

# New York State College Health Association Newsletter



December 2007

Volume 19, Issue 3

## From the NYSCHA President

**Kathy MacLachlan, MS, ANP**  
kmmaclac@syr.edu

Syracuse University

Greetings to all college health colleagues! I have many issues to discuss with you, and rather than write a lengthy article, I'll deliver my messages in sections. Let's all agree that the next year will be one of change and adaptation and that we will all be learning together as we experience exactly how united affiliate membership with ACHA will affect us as an organization.

### NYSCHA News

This is the time of year that NYSCHA membership renewals are distributed and herein lies the greatest impact to us as an affiliate. Our united status with ACHA means that, in order to join NYSCHA as individuals, we need to pay dues to ACHA.

We have been accustomed to an annual fee of \$25 to join NYSCHA. For the year 2008, the fee will be \$150 for staff at ACHA member institutions and \$180 for those from non-member institutions.

If your health service is not an ACHA institutional member, it may be time to approach your administration about institutional ACHA membership. The base fee for ACHA institutional membership is \$300 plus  $.00070 \times$  your Health Service budget. For example, if a Health Service budget totaled \$850,000, the ACHA institutional membership fee would be calculated as follows:

Base Fee	\$300
Additional Fee based on your Health Service Budget	<u>\$595</u>
TOTAL:	\$895

The institutional membership fee includes an individual membership for a Representative from a Member Institution (RMI). This individual is determined by the Health Service Director. Basically, this is a free membership for one individual. In thinking of smaller Health Services, which often are staffed by one nurse, the cost of individual membership would be automatically covered.

Institutional membership also allows for one SRMI, a student representative from a member institution. Exposing students to professionalism in college health has proven invaluable over the years as evidenced by the quality of NYSCHA's own Student Section. More information about institutional membership is available on the ACHA website at [www.acha.org](http://www.acha.org).

The message from the NYSCHA Board is simply that we all, as members, are going to experience this change in our organization and grow together. We are acutely aware that the change in dues structure may be a challenge for some current members.

We ask that you send your thoughts, concerns, and questions to the NYSCHA Executive Board. I can be available to anyone within a short time (depending on my patient schedule) and will welcome any communication. My office phone is (315) 443-9017, and my email address is [kmmaclac@syr.edu](mailto:kmmaclac@syr.edu).

### ACHA News

The ACHA Volunteer Infrastructure Review Committee's (VLIRC) efforts resulted in a completely united affiliate national organization with its sunset at the 2007 Annual Meeting; however, change will not end there. As ACHA President Lesley Sacher described the national organization, we are "growing from adolescence to adulthood." Having the opportunity to participate in the Affiliate Advisory Task Force, I have developed an understanding and appreciation for the concept of a completely professional and functional organization.

Further changes are being explored through two Task Forces whose targets are:

- ACHA Individual Membership Categories
- Affiliate Structure

The Individual Membership group will primarily redefine the ACHA Associate membership status (i.e., individuals who are associated with "for profit" organizations). Given the stepped up action to avoid conflict of interest, ACHA is striving to eliminate opportunities for bias in section or committee decision making.

The Affiliate Structure issue is more germane to NYSCHA. This group will study affiliate structure, the by-laws language, and, of greatest concern, whether a single state can stand alone as an ACHA affiliate. The reasons behind the single state question are not completely clear; however, I am confident that the questions were not raised because of the way our affiliate conducts business. NYSCHA is a strong affiliate, and we are not small by any means. If memory serves correctly, NYS has as many, if not more, institutions of higher education than in the five New England states collectively.

*Continued on following page.*

Further, we have formed a solid and interactive relationship with NECHA, our co-affiliate in Region V, which has continued for nearly two decades. This relationship and our collaborative Annual Meetings are known nationally, and while many have tried to duplicate our collaborative meeting model, to date no other affiliates have been able to accomplish this joint venture. I promise the membership that the NYSCHA Executive Board will be keeping a close eye on the progress of this Task Force and communicating our knowledge in a timely fashion.

The ACHA Board of Directors is also studying the possibility of incorporation, which would afford affiliates greater liability and financial protection.

### 2008 ACHA Annual Meeting

The ACHA Program Planning Committee met at the 2008 conference site in mid-November to finalize the program for the Annual Meeting. The Marriott World Center is built on 200 acres and offers a full golf course, four pools, a spa, ten dining options including room service, and is located minutes from downtown Disney. The resort offers four towers housing 2000 guestrooms, each with a balcony. The conference facilities are expansive. We are fortunate that all sessions will be on one floor and in easy walking distance. A hotel map is offered at check-in. I recommend holding onto it for at least the first few days.

The 2008 ACHA Annual Meeting will open on Tuesday, June 3, 2008 with a day-long Leadership Workshop. The day will begin with a general session, a break for lunch (which is included), and will finish with break-out sessions in the afternoon. Tuesday's program intends to strengthen both ACHA sections and affiliates. Also on Tuesday, the American College Health Foundation (ACHF) will host a golf tournament held on the premises.

Wednesday, June 4th will kick off the Annual Meeting with the opening session in the morning and the first of the 90 minute educational sessions offering a choice among twelve topics, each addressing needs of our multidisciplinary organization.

Exhibits will open on Thursday, June 5th and continue through the morning on Friday, June 6th. Saturday, June 7 will feature a set of break-out sessions followed by the concluding general session on obesity. Please plan on staying for the final general session. It will blend the multi-disciplinary approaches to handling the issue of weight in our population. Various special events and tour packages will be available during our five-day event. More information will be available in the Preliminary Program, which will be mailed in late February 2008.

The best advice I can offer at this point is, if you plan to attend the 2008 Annual Meeting, it is not too early to make your hotel reservations. ACHA has secured a 1000 room-block, which may be enough; however, if it is not, staying elsewhere will bring inconvenience and may mean a higher room rate. I hope to see many New Yorkers in Orlando!

For more information about the American College Health Association (ACHA), check:

**[www.ACHA.org](http://www.ACHA.org)**

## Health Promotion Section

**Michelle Van Slyke, MS, CHES**

SUNY at Oswego

<http://www.oswego.edu/lifestyles>

I am writing this morning to let you know that I have resigned from the position of Health Promotion Section Chair. As many of you know, I was elected to NYSCHA President Elect last month and that, coupled with a busy work schedule and personal life (planning a wedding for next fall!), it is too much for me to continue to act as the Health Promotion Section Chair as well.

Rebecca Harrington from SUNY Oneonta has graciously stepped up to become the new Chair. I know she will do wonderful things for the Section and NYSCHA. It has been my pleasure to work with all of you in the capacity of Health Promotion Section Chair for the past 6 years (I can't believe it's been that long!), and I look forward to working with all of you in my new role.

Rebecca's contact information is as follows:

Rebecca Harrington, MA  
Office of Health Education  
Counseling, Health & Wellness Center  
SUNY College at Oneonta, Oneonta, NY 13820  
(607) 436-3540 Fax: (607) 436-2074  
[harrinrl@oneonta.edu](mailto:harrinrl@oneonta.edu)

## Mental Health Section

**Stephen Smith, CSW-R**

SUNY Cortland

[smith@cortland.edu](mailto:smith@cortland.edu)

The NYSCHA Mental Health Section presented a Hot Topics workshop at the combined NYSCHA/NECHA Annual Meeting in October. Panelists included Keith Anderson, PhD, RPI; Bryant Ford, PhD, Dartmouth College; Joy Himmel, PsyD, Penn State Altoona; and Stephen Smith, LCSW-R, SUNY Cortland. Participants and panelists concurred that counseling centers from throughout the NY/NE region have experienced an increase in demand for counseling services as well as an increase in the severity of those presenting concerns.

Several topics were identified and approaches were discussed. Among those concerns presented by students included familiar issues such as eating disorders, self-harming behaviors, depression, anxiety, safety issues, suicidal ideation, and family and relationship conflicts. Participants also recognized the continuing need for close collaboration between college counseling and health centers since many students frequent both services.

Additional concerns identified by participants recognized the need for an administrative "critical response team" to serve as a referral source and collate information on students who may require services beyond the capacity of any one campus center to meet; "siloing" information from various campus resources, public safety, and parental notification in light of current confidentiality rulings, housing concerns, chronically mentally ill students, and the need for accessible and ongoing psychiatric care. The consensus was that these topics and the related discussions would continue within the context of the individual campuses as well as within regional and national contexts.

## From Our Region V ACHA Representative

**Brooke Durland, MD**  
bddshc@rit.edu

Rochester Institute of Technology

Once again Saratoga Springs proved to be an ideal location for our NYSCHA/NECHA Combined Annual Meeting. The conference center was spacious, the rooms comfortable, the staff more than helpful. But best of all were the informative sessions and the opportunity to connect with friends and colleagues from across the state and New England. As has been true in the past, there is a special energy when we join our friends from Massachusetts to Maine.

We were privileged this year to have Lesley Sacher, President of ACHA, join us for the three days of the conference. In addition to formally sharing her vision and goals for ACHA for the tenure of her leadership, she attended sessions and was available for informal feedback and questions. New initiatives from the ACHA Executive Board include a Leadership Task Force headed by Dr. Alan Glass, from Washington University (St. Louis) and a major goal to expand membership and involvement through a Membership Task Force, led by Chad Henderson (President-Elect of ACHA) from the University of Rhode Island, who was also in attendance. Both Task Forces seek members from all ACHA affiliates and all professional disciplines. If anyone reading this newsletter has an interest in participating, please contact me, and I will be happy to pass along your name and contact information.

During the Annual Meeting, sections had an opportunity to gather and share ideas, discuss new issues affecting their discipline, and network. The Clinical Medicine Section spent some time focusing on the topic of dealing with students, who display disturbing or disruptive behavior. Several schools have well-established multi-disciplinary teams, which meet regularly; other campuses are in the process of establishing procedures/committees to address these situations and plan intervention strategies.

President Lesley Sacher has proposed arranging a forum at the ACHA Annual Meeting in June; representatives from national psychiatric and other organizations would present on current trends in higher education since the Virginia Tech tragedy. Judging from the "chatter" on the list serve many of us in college health and counseling centers have questions about appropriate sharing of information, permitted levels of intervention, and best practice strategies for supporting students to persist in college while protecting the larger community. Those with particular questions they want addressed in such a forum can forward them to me, and I will pass them along to the ACHA Annual Meeting Program Planning Committee.

### ***A Message from ACHA:***

#### **Help Restore Affordably Priced Contraception on our Nation's Campuses**

The American College Health Association (ACHA) is leading an effort to reinstate a nominal price exemption for college health centers to ensure access to low cost contraception for college students. Bills to correct this problem caused by the Deficit Reduction Act of 2005 have been introduced in both the US House (HR 4054) and Senate (S 2347).

On November 1, 2007, Congressman Joseph Crowley (D-NY), joined by Reps. Adam Shiff (D-CA), Tim Ryan (D-OH), Jim Ramstad (R-MN) and Mark Kirk (R-IL), introduced H.R. 4054, The Prevention Through Affordable Access Act, which would restore a nominal price exemption to colleges and university health centers, allowing them to purchase prescription medications at deeply discounted prices.

***It is time to take action!*** ACHA is making it easy for us to write to our legislators to urge them to cosponsor their respective bills. Visit the ACHA Federal Advocacy Support Tool today at <http://www.capwiz.com/acha/home> to determine whether or not your legislators have signed on to cosponsor The Prevention Through Affordable Access Act and to urge their support!

Writing your congressperson using the electronic form letter posted within the ACHA Federal Advocacy Support Tool is quick and easy. The site provides the name and contact information for your legislators and will give you a choice of sending an e-mail or a letter. (P.S. You might want to check your zip+4. I needed to look up my +4 number before sending my e-mail.)

### **News from District 1**

**Maryann Walsh, RNC, BS** Stony Brook  
mw Walsh@notes.cc.sunysb.edu

District 1 held a meeting on October 26 at Queens College Worker Education Extension Center in New York City. It was an open meeting with 17 in attendance. Discussion focused on MRSA and policies at different institutions and on Gardasil and adverse reactions that have been seen in several students.

Congratulations to Eleanor Majewsky from Farmingdale for receiving the *Susan Shearer Award* at the NYSCHA/NECHA Annual Meeting.

#### **SAVE THE DATE!**

The next District 1 meeting is scheduled for January 18, 2008 at Queens College Worker Education Extension Center. Several lab and drug representatives will be present.

***Check the NYSCHA web site  
for information about . . .***

Annual Meeting • Executive Board • Job Listings  
• Districts • Awards • Bylaws

**www.NYSCHA.org**

## Advocacy Committee

**Ralph Manchester, MD**  
rmanchester@uhs.rochester.edu

University of Rochester

I was invited to speak at an HPV Virus and Vaccine Hearing on October 23<sup>rd</sup> at the University of Rochester Medical Center, hosted by State Senator Diane Savino. A Democrat from the 23<sup>rd</sup> Senate District, she is the Ranking Minority Member on the Civil Service and Pensions Committee.

The goals of the hearing were to bring forth information about insurance coverage for the vaccine, public education programs that could be undertaken, access to HPV vaccine for targeted populations (including college students), and the role of the state and county health departments in promoting the use of the vaccine. A number of individuals spoke, including Dr. William Bonnez, one of the researchers at the University of Rochester who developed the HPV vaccine.

My remarks focused on the following points:

Approximately one million young adults attend college in New York State. Their average age is 26.

According to data from the CDC's latest NHANES survey, 45% of women age 20-24 are infected with HPV. About 3% of infected women carry one of the strains of HPV that causes cervical cancer.

Data from the American College Health Association's NCHA survey show that nearly 13% of female college students have an abnormal Pap test (almost always a result of HPV infection). Since the HPV vaccine became available last year, only about 5% of female students at the University of Rochester (other than medical students) have been given the vaccine by the University Health Service, despite the fact that the University of Rochester Health Service held vaccination clinics on campus and provided extensive publicity about the HPV infection and vaccine this fall.

The major barrier to being immunized is cost: \$420 or more for the three dose series.

While insurance coverage for HPV vaccine is variable, making it mandatory will not help large numbers of college students, as 25% of 18-24 yr old women in this country are uninsured.

Senator Savino asked questions of each speaker, trying to determine how to increase the number of young women in the state who are vaccinated. The hearing lasted about three hours, and several other hearings were held at other sites around the state. It is unclear what the state government's next step will be, and (as usual) funding for any new programs will be difficult as the state deals with a large deficit in the next budget.

## Save the Date

### College Health Symposium Thursday, May 22, 2008

**Lynne Maier, RN, BSN**  
lmaier@brockport.edu

SUNY Brockport

The "College Health Symposium" (formerly known as the College Health Teaching Day) hosted by The College at Brockport, State University of New York will be held on Thursday, May 22, 2008. More information will be sent in the spring. Questions can be directed to Lynne Maier, RN, BSN at lmaier@brockport.edu.

## Student Section

**Stefanie Trop**  
strop@mail.rochester.edu

University of Rochester

I would like to welcome the new Student Section Co-Chair, Jeffrey Cohen to join us for the new school year. Jeff is a sophomore at the University of Rochester in the BA/MD program, and he's very enthusiastic to join us!

This year, we would like to sponsor a statewide event to promote awareness for an important health cause, connecting a campaign to National Wear Red Day next February, which supports women's heart disease awareness.

As we begin planning programming for the Student Section, we would like your help. To better connect with students at other schools, we hope that you could provide us with names and e-mail address of any students you work with who are interested in getting involved and sharing ideas. With a student network, we can run a much more effective program that reaches a broader group of students.

On an unrelated note, we encourage everyone to write to your congressmen to help return affordably priced contraceptives to our campuses through ACHA's site: <http://www.capwiz.com/acha/home>.

Thank you and feel free to contact us with any questions or suggestions!

**Stefanie Trop** ([strop@mail.rochester.edu](mailto:strop@mail.rochester.edu))  
**Jeffrey Cohen** ([jcohen7@mail.rochester.edu](mailto:jcohen7@mail.rochester.edu))  
Co-Chairs, NYSCHA Student Section

## A Special Thank You To our Annual Meeting Presiders

**Cathy Smith, MEd, CHES** SUNY Cortland  
smithc@cortland.edu

Thank you to each one of you for presiding at our NYSCHA/NECHA Combined Annual Meeting. We really appreciated your willingness and generosity in doing this.

### Presiders included:

Shelly Van Slyke	Bob Ward
Connie Biviano	Steve Smith
Marty Warren	Connie Biviano
Liz Drexler-Hines	Patty Bosen
Mary Madsen	Bridget Bradish
Cheryl Sitchenko	Linda Dudman
Teresa Koster	Cheryl Sitchenko
Lawrence Healy	Kathleen Casserly
Michele Bergonzi	Lynne Maier
Nicole James	Kevin Readdean
Chris Widdall	Kathy MacLachlan
Rebecca Harrington	Brooke Durland

Thanks, everyone! We really appreciate your help! We could not have done it without you!! :-)

## Congratulations to Our NYSCHA Award Winners!!

The New York State College Health Association annually honors three outstanding contributors to college health in the form of memorial awards. Each one acknowledge leadership, commitment, and dedication to college health. The three annual NYSCHA Award recipients were announced on October 11, 2007 during the Annual Banquet. The recipients were:

### Vincent J. Lamparella Award

*Recognizing perseverance in college health.*

**Michael Leonard, MD** of Binghamton University has served as Medical Director of his Health Service for 17 years and is described by his colleagues as a visionary, mentor, and the most valuable member of his Health Service staff.

### Susan Shearer Award

*Recognizing vision for college health.*

**Eleanor Majewsky, NP** of Farmingdale State College is described by colleagues as dedicated, thorough, moral, and conscientious in caring for students with a commitment extending beyond health care to serving as an educational mentor whenever needed.

### Clifford B. Reifler Award

*Recognizing enthusiasm for college health.*

**Janet Atwater, MPA, APRN-BC** of Hudson Valley Community College has been a figure in college health both within New York State and nationally for over 30 years. She has contributed in both without hesitation and worked to reduce the college student's use of alcohol and other drugs through her active efforts with OASAS. Her knowledge and willingness to help continue to be a resource for college health professionals across the country.

Congratulations to Michael, Eleanor, and Janet! It is people like you that make NYSCHA a **strong** organization.

## Changes to the NYSCHA Executive Board

**Kathy MacLachlan**  
kmmaclac@syr.edu

Syracuse University

The NYSCHA Executive Board is only effective if our members are represented, and we are a multidisciplinary group. In the current year, we have been able to bring new talent aboard. We need to continue this turnover and welcome anyone who may be interested!

We are pleased to announce that *Lynne Maier, RN* who joined the Board earlier this year as the Interim Chair of the Nursing Section, will continue as Chair of the Nursing Section. *Rebecca Harrington, MA* from SUNY Oneonta will be joining the Board as the Chair of the Health Promotion Section. *Jeff Cohen*, a student at the University of Rochester, has joined the Board as the co-chair for the Student Section. *Kevin Readdean, MSED, LMHC*, from Rensselaer Polytechnic Institute joined the Board in October as the NYSCHA liaison to the SUNY Health Service Council. The 2008 NYSCHA Executive Board list is included in this newsletter.

The best place to start is Section Chair as this involves working with and for professional peers. We are currently seeking a Chair for the Clinical Medical Section. If interested, please contact Dr. Jim Jacobs at [jrjaco01@syr.edu](mailto:jrjaco01@syr.edu).

## Dates to Note on Your Calendar

- January 1** United membership with ACHA begins today. NYS members of ACHA are automatically NYSCHA members.
- January 1** 2008 Call for Programs will be available on the NYSCHA web site.
- January 8** District 7 Teaching Day, featuring Wendy Wright, MS, RN, ARNP, FNP, FAANP at the University of Rochester. Register with Lynne Maier at [lmaier@brockport.edu](mailto:lmaier@brockport.edu).
- January 18** District 1 Meeting. For more info, contact Maryann Walsh at [mwalsh@notes.cc.sunysb.edu](mailto:mwalsh@notes.cc.sunysb.edu)
- March 1** Deadline for submitting a proposal for presenting at the 2008 NYSCHA Annual Meeting.
- March 15** Nominations for NYSCHA Student Awards due to Chair of the Awards Committee.
- May 22** College Health Symposium at SUNY Brockport. Information will be sent to NYSCHA members in the spring.
- June 3-7** ACHA Annual Meeting in Orlando, Florida. For info, check [www.ACHA.org](http://www.ACHA.org).
- October 1** Deadline to submit nominations for NYSCHA Annual Awards. Information about submitting nominations will be e-mailed to members.
- Oct. 22-24** NYSCHA Annual Meeting, Syracuse, NY. Info about the meeting will be available at [www.NYSCHA.org](http://www.NYSCHA.org)
- December 1** Nominations for "ACHA Affiliate New Professional Award" due to NYSCHA President.

## A Very Special Thank You From the NYSCHA Executive Board

We have Linda Dudman to thank for our Annual Meetings. Conference planning begins a full year prior to each event. Linda's expertise and organizational skills along with meticulous attention to detail resulted in a perfectly balanced, multidisciplinary educational program.

Conference attendees indicated how much they enjoyed and learned from the knowledgeable presenters. Linda's outstanding leadership in this effort continues to produce a wonderful program from which so many from New York and New England benefit.

Members of the NYSCHA planning committee, working closely with Linda, also benefit from her willingness to share her intelligence, skills, and contagious enthusiasm for the entire planning process. Thank you, Linda !

## NYSCHA/NECHA 2007 Combined Annual Meeting in Review

Linda Dudman  
ldudman@uhs.rochester.edu

University of Rochester

All of the months of planning for the NYSCHA/NECHA Combined Annual Meeting paid off! We had an excellent meeting! Our combined meetings provide us with an opportunity to meet and talk with our colleagues in New England. We were pleased to welcome over 200 people to the Annual Meeting. We also had over 40 exhibitors sharing information about their products and services for students.

Thank you to all of our speakers who presented on a wide variety of topics of interest to college health professionals and students. From the review of the session evaluations, our attendees appreciated the selection of topics and the expertise of the speakers.

Our keynote speaker, Peter Lake, JD, from Stetson University College of Law, opened the Annual Meeting with his talk, *Legal Issues in Higher Education*. His presentation of this very serious subject matter was thought provoking, informative, and entertaining and provided an excellent opening for our meeting.

We offered six programs during each of the eight concurrent sessions. Each concurrent session offered programs from a range of disciplines - clinical medicine, mental health, nursing, and health promotion. It is our plan to provide the handouts from the programs on the NYSCHA web site by the end of December.

During the Annual Banquet, NYSCHA & NECHA announced the recipients of their annual awards. Another banquet highlight was the annual basket raffle with amazing baskets created by attendees from New England and New York! We were treated to outstanding performances by *Swing Fever*, a dance performance group, and *Skidmore Dynamics*, an a cappella singing group, from Skidmore College.

## Annual Meeting Thank You's

We could not have a successful Annual Meeting without the help and support of many people throughout the planning and during the meeting itself. I would like to take this opportunity to thank the people who were key to the success of this year's conference.

The NYSCHA/NECHA Planning Committee

All of the speakers who shared their expertise with us.

Kathy MacLachlan & her husband, Gary.

Pam Houle & her family (daughter, Lea, and husband, Gary)

Cathy Smith for arranging for presiders for every session.

Mary Madsen for coordinating the exhibits.

Shelly VanSlyke for organizing the basket raffle.

Bryant Ford, Julie Basol, & Denise McGoldrick from NECHA.

Tony, George, and Rita at *Printing Plus* in Rochester, NY.

Eric Ploof, David Reynolds, Cindy Sullivan, & the hotel staff for their help with the planning & their on-site assistance.

All of our exhibitors and sponsors.

Noah Lapidus, our webmaster, for his expert website skills.

Chad Waxman, Cathy Smith, Kathy MacLachlan, Lisa Currie, Shelly VanSlyke, & Dan Wolman for loaning LCD projectors.

Cynthia Perez at ACHA for assistance with the CE application.

The *Skidmore Dynamics* and *Swing Fever* for their wonderful performances during our Annual Banquet.

## Please Share Your Ideas

The NYSCHA Planning Committee would like to hear from you. Now that the 2007 Annual Meeting is over, we are starting to think about the 2008 Annual Meeting. We hope you are thinking about it, too.

We would like to hear your ideas for topics and/or speakers you would like to see at the 2008 Annual Meeting. The list below might help you get started. The topics listed were written on the overall evaluations from the 2007 Annual Meeting.

So, here's what you can do. Take a few minutes to think about topics you would like presented. Then, send an e-mail with your recommendations to the NYSCHA Conference Planner. Your ideas will be included in the Planning Committee's discussions.

## Suggestions from the Evaluations from the 2007 Annual Meeting

- Drug abuse
- HPV Vaccine
- Immunizations
- Thyroid disease
- Foot pain
- Reflux/GI disease
- Walk-in triage
- QI studies
- Chest pain in the college student
- "Millennial student" computer-related information
- Rape
- Derm (MRSA and other topics)
- Confidentiality, documentation, & other legal issues
- Interpretation of lab tests & Pap results
- Mental health in primary care
- Depression/anxiety
- Antibiotic choices (MRSA, tonsillitis, ...)
- Collaborative sessions (provider + health educator)
- STD info
- Ortho (hands-on assessment workshop)
- Men's health
- New & current birth control methods
- Relationship information
- Men partnering with men
- Compulsive gambling, computer addiction
- Reaching commuter students
- Getting faculty support
- Mental health issues
- Online strategies
- Environmental strategies
- Evidence-based strategies
- Creative ideas in health promotion
- Creative sustainability programs
- Contraception information
- Body-mind-spirit connections
- Sleep/impact on academics
- Suicide prevention
- Wellness for the college health professionals

# Save the Date

October 22-24, 2008

For the

## NYSCHA Annual Meeting

To be held in  
Syracuse, N.Y.

The Call for Programs will be on the  
NYSCHA web site in January 2008.

## NYSCHA 2008 Annual Meeting

October 22-24, 2008

Syracuse, New York

Linda Dudman  
ldudman@uhs.rochester.edu

University of Rochester

We are pleased to announce that the planning has begun for our 2008 NYSCHA Annual Meeting!! We will be on our own for this upcoming meeting. We are looking forward to returning to the Syracuse Sheraton Hotel & Conference Center, the site of our 2004 Annual Meeting. The meeting rooms and guest rooms fit our needs very well, and we appreciated the support and expertise offered by the hotel staff.

It is not too early to think about joining us in Syracuse in October 2008. We think you will enjoy your stay at this hotel, which is on the Syracuse University campus. We will do our best to offer you an annual meeting of the highest quality with a variety of programs to meet the diverse needs and interests of our colleagues in college health.

We hope you will consider submitting a proposal to present at the Annual Meeting. The deadline for submitting a proposal is March 1, 2008. Proposals received after the March 1 deadline will be considered, as space allows. The *Call for Programs* and the guidelines for submitting a proposal will be available on the NYSCHA web site by the beginning of January.

For conference information and updates,  
check [www.NYSCHA.org](http://www.NYSCHA.org)

## District 7 Teaching Day

Tuesday, January 8, 2008

Lynne Maier, RN, BSN  
lmaier@brockport.edu

SUNY Brockport

The University of Rochester is hosting a District 7 Teaching Day on Tuesday, January 9. We are pleased to welcome Wendy Wright, one of our most popular speakers at our annual meetings. Wendy will present four sessions: Telephone Triage, Customer Service, Immunization Update, and Migraines.

Many of you have had the opportunity to hear Wendy speak at the NYSCHA Annual Meetings. We know there are several people who have not had the opportunity to hear Wendy, so we decided to invite her to Rochester. This teaching day will be offered for nurses, nurse practitioners, and clinical support staff. People from other districts are welcome to join us for this teaching day.

The first session will begin at 8:15 a.m. Three sessions will be held in the morning, with lunch provided at 11:30. The fourth session (migraines) will be offered immediately after lunch. The Teaching Day will conclude at 1:45.

**To register:** E-mail Lynne Maier, District 7 Representative, at [lmaier@brockport.edu](mailto:lmaier@brockport.edu). Please send your name, e-mail address, and phone number when you register. There is no charge for this teaching day. More information, including travel and parking instructions, will be available closer to the date.



*Congratulations to the winners  
of the Annual Basket Raffle!!*

## Thank You to Our Exhibitors

NYSCHA would like to thank our exhibitors for their continued support. Over 35 companies and organizations exhibited at the Annual Meeting this year. All of the companies offer products and services geared especially to the needs of college students and college health centers.

Many of our exhibitors held raffles. Congratulations to the winners from New York State colleges! Here are the names of some of this year's winners.

### *Consolidated Health Plans:*

*Contribution to Health Service* was won by Martha Rich from Keuka College

### *Special Risk Consultants, Inc:*

*iPOD Shuffle* was won by Kevin Readdean from RPI.

*\$500 Unrestricted donation to Health Service* was won by Maureen Niche from St. John Fisher College.

## 2007 NYSCHA Election Results

**Kathy MacLachlan**  
kmmaclac@syr.edu

Syracuse University

Two Executive Board positions were open for election in 2007.

### PRESIDENT-ELECT

The President-Elect is selected annually. The membership voted unanimously to place **Shelly VanSlyke, MS, CHES of SUNY Oswego** in this position.

Shelly has served for a number of years as Chair of the Health Promotion Section and has held highly successful Section meetings jointly with the Student Section each year. She has been actively involved in program planning for NYSCHA annual meetings and is responsible for soliciting a number of quality speakers. This year, she recommended our keynote speaker. Shelly understands college health, is experienced, and will serve us well as President in 2009!

### TREASURER

The Treasurer is elected for a two-year term serving from January 1<sup>st</sup> to December 31<sup>st</sup>. Having served in this position for three terms, I can testify that it is the most difficult responsibility on the Executive Board. Fortunately for all of us, **Pamela (Pam) Houle, RN-CS of Skidmore College** agreed to run and was unanimously elected for her 4<sup>th</sup> term. We are so fortunate to have Pam as our Treasurer for two more years!

Pam is not only responsible for managing finances, she also handles our yearly IRS reporting in conjunction with ACHA and facilitates the Annual Meeting registration process. Amidst all that the Treasurer's position demands, Pam oversees the daily operation of her Health Service.

## Thank You to the Houle Family

*From the NYSCHA Conference Planning Committee*

For the past six years, the annual meeting registration has been a *family* effort with Pam's husband Gary assisting with the processing of pre-registrations and greeting meeting attendees as they checked in. Gary has been a great help to us during the entire Annual Meeting.

This year, Pam's daughter, Lea, helped with the registration process prior to the annual meeting and was on-site to register and greet attendees on Wednesday. Lea was a tremendous source of information for people as they checked-in for the Annual Meeting.

## Thank You to Gary MacLachlan

*From the NYSCHA Conference Planning Committee*

Gary is a familiar face at our Annual Meetings. He has staffed the registration table, made sure the speakers had the right equipment, answered numerous questions, and been a huge support to us all.

*Thank you, Lea, Gary, and Gary for your contributions to the success of the NYSCHA/NECHA Annual Meeting!!*

## Becoming a NYSCHA Member

Beginning January 1, we will no longer have a separate membership form and fee to become a member of NYSCHA. Membership in NYSCHA is now through your ACHA membership. Everyone in New York State who is a member of ACHA is automatically a member of NYSCHA. For information about joining ACHA, check the ACHA web site at [www.ACHA.org](http://www.ACHA.org).

**Our NYSCHA numbers have grown! We have 430 on our combined NYSCHA and ACHA NYS member lists.**

## NYSCHA Methods of Communication

**NYSCHA Web site**                      [www.NYSCHA.org](http://www.NYSCHA.org)

The NYSCHA web site provides up-to-date information about the NYSCHA Executive Board, the upcoming annual meeting, the membership application, and other information relevant to individuals working in college health in New York State.

### NYSCHA Newsletter

NYSCHA publishes a newsletter three to four times a year. Articles can be submitted by anyone in NYSCHA. Requests for articles are sent to NYSCHA members two weeks prior to publication. Articles should be sent to the editor, Mary Madsen, by e-mail, fax, or mail. Her e-mail address is [mmadsen@uhs.rochester.edu](mailto:mmadsen@uhs.rochester.edu). Her fax number is (585-461-9636), and her mailing address is Mary Madsen, University of Rochester, University Health Service, Box 617, 250 Crittenden Blvd, Rochester, NY 14642.

**NYSCHA Listserv**                      [nyscha@list.brockport.edu](mailto:nyscha@list.brockport.edu)

The listserv provides quick and easy access for anyone in college health to communicate with each other on-line. *To join*, send a blank e-mail to: [join-nyscha@list.brockport.edu](mailto:join-nyscha@list.brockport.edu). Be sure to leave the subject line blank. You will be active almost immediately.

*To send messages to the listserv* once you are a member, send an e-mail to [nyscha@list.brockport.edu](mailto:nyscha@list.brockport.edu). You will know you have received a message from the listserv when you see nyscha@list as the sender. (*Note to listserv members:* If you respond to a message using the "reply" button, you will be responding to the entire listserv.)

### ACHA Blast E-mail

NYSCHA can now send an e-mail message to ACHA members in New York State by sending a message to ACHA. This communication strategy worked well when we publicized the NYSCHA/NECHA Annual Meeting.

**21 with Breast Cancer? No boob is safe.**  
Submitted by Cathy Smith, Health Educator, SUNY Cortland

She emailed me and said she was a communications major and that she'd like to do a program on breast cancer as one of her required projects. Her instructor had told her to contact me. We set up a meeting, and I learned that Colleen was 21, a senior at Cortland and had recently been diagnosed with stage 2 breast cancer. She had discovered a lump in her breast and initially didn't think much of it. However, her mother had been diagnosed with breast cancer twice, and so Colleen thought she needed to have the lump checked. Her initial visits led her doctor to think Colleen had a fibroadinoma, but after the lumpectomy, the biopsy revealed stage 2 cancer, which had spread to three of her lymph nodes.

When I met her in September, Colleen had already started her first set of chemotherapy treatments. She told me that after she started losing her hair, she asked her friends to shave her head. So the day I met her she was wearing a very attractive blonde wig; she also had others, including a bright pink one for special occasions.

She told me she wanted to plan her program so that it would be on a "good day," when she wasn't experiencing the after-effects of chemo. We found a date during Breast Cancer Awareness Month (October 18), and we looked for a place on campus. The only room available that night was our Theodore Jacobus Lounge. Coincidentally (or not), Dr. Jacobus (now deceased) had been a beloved obstetrician/gynecologist in Cortland—this would be a perfect room for her program.

As part of her requirements, Colleen needed to develop all of the advertising for her program. She came up with the title, "21 with Breast Cancer? No boob is safe" and we made multiple pink posters (and emails) for the campus. Colleen also advertised her program on Facebook, and many of her peers indicated they were coming. It was obvious that Colleen was very well known and loved on the campus!

At least 240 students attended the program that night (standing room, only, with an overflow crowd outside the room). Colleen shared her story along with a video clip from "The Morning Show," where she was featured, as well as a FOX news video featuring her story and treatment. (Colleen had previously done an internship at FOX News in NYC.)

During the program, students were awed by Colleen's sense of humor and amazing presence. She had people laughing out loud. It's obvious that her incredible upbeat attitude has been extremely helpful to her during this trying time. Colleen told her peers about the possibility of cancer for anyone at any age — she noted the importance of self-examinations, and she had numerous pamphlets and information for her peers to take home after the program.

At the end of the program, Colleen received a thunderous standing ovation. She was given a bouquet of pink carnations, and many students stayed after to talk with her individually.

On Saturday/Sunday, November 17/18, Cortland held its 3<sup>rd</sup> Annual Relay for Life. Colleen was one of the opening speakers for the Relay -- just before the Survivors' Lap. Once again, she wowed her audience.

While most students are anticipating a wonderful intercession break this winter, Colleen will undergo a double mastectomy. She told her peers as well as faculty, staff, and community members at the Relay that she fully expected she would encounter cancer again in her life. However, she thanked everyone at the Relay, because, as she said, the next time she encounters cancer, she expects there will be a cure for it, due to the efforts of all Relayers across the country.

Kudos to Colleen!

**OPEN POSITION**  
**Nurse Practitioner, Syracuse University Health Services**

Nurse practitioner opportunity in college health setting. The successful candidate for this position is responsible for the provision of primary care to a diverse college student population. Knowledge and experience in general medicine is required. Experience in women's health, mental health, and eating disorders is helpful.

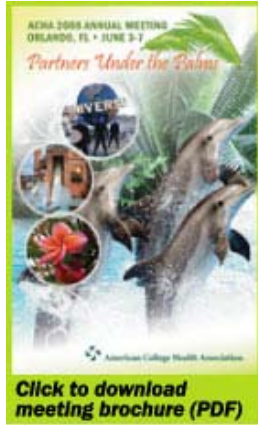
Responsibilities include obtaining a health history, performing a thorough as well as a focused physical examination, and evaluating and treating student illness and injuries. Expectations also include active participation in wellness activities and Quality Improvement initiatives. Practice is within a collaborative practice agreement in accordance with the New York State requirements. The successful candidate must possess a Master's degree in nursing with preparation as a nurse practitioner; a minimum of two years experience as an advanced practice nurse preferred. At this time, it is anticipated the position will be a 9 month position.

Syracuse University offers an excellent benefit package that includes tuition, retirement, comprehensive health care plan, paid vacation, and the opportunity for continued professional development.

For a position description and online application instructions, go to [www.sujobopps.com](http://www.sujobopps.com) (#023690 ). Cover letter, resume and list of professional references must be attached. The position is open until filled. For more information, contact Kathleen VanVechten, Director of Nursing at 315-443-9019. Syracuse University is an AA/EOE.

**ACHA Annual Meeting  
Start Planning Now  
for the ACHA 2008 Annual Meeting**

The ACHA 2008 Annual Meeting, "Partners Under the Palms," will be held in Orlando this coming June. You will find many exciting ways to network with colleagues and students from across the country. The sessions will provide an opportunity to enhance your career path and leadership skills and to earn over 20 continuing education credits.



The ACHA Annual Meeting will be held at the Orlando World Center Marriott. This hotel is a full-service hotel surrounded by 200 acres of lush, tropical landscape and has numerous amenities. Within steps of your room you will find a golf course; a world-class, full-service spa; four heated swimming pools and six whirlpools; tennis courts; and 10 restaurants and lounges with dining choices that range from pizza and burgers to sushi and steak.

To make reservations, call the hotel at 407-239-4200. To receive the discount rate, you must say you are attending the ACHA Annual Meeting. You can also make reservations online. The link is available on the ACHA web site at [www.ACHA.org](http://www.ACHA.org).

For more information about the ACHA Annual Meeting, go to [www.ACHA.org](http://www.ACHA.org). To take a look at what the Orlando World Center Marriott has to offer, visit <http://www.marriottworldcenter.com/>.

**From the SUNY Health Service Council  
Meeting @ the NYSCHA-NECHA Annual Meeting**

**Kevin Readdean**, MEd, LMHC  
readdk@rpi.edu

Rensselaer Polytechnic  
Institute

As in past years, Health Service directors from across SUNY carved time out of the 2007 NYSCHA/NECHA Annual Meeting schedule to unite as a SUNY Health Service Council. Holding both evening and morning sessions during the conference allowed for review of multiple topics specific to SUNY and college health.

In addition to the traditional update from Marcia Brady, our SUNY Administration liaison, which focused mainly on critical incident management (pandemic flu, mental health and emergency notifications), the group discussed and shared information on issues ranging from MRSA to RFPs to EMRs.

At the meeting, significant discussion and planning went into designing a quality assurance benchmarking study on blood pressure education and follow-up. The study, being coordinated by Marilyn Doelger (SUNY Potsdam), will be launched in spring 2008. Participating schools will be reviewing 50 patient charts for compliance with screening and education protocols for hypertension and pre-hypertension. The examination of student outcomes related to the patient education provided will be an optional addendum to the study.

Additional endeavors are being addressed by sub-committees of the SUNY Health Service Council. One group is examining various EMR applications that could meet the needs across the various SUNY campuses. Another group is finalizing the draft of the fourth annual SUNY Health Directors Survey.

For additional information about the work of the SUNY Health Services Council, please contact the current President, Kathleen Camelo, SUNY Plattsburgh.

**NYSCHA Districts**

Seven districts have been established for networking in New York State. Each district has a district representative who acts as a liaison between the members of the district and the NYSCHA Executive Board. The Network Committee supports the personal and professional development of members in each district. District representatives disseminate information, encourage participation in NYSCHA, promote continuing education and resource sharing, and communicate the concerns of their district to the NYSCHA Executive Board. Funding of \$200 is available for each district to offer programming that relates directly to increasing expertise in college health issues.

**Do You Know Your District?**

You might want to connect with your colleagues in your district and throughout the state.

- District 1: Long Island and New York City Area
- District 2: Lower Hudson Valley
- District 3: Albany and Areas North
- District 4: North Country – Eastern Edge of Lake Ontario to Western Edge of NYS
- District 5: Central New York State from Southeastern Edge of Lake Ontario
- District 6: Southern Tier – Southern New York State
- District 7: Western New York State



# New York State College Health Association

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