



MACHA

Building a Healthy Campus

November 5-7, 2014 | Illinois State University

MACHA



Conference Educational Session Schedule

Thursday, November 6

8 to 9:30 a.m. Opening Keynote

Understanding Today's College Student: Implications for College Health Professionals

Presenter: Rosemary Simmons, PhD—University of Washington Bothell

Room: Redbird A & B

1. Participants will be able to explain how societal changes have influenced the developmental tasks and skill development of college students.
2. Participants will identify stress and obstacles faced by college students.
3. Participants will be able to apply interpersonal neurobiology regarding emotions and human interactions to increase understanding of human behavior.
4. Participants will be able to describe the five steps of positive psychology to increase student's and professional's ability to flourish, PERMA.

10 to 11 a.m. Educational Sessions

Class of 2016: What Freshman and Sophomore Women have Taught Me about Sex, Birth Control, Sexually Transmitted Infections, and Going to School

Presenter: Joseph Baumgart, MD, FACOG—Northern Illinois University

Room: Fell A

1. Explore if urban students come to the university with a higher risk of chlamydia.
2. Identify the continuation rate for hormone conception among college freshmen.
3. Ascertain if freshmen seek gynecology care for contraception issues.
4. Identify differences in contraception usage between freshman students who return for their second year and those who do not.

Get Fit, Stay Fit

Presenter: Lyndsey Hawkins, MA—Bradley University

Room: Fell B

1. Describe the Get Fit, Stay Fit program at Bradley University.
2. Explain the importance of a program that promotes being active and learning new things, not just losing weight.
3. List at least two parts of the Get Fit, Stay Fit program attendees can implement at their school.

Sexual Assault Survivor Services: A Model for Balancing Survivor Needs and Federal Mandates

Presenter: Gail Trimpe-Morrow, MS—Illinois State University

Room: Fell C

1. Discuss factors relating to survivor empowerment.
2. Identify impact on survivors, of relevant federal mandates.
3. Describe one model integrating survivor needs and federal mandates.

Fresh FAVs: A Fruit and Vegetable Program for the Campus Community

Presenters: Jeanne Arbuckle, BS ; Julie Schumacher, EdD, RD, LDN; and Arthur Valentine, BS—Illinois State University

Room: Beaufort Room

1. Participants should be able to outline the design elements of a fresh fruit and vegetable program for the campus community.
2. Participants should be able to identify the benefits of a campus-wide fruit and vegetable program.

11:15 a.m. to 12:15 p.m. Educational Sessions

Faculty and Staff Services Provided in a Student Health Center

Presenters: Jim Hunsaker, MLS; John Massie, PhD—Southern Illinois University-Carbondale

Room: Fell A

1. Discuss potential advantages of offering services to campus faculty/staff.
2. Discuss appropriate services to be offered to faculty/staff.
3. Discuss potential disadvantages of offering services to campus faculty/staff.
4. Discuss the experience SIU-C has with introducing faculty/staff services on our campus.

Eating Disorders and Disturbances in a College Population: Addressing the Continuum

Presenters: Jim Almeda, MS, CHES; Lynne Frichtl, RD, LDN; Sandra Olshak, MSW, LCSW; and Jenni Thome, PhD – Illinois State University

Room: Fell B

1. Identify the need for eating disorders and disturbances treatment and prevention services on a university campus.
2. Explain two empirically supported approaches for eating disorder and body image disturbance prevention.
3. Describe at least one eating disorder and body image disturbance prevention program.

Empowerment and Authenticity in College Health

Presenters: Emily Loehmer, BS; and Ashley Shields, BS—Southern Illinois University-Carbondale

Room: Fell C

1. Define empowerment as it relates to the student population.
2. Identify two to three strategies to incorporate empowerment into student programming.
3. Explain how to evaluate empowerment in student health programming.

Cross Campus Collaboration to Assess an Alcohol Alternative Program at Illinois State University

Presenters: Christy Bazan, MPH, MCHES; Julia Broskey, MEd; Jackie Lanier DrPH, MCHES; and Amanda Papinchock, BS, Illinois State University

Room: Beaufort

1. Describe what alcohol alternative programming is and how it addresses issues related to binge drinking on campus.
2. Recognize the value of implementing cross-campus collaborations to help build healthy and thriving campuses.
3. Discuss how to engage students in the assessment of campus and community health related initiatives.

2 to 3 p.m. Educational Sessions

Health Care Reform's Impact on Students, Universities, and Student Health Insurance Plans

Presenter: Boyce Morin—Aetna Student Health

Room: Fell A

1. Describe the Student Health Insurance market pre and post health care reform.
2. Communicate concerns colleges and universities are sharing as the market continues to evolve.
3. Discuss strategies to better position the Student Health Insurance plan in a post reform era.

Building a Healthy Campus: Strategies, Struggles, and Successes

Presenters: Erin Link, BS, COEE—Illinois State University; and Dawn Null, PhD, RD, LDN—Southern Illinois University-Carbondale

Room: Fell B

1. Discuss the general principles and key concepts of Healthy Campus 2020.
2. Explain the key components of the MAP-IT framework.
3. Discuss the outcomes of a Healthy Campus Coalition.

Developing Your Personal Leadership Philosophy and Style

Presenter: Jackie Lanier, DrPH, MCHES—Illinois State University

Room: Fell C

1. Understand the importance of leadership in addressing health problems.
2. Evaluate their own aspects of leadership on various levels.
3. Discuss opportunities to help ourselves and our students develop their leadership philosophy and skills.

Labyk Award Recipient Presentation: The University of Chicago Body Project: A Discussion of Body Image Programs, Tailored Interventions, and Implementation Research

Presenter: Martha Burla, MPH—University of Chicago

Room: Beaufort

1. Describe the importance of tailoring programs to the needs of a population.
2. Explain some strategies that can be used to decide how best to tailor programs.
3. Review the evaluation results for the peer led, tailored version of The Body Project that we've been using at The University of Chicago.

3:15 to 4:15 p.m. Educational Sessions

Opening an On-Campus Physical Rehabilitation Clinic: a Collaboration with Student Health Services

Presenter: Michelle Cheever, APN, CNP; Laura Knoblauch, MBA, RHIA; and Justin Stanek, EdD, ATC—Illinois State University

Room: Fell A

1. Understand the background for opening on-campus clinic.
2. Describe the clinic mission and clientele.
3. Appreciate the strengths and challenges of opening a clinic.
4. Review outcomes from the first two years of operation.

Strategies to Increase Influenza Vaccination Rates Among College Students

Presenter: Christie Bellak, MSN, RN; and Ann Clifton, MSN, ANP-BC—Wayne State University

Room: Fell B

1. List at least three strategies to increase influenza vaccination rates among college students.
2. Describe how effective EHR utilization can increase clinic staff compliance with assessing flu shot status and offering flu shots to all patients.
3. Describe how influenza-life-illness (ILI) surveillance has the potential to be a useful tool in increasing vaccination rates.

A New partner in Advancing Health and Safety

Presenter: Shawn Bennett, MA, MAPP—Theta Chi Fraternity

Room: Fell C

1. Explain how the fraternity's health and safety initiative can positively impact your entire campus community.
2. Identify useful best practices for partnering with the Greek community.

Violence Against Women Act and Title IX Discussion

Presenter: Aimee Janssen-Robinson, MEd, CHES—Indiana State University

Room: Beaufort

1. Describe the Violence Against Women Act changes in regulations specific to college and university campuses.
2. Identify resources to assist with following best practice recommendations to meet VAWA regulations.
3. Establish a MACHA Sexual Violence Prevention and Response listserv.

Friday, November 7

8 to 9:30 a.m. Morning Keynote

Diversity, Justice, Retention, and Student Health: A Life Course Perspective

Presenter: Art Munin, PhD— Illinois State University

Room: Redbird A & B

1. Participants should be able to identify their social identities and whether those identities are the privileged or disenfranchised group.
2. Identify how racism affects children of color from birth through enrollment in higher education.

10-11 a.m. Educational Sessions

Cervical Cancer Prevention 2014: What Have They Done to my PAP Smear Now?

Presenter: Joseph Baumgart, MD, FACOG—Northern Illinois University

Room: Fell A

1. Why "AGUS" isn't called "AGUS" anymore.
2. When to start performing PAP smears and why.
3. Management differences before and after age 25 in patients with abnormal PAP smears.
4. Does the absence of endo-cervical cells invalidate a PAP smear?

Health Information Exchanges: What You Need to Know

Presenter: Jennifer Peterson, MS, RHIA, CTR—Illinois State University

Room: Fell B

1. The participant should be able to describe the purpose of Health Information Exchanges.
2. The participant should be able to explain the role of Regional Extension Centers in Health Information Exchanges.

Programmatic Responsiveness to a Changing Population

Presenters: Michael Bastian; Jill Benson, MS; Diane Feasley, RD; Laura Knoblauch, MBA, RHIA; Danielle Miller-Schuster, PhD; and Stacey Mwilambwe, MS—Illinois State University

Room: Fell C

1. Evaluate programs and services to ensure the most effective methods and efficient techniques are utilized to assist students in their growth, learning, and development.
2. Analyze challenges and opportunities to enhance the quality of student experience.
3. Assess programs and services to ensure the needs of a changing generation are being met.
4. Describe unique characteristics of college students today.

11:15 a.m. to 12:15 p.m. Educational Sessions

Vision for Change: Re-inventing Process and Environment at Student Health Services at Illinois State University

Presenters: L. Ramu Ramachandran, AIA, LEED AP—Perkins Eastman; Laura Knoblauch, MBA, RHIA; Rick Kentzler, AIA; and Michelle Kiesewetter, NCIDQ—Illinois State University

Room: Fell A

1. The participant should be able to identify the elements in a successful student health environment.
2. The participant should be able to understand the common challenges in existing environments and processes.
3. The participant should be able to map out the steps to leading change and ensuring success.
4. The participant should be able to identify key indicators and metrics that measure a successful makeover.

Fracture Management for Primary Care Providers

Presenter: Jessica Higgs, MD, CAQ—Bradley University

Room: Fell B

1. Review fracture terminology.
2. Define common fractures: Boxer's fracture, Jones's fracture, and Colles's fracture.
3. Identify common splinting techniques.
4. Discuss common non-union fractures.

The Effectiveness of Prevention Programming in University Counseling Center

Presenters: Ian Arthur, MS; Kamila Gabka, BA; Dakesa Pina, PhD; and Kelsie Tibble, AA—Illinois State University

Room: Fell C

1. Explain the importance of prevention programming in counseling psychology.
2. Explain the importance of evaluation in prevention programming.
3. Describe approaches to prevention programming at Illinois State University Counseling Center.
4. Discuss the impact of effective prevention programming over time at Illinois State University Counseling Center.