive Board.

**Welcome to Our Members:** *Getting Connected Through NYSCHA*

Whether you are new to NYSCHA or are a long-standing member, you will find useful information about ways NYSCHA can help you connect with colleagues throughout New York State. (From Maureen Emerson, NYSCHA Membership Chair)

**NYSCHA Executive Board:** *Introduction of New Board Members*

- Nursing – Maureen Pavone, RN, BSN
- Clinical Medicine – Alexandra Hall, MD
- Mental Health – Anne Kearney, LCSW-R
- Students – Danielle Healy
- Community College Representative – Paula Snyder, RN, BSN
- ACHA Region V Representative – Vanessa Britto, MD, MSc

**Health Promotion Section:** *Updates from the Section Chair*

Learn about the annual Health Promotion Section Meeting that will be held in May and how to join the Health Promotion listserv.

**Conferences & Events:** *Save the Date.*

- May 8: Health Promotion Section & Student Section Meetings
- May 8: NYSCHA District 1 Meeting
- May 19: NYSCHA District IV Seminar 2009
- May 21: The College Health Symposium
- May 28: NYSCHA Meeting at the ACHA Annual Meeting
- October 28-30: NECHA/NYSCHA Region V Combined Annual Meeting

**ACHA Board of Directors Meeting:** *Highlights from the February 2009 Meeting*

Vanessa Britto, MD from Wellesley College represents NYSCHA and NECHA on the ACHA Board of Directors. Her article shares the topics discussed at the February Board meeting.

**To submit announcements for the NYSCHA News & Notes:**

Send your articles to Mary Madsen at [mmadsen@uhs.rochester.edu](mailto:mmadsen@uhs.rochester.edu).

# From the NYSCHA President

**Shelly Sloan, MS, CHES** (formerly Shelly VanSlyke)  
Lifestyles Center, SUNY Oswego

[msloan@oswego.edu](mailto:msloan@oswego.edu)  
315-312-5648

*Greetings!* Last year was a very busy one for me. On October 18, I married a wonderful man named Tyson. I was on my honeymoon during the NYSCHA Annual Meeting in Syracuse, but trust me, I was thinking about all of you from the beaches of Aruba! Now that the wedding (and honeymoon) is over, it's time to get back down to business!

We have several new additions to the board that I would like to welcome. Each person has introduced themselves to you in this newsletter. Dr. Vanessa Britto from Wellesley College is the ACHA Region V Representative. Maureen Pavone from Stony Brook University is the new Nursing Section Chair. Dr. Alexandra Hall from Cornell University is the new Clinical Medicine Chair. Danielle Hawley from SUNY Oswego is the new Student Section Chair, and Anne Kearney from LeMoyne College is the new Mental Health Section Chair. Please take a moment to welcome them and let any of us know what we can do to better serve you!

*Ask and ye shall receive...*

We, as a board, have also been discussing issues that community colleges are facing. At the 2008 NYSCHA Annual Meeting in Syracuse, several health professionals from community colleges approached NYSCHA members regarding their needs. Many of us did not know that there often a very small staff (1-2 people) serve several campuses in several roles (clinician, health educator, administrator, etc.).

To better understand and serve community colleges, I appointed Paula Snyder from Jamestown Community College to serve on the board as a community college representative. In doing this, we hope to learn more about some of the challenges community college health centers are facing and to provide them with resources they may need. Some of our ideas include programming at conferences aimed specifically to community colleges and bringing health professionals from community colleges together periodically to discuss issues and resources. We are certain that this will be a fruitful relationship for all of us! If you are working at a community college, please contact Paula. I am sure she would really like to connect with you!

Now is the time to be thinking about the ACHA Annual Meeting in San Francisco May 26-30, 2009. I realize that the economy is not great and budgets are being cut, but if at all possible, please attend. It is an amazing opportunity to network with colleagues, learn a wealth of information, visit with some vendors, earn continuing education credits, and take in the sights of beautiful San Francisco. If you are in need of a roommate, you could send a message to the NYSCHA listserv or the SHS list. Rooms will fill fast! Once again, NYSCHA is helping to sponsor music throughout the conference. We will also have a NYSCHA business meeting on May 28 from 12:00-1:15pm. Please grab some lunch at the hotel and join us for more updates!

It is never too early to start thinking about award nominations! ACHA and NYSCHA both accept nominations to award individuals at their Annual Meetings. Visit [http://www.acha.org/about\\_acha/awards.cfm](http://www.acha.org/about_acha/awards.cfm) and <http://www.nyscha.org/awards.php> for more information.

Here's to a happy, healthy and productive 2009! I hope to see you in San Francisco!

# Welcome to Our Members

**Maureen Emerson, CMA**  
Membership Chair  
University of Rochester

[memerson@uhs.rochester.edu](mailto:memerson@uhs.rochester.edu)

Welcome to the New York State College Health Association (NYSCHA). As a member of ACHA, you are automatically a member of NYSCHA. Many of you were members in NYSCHA before we became a united affiliate with ACHA. Some of you are new to NYSCHA. We welcome you all and encourage you to become active members in NYSCHA.

NYSCHA has a long standing history dating back to the 1970's. We promote the health, safety, and well being of college students in NYS through primary care, mental health services, health counseling, health education, and health promotion activities. NYSCHA also serves as an advocate for health services and their representatives in areas relating to college health.

Some NYSCHA highlights:

- **NYSCHA Executive Board:** The Executive Board consists of:
  - *Elected Officers:* President, President-Elect, Secretary, and Treasurer
  - *Section Chairs:* Nursing, Clinical Medicine, Mental Health, Health Promotion, Administration, and Students
  - *Committee Chairs:* Membership, Advocacy, Networking/Resource, Bylaws & Awards
  - *Appointments:* Newsletter Editor/Webmaster, Liaison to SUNY Health Services Council, Community College Representative, and Conference Planner
  - *ACHA Region V Representative*
- **NYSCHA Sections:** Our section chairs look for opportunities to connect members within their discipline by e-mail, at annual meetings, and at section meetings. We encourage you to take advantage of these opportunities by becoming involved in your section. Please take a few minutes to introduce yourself to the chair of your section.
- **NYSCHA Annual Meetings:** Each October, NYSCHA holds a three day annual meeting. In October 2009, the New England College Health Association (NECHA) will host the NECHA/NYSCHA Region V Combined Annual Meeting in Burlington, Vermont. Check [www.nechaonline.org](http://www.nechaonline.org) for up-to-date information about the 2009 Annual Meeting.
- **Communication With NYSCHA Members:**
  - **NYSCHA Web site:** The site offers information for NYSCHA members, including current updates, upcoming annual meeting details, mini-grant opportunities, job postings, and handouts from the 2007 & 2008 NYSCHA Annual Meetings. Look for announcements in the new "NYSCHA News & Notes" section on the web site.
  - **NYSCHA Listserv:** This listserv provides an opportunity to share information and ask questions with college health colleagues throughout the state. *To join:* Send a blank e-mail to [join-nyscha@list.brockport.edu](mailto:join-nyscha@list.brockport.edu).
  - **NYSCHA Health Promotion Listserv:** This listserv is for anyone who does any kind of health promotion, whether it be full time or part time, in your job description or not. See the article from the Chair of the Health Promotion Section for instructions for joining.

# Introduction New Board Members

## Chair of the Nursing Section

**Maureen Pavone, RN, BSN**

Stony Brook University

[maureen.pavone@notes.cc.sunysb.edu](mailto:maureen.pavone@notes.cc.sunysb.edu)

As the new section chair, I would like to introduce myself. I have been a member of NYSCHA and ACHA for approximately five years and have been happy to meet many of you at the meetings, both locally and nationally. I have been impressed with the dedication and professionalism of all of the nurses I have met through NYSCHA and ACHA. I would love to hear from you about your concerns and your suggestions for topics at meetings, or if you just want to say hello.

I would like to mention that some nurses may have been told that the new portfolio credentialing process (certification in College Health) could be ready as early as January 2009. I have been in touch with Darlene Perez regarding the process of applying for certification. She told me that the data needed for the portfolio process has not been finalized by ANCC. Until ANCC finalizes the process, they are not able to disclose any information. Once it is finalized, ACHA is planning to launch this portfolio process with blast email messages to nurses and directors that will include specifics. I will keep you informed as to any new information I am given regarding the credentialing process.

## Chair of the Clinical Medicine Section

**Alexandra Hall, MD**

Cornell University

[amh89@cornell.edu](mailto:amh89@cornell.edu)

607-255-5155

I would like to introduce myself as the new Section Chair for Clinical Medicine. After a brief stint as a high school teacher, I became a family doc, graduating from Mount Sinai SOM in 1999 and University of Vermont Family Practice Residency in 2002. After a couple of years of full-scope practice in Wisconsin, I moved to Ithaca, NY to be closer to family, initially working in the urgent care center there before coming to work for Gannett Health Center at Cornell in 2005.

I am really excited to be working in student health, as I have a huge interest in patient education. I also have keen interests in evidence-based care and advocacy and see NYSCHA and ACHA as potential avenues for support, networking, and investigating and sharing best practices. I am also currently heading the LGBT Coalition's Subcommittee for Transgender Health.

NYSCHA is currently looking for ways to enhance the benefits of membership, and I would greatly appreciate your suggestions. Some possibilities might include a clearinghouse for topic information (perhaps current guidelines and important, sentinel studies) and presentations (i.e. sharing PowerPoint presentations that we think are useful as well as administrative and protocol information). Should we use the listserv to debate clinical topics and share info that way as well? (e.g. just how many CFU do YOU consider to indicate a UTI?!) Please share your ideas with me, and we can work together to support each other and our students. Thanks!

## Chair of the Mental Health Section

**Anne Kearney, LCSW-R**

LeMoyne College  
Syracuse, New York

[kearneae@lemoyne.edu](mailto:kearneae@lemoyne.edu)

315-445-4195

I am looking forward to my participation on the NYSCHA Executive Board. I am Director of the Center for Personal Growth and Counseling at LeMoyne College, a private Jesuit liberal arts college in Syracuse, NY. I have served as the director at LeMoyne for almost 3 years and have

almost 30 years experience as a mental health therapist, teacher, and administrator. I am also a member of AUCCCD, the Association of University and College Counseling Center Directors. I embrace a holistic approach in my work with students, recognizing the integration of mind-body-spirit.

I am a fairly new member to ACHA and NYSCHA. I am eager to serve the needs of the membership, recognizing the significant impact that mental health issues have on all of our practices.

## **Chair of the Student Section**

**Danielle Hawley**

Student, SUNY Oswego

[dhawley@oswego.edu](mailto:dhawley@oswego.edu)

315-391-1121

Hello to all. My name is Danielle Hawley. I am the new Chair of the NYSCHA Student Section. I am an undergraduate student at SUNY Oswego. I plan to graduate from Oswego with my Bachelor's degree in Health Promotion and Wellness. I am fortunate enough to work closely with our newest president, Shelly Sloan. I am both excited and thankful to have the chance to work with everyone in NYSCHA. I hope to work with some of you soon.

I am just starting the process of recruiting new student members. If you know students who would be interested in joining, please contact me at my email address listed below. I plan on coordinating the Student Section spring meeting with the Health Promotion Section meeting that will be held on May 8 at The College at Brockport. If your students would like more information about the student meeting, they can e-mail me. As the days go on, I will have more information.

Due to being new to the board and this position, if anyone has any ideas or suggestions for me feel free to voice them!

## **Community College Representative**

**Paula Snyder, RN, BSN**

Jamestown Community College

[PaulaSnyder@mail.sunyjcc.edu](mailto:PaulaSnyder@mail.sunyjcc.edu)

716-665-5220

I am delighted to be a new Executive Board member of NYSCHA and even more excited to have the opportunity to begin a dialogue about the uniqueness of the role of the community college health services that are as different as our geography and our student populations across New York State.

After spending almost 13 years as an ICCU nurse to home care and hospice nursing I chose college health and have been here learning from an amazing population of students for soon to be 17 years. In meeting others in the community college health arenas, from the Long Island sound, to the shores of Lake Champlain, to the Finger Lakes and furthest west where you find Lake Erie and Lake Chautauqua, our college campuses are nestled among hills and mountains and in the middle of bustling downtowns and quiet bucolic communities.

College Health in poor rural communities at best can be challenging, as many people are unfamiliar with the varying demographics that make up our student populations in these areas. Some community college students come to higher education with many variables that may differ from the traditional 4 year university students and often are commuter students as well. Their lives consist of a constant balancing act of managing full time family responsibilities, part time and in some cases full time work responsibilities and full time academic loads. Or, they are often veterans returning from serving for years away from the US and find the community college the best place to begin to live a civilian life again, at a pace that can allow them to re-adapt to home in surroundings as they continue a private battle of readjustment to everyday life.

The result of all these life issues can be the lowering of their personal health and wellness to a record low priority and with many students having no health insurance at all, the college health and

wellness centers are on the front lines in intervention. These centers may often be the only health care students have access to. And we do some amazing things in two short years for these students.

I would like to connect with sister community colleges in our NYSCHA network to share ideas, and successes on the practices that serve this very amazing group of students who come from very different backgrounds and who often face many adversities to obtain their degrees, and careers. We are a very “different lot” on so many fronts, and our resources and lack thereof, can also be very different. From nurse directed health centers to centers that do have providers on site, to commuter campuses only to campuses that have multiple sites in multiple counties and regions, we encounter a diverse set of health care challenges, and many of our staff members wear multiple hats in serving our students.

I look forward to sharing the wealth of information that I know exists within the community college networks and I am delighted to be part of this strong NYSCHA organization. I would love to hear from colleagues and please feel free to e-mail me at [PaulaSnyder@mail.sunyjc.edu](mailto:PaulaSnyder@mail.sunyjc.edu) so we can begin to formulate some ways to address our unique opportunities in the future together.

## **ACHA Region V Representative**

**Vanessa Britto, MD, MSc**  
Wellesley College  
Wellesley, Massachusetts

[vbritto@wellesley.edu](mailto:vbritto@wellesley.edu)  
781-283-3693

In June 2008, I joined the ACHA Board of Directors (BOD) as the Region V Representative, following Brooke Durland from RIT who had served in this position for the past two years. As the ACHA Region V Representative, I represent the New York State College Health Association (NYSCHA) and the New England College Health Association (NECHA), sharing our concerns, issues, and questions with the ACHA BOD. I have been a member of the NECHA Board since 2003. In my new role as the Region V Representative, I now serve on the NYSCHA Executive Board and the NECHA Board. I am enjoying this dual role, which gives me an opportunity to meet people from both affiliates.

Let me give a little background about myself. I am the Medical Director at Wellesley College Health Service. I joined the staff at Wellesley College in January 2000 and enjoy the combination of clinical and administrative responsibilities I have. After completing my medical training, my interests gravitated toward women’s health and cardiovascular disease prevention. I have had the pleasure of working in various community settings; all of these settings gave me tremendous satisfaction and appreciation for the breadth of medicine. Several years ago, I began to look at medicine from the standpoint of a community’s health, what behaviors influence it, and why. The result was completing a master’s program in Community Health at Brown University.

I was introduced to college health by Barbara Agee (UMass Dartmouth). As I began working with her and others who were truly committed to caring for this community of young people, I felt as though it had all come together. At Wellesley I have the pleasure of working with dedicated people who feel as strongly as I do that helping young, bright women make healthy choices and learn to be ‘good stewards of their care’ will impact positively on not only their individual lives but on the health of a much larger community. It keeps me very excited about what I do every day, and ... I haven’t looked back!

I look forward to meeting as many of you as I can. I will be attending the ACHA Annual Meeting in San Francisco in May and the NECHA/NYSCHA Region V Annual Meeting in Burlington in October. I hope we have a chance to meet. If you see me, please introduce yourself. I would be glad to talk with you and to share your concerns with the ACHA leadership. You can also e-mail me with your thoughts. I want to represent you to the best of my ability.

# Updates from the Health Promotion Section

Rebecca Harrington, MA  
SUNY Oneonta

[harrinrl@oneonta.edu](mailto:harrinrl@oneonta.edu)  
607-436-3540

Those of us available to travel will be meeting at SUNY Brockport on Friday May 8, 2009 for the **Spring 2009 Health Promotion Section Meeting**. The meeting will provide an opportunity to share ideas, gain some new knowledge on a topic yet to be decided upon and to share the camaraderie of our fellow health promotion professionals.

The **Health Promotion List-Serv** is for anyone who does any kind of health promotion, whether it be full time or part time, in your job description or not. To join you will need to create a google account by going to [www.google.com](http://www.google.com). In the upper right hand corner of the webpage, choose "sign in." From here you can create a new account. After doing so, email Rebecca Harrington, the group moderator, at [HARRINRL@oneonta.edu](mailto:HARRINRL@oneonta.edu) and provide your regular email address. An invite will be sent to you to join the group.

## Upcoming Conferences & Events

### FRIDAY, MAY 8:

#### **NYSCHA Health Promotion & Student Section Meetings** at *The College at Brockport*

The Health Promotion Section and the Student Section will be holding their spring meetings together at The College at Brockport. The meeting provides an excellent opportunity to share ideas in a fun, relaxed, collegial atmosphere. For more information, contact Rebecca Harrington (Health Promotion Section) at [harrinrl@oneonta.edu](mailto:harrinrl@oneonta.edu) or Danielle Hawley (Student Section) at [dhawley@oswego.edu](mailto:dhawley@oswego.edu).

#### **District 1 Meeting** in *New York City*

District 1 will be holding their spring meeting at Queens College Worker Education Extension Center (19<sup>th</sup> floor), which is located at 25 West 43rd Street in New York City. The meeting begins at 9:00 a.m. The speaker has not been determined. For information, call 212 827 0200 or e-mail [mwalsh@notes.cc.sunysb.edu](mailto:mwalsh@notes.cc.sunysb.edu).

### TUESDAY, MAY 19:

#### **NYSCHA District IV Seminar 2009** at *SUNY Canton*

SUNY Canton is hosting the NYSCHA District IV Seminar 2009 on Tuesday, May 19 from 8:15am to 2:50pm. Sessions include Pathweights Weight Loss Program; ADHA in the College Setting; Introduction to Gangs 101; Take a Deep Breath & Relax; and Nite, Nite, Don't Let the Bed Bugs Bite. This continuing nursing education activities has been submitted to the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. The registration fee is \$25 for NYSCHA members and \$30 for nonmembers. The registration deadline is May 12. If you have questions, call (315) 386-7333.

### THURSDAY, MAY 21:

#### **The College Health Symposium** at *The College at Brockport*

The College at Brockport is hosting the College Health Symposium. Sessions include Diabetes update, Bipolar 1 and 2, LGBT in College Health, and Substance Abuse. The cost is \$40. Receipts and CEUs (with successful approval of NYSNA) will be available at the conclusion of the

conference. More information is in the attached [brochure](#). Contact Lynne Maier, RN, SUNY Brockport at [lmaier@brockport.edu](mailto:lmaier@brockport.edu) or 585-395-2426 if you have questions.

## **TUESDAY, MAY 26 – SATURDAY, MAY 30:**

### **ACHA Annual Meeting in San Francisco, California**

Join your New York State colleagues for the annual NYSCHA business meeting during lunch on Thursday, May 28. We hope to meet you in San Francisco. For information about the ACHA meeting, check [www.acha.org](http://www.acha.org).

## **WEDNESDAY, OCTOBER 28 – FRIDAY, OCTOBER 30:**

### **Region V Combined Annual Meeting in Burlington, Vermont**

Planning is underway for the NECHA/NYSCHA Region V Combined Annual Meeting, which is being hosted by the New England College Health Association (NECHA). The meeting will be held October 28-30 in Burlington, Vermont. Check [www.nechaonline.org](http://www.nechaonline.org) for up-to-date conference information.

To add to the list of upcoming conferences & events, send your announcements to Mary Madsen at [mmadsen@uhs.rochester.edu](mailto:mmadsen@uhs.rochester.edu).

# **Highlights – ACHA Board of Directors**

**Vanessa Britto, MD, MSc**  
ACHA Region V Representative  
Wellesley College  
Wellesley, Massachusetts

[vbritto@wellesley.edu](mailto:vbritto@wellesley.edu)  
781-283-3693

The ACHA Board of Directors and the ACHA National Office were pleased to hear and report that despite these difficult economic times there is continual progress being made on various initiatives and goals outlined in ACHA's Strategic Plan. The following highlights are summarized under the ACHA goals with which they are aligned:

### **GOAL I: Supporting and promoting systems and programs that produce optimum health outcomes.**

- In September ACHA facilitated the meeting of a mental health consortium: the Higher Education Mental Health Alliance comprised of 9 organizations. The mission is to provide leadership through a partnership of organizations to advance college mental health.
- In addition to ACHA, participating organizations included American College Counseling Association, American College Personnel Association, American Psychiatric Association, American Psychiatric Nurses Association, American Psychological Association, Association for University and College Counseling Center Directors, Jed Foundation, and the National Association of Student Personnel Administrators.

### **GOAL II: Serving as the primary source of information, education, and consultation on critical issues affecting the health of college students and campus communities.**

- Plans for the ACHA Annual Meeting in San Francisco are being finalized with over 130 exciting sessions being offered from Tuesday, May 26<sup>th</sup> through Saturday, May 30<sup>th</sup>. The keynote address, "What's Race/Ethnicity Got To Do With It. The Essential Role that College Health Can Play," will be delivered by UCSF's Claire Brindis, DrPH.

- Effective with the planned 2010 Annual meeting in Philadelphia, the ACHA BOD clarified the national policy regarding CME credit qualification as it relates to commercial presenters. When CME credits are being applied to a program, a commercial entity is prohibited from making the presentation for that program. Otherwise, ACHA's CME accreditation is jeopardized. Unsolicited offers from commercial entities to present must be declined.
- The ACHA BOD is very much interested in affiliates being clear about the responsibility presenters have for the learning outcomes stated for each program session. It may be helpful for affiliates to consider a means of assessing if learning outcomes have been met at some distant point after the program.

**GOAL III: Serving as a leading source of evidence-based knowledge about the field of college health.**

- After completion of the second pilot in July 2008, nearly 3,500 students have been surveyed from 6 schools that participated in the newly minted ACHA Patient Satisfaction Assessment Service. More participants are expected for spring 2009. Aggregated results will be presented at the ACHA Annual Meeting.
- Over 100 schools are expected to conduct the ACHA-NCHA during the Spring 2009 survey period. Most are transitioning to a web-based survey instrument.
- ACHA and the CDC have continued their cooperative relationship. ACHA continues to explore ways to broaden the partnership and inform CDC recommendations that affect the lives of the college population.

**GOAL IV: Serving as the principal advocate for national public policy affecting the health of college students and campus communities.**

- From September 2007 to September 2008, individual, institutional, and sustaining ACHA memberships increased. As of December 2008, over 3,000 individuals hold membership and almost 1,000 institutions have joined.
- An issue raised during the meeting is the vacancy of the Advocacy Coalition Chair. Given the importance of this area and the need for both vigilance and active engagement, members willing to serve in this role are encouraged to step forward!
- Additionally, ACHA will be monitoring the legislative climate particularly as the new Administration takes office. It will be important to monitor the direction of key issues such as health care reform.

**GOAL V: Developing and maximizing the use of human, financial, and technological resources to ensure and sustain growth.**

- As campuses across the country experience a challenging financial climate, the ACHA National Office has also sought a responsible path to sustain its fiscal health. Corporate grants and federal grants are not available to ACHA this year. In part as a counterpoint to this reality, ACHA is scrutinizing requirements and reducing expenses in many budget areas for the year.
- ACHA is exploring ways to increase its visibility and market more of the resources that are proprietary and helpful to the membership as well as the field of college health.

**To submit announcements for the NYSCHA News & Notes:**  
Send your article to Mary Madsen at [mmadsen@uhs.rochester.edu](mailto:mmadsen@uhs.rochester.edu).