



New York State College Health Association

NYSCHA 2024 Annual Meeting

Come Together: We Are Family

November 13-14, 2024

PRE-CONFERENCE SESSIONS

WEDNESDAY, NOV. 13
8:45-10:00 am

Developing and Expanding a Health Product Program on Campus

Samantha Warren, MPH, MCHES, CPH, Stony Brook University

An Introduction to Lifestyle Medicine: In Support of a More Whole Foods, Plant-based Diet

*Rebecca Kobos, MD
University at Albany, SUNY
NOTE: This program will be 9:00-10:00.*

The Broadening of Mental Health: The Next Paradigm Shift in Higher Education

David Walden, PhD; Katie Cowen, MPH, CHES; Barb Fluty, PA-C, Hamilton College

NOTE: There is no additional cost to attend a pre-conference session.



Link to registration site

The New York State College Health Association is hosting the NYSCHA 2024 Annual Meeting, which will be held at the Delta Hotels by Marriott in Utica, New York.

NYSCHA hosts the Annual Meeting to help college health professionals stay abreast of current topics affecting their practice and the students on their campuses. The NYSCHA annual meetings bring college health professionals together in a collaborative effort to enhance the well-being and academic success of college students by offering multidisciplinary, educational programs as well as networking opportunities.

Within this brochure, you will find information about:

Registration: Early bird and regular rates are available. Single day registration fees and a reduced registration fee for full-time students are also available. Early bird rates are available through Oct. 15. Lunch on Wednesday and breakfast and lunch on Thursday are included with registration. The link to the registration site is on the Annual Meeting page on the NYSCHA website (www.nyscha.org). If you prefer, you can use the QR code .

Sessions & Speakers: For the complete schedule with the programs and abstracts, check pages 4-7. Meet Lara Zakaria, our keynote presenter, on page 3 and our three capstone presenters, Evan Ozmat, Karen Dybus, and Ahmed Belazi, on page 8.

CE Credits: For information about CE credits, check page 9.

Exhibitors: The Exhibit Hall will be open both days. For more information, see page 10.

Hotel Reservations: On page 11, you will find directions for reserving your hotel room.

Registration Fees

Early Bird fees are available through October 15.

Full 2-Day	Fulltime Student-2 Days
Early Bird: \$350	Early Bird: \$40
Regular: \$395	Regular: \$50
Single Day—Wed or Thursday	Fulltime Student-1 Day
Early Bird: \$185	Early Bird: \$25
Regular: \$210	Regular: \$35

Fee for CE credits: \$50 for attendees who would like to receive continuing education credits.

NYSCHA 2024 Annual Meeting

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Greetings!

We are excited to invite you to the 2024 Annual Meeting of the New York State College Health Association (NYSCHA), taking place in Utica, NY. This year's meeting promises to be an enriching and engaging event filled with opportunities for professional development, networking, and collaboration.

This year, our theme is "Come Together: We Are Family." This theme reflects our shared commitment to fostering a supportive, inclusive, and collaborative environment within the college health community. Just as family members support one another through challenges and triumphs, we are here to support each other in advancing the health and well-being of our students.

We have assembled a diverse and dynamic program featuring informative workshops and interactive sessions. In addition to a robust program, there will be time to network, engage in meaningful discussions, and exchange ideas with your peers from across the state.

We look forward to welcoming you to Utica!

Warm regards,

Shelly Sloan, MS, CHES

NYSCHA President

Conference Planning Committee

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David Walden, Hamilton College

Rebecca Kobos, University at Albany

Marissa Whitaker, SUNY Cortland

NYSCHA Conference Planners

Rebecca Harrington, SUNY Delhi & Linda Dudman, University of Rochester (retired)

For more information about NYSCHA, check: www.nyscha.org

SESSIONS & SPEAKERS

KEYNOTE: Wednesday, Nov. 13, 10:20-11:35 am

Upstream Medicine: Swimming Against the Current to Improve Patient Outcomes

Lara Zakaria, PharmD, MS, CDN, CNS, IFMCP

There is increasing interest in the integration of conventional medicine with complementary and alternative medicine (TCAM) as well as lifestyle medicine that can improve outcomes for chronic diseases. Evidence is mounting that to make significant improvements in health outcomes, we must start thinking outside the medicine vial – to lifestyle modification including nutrition, stress modification, sleep, and exercise. How do holistically minded health professionals find opportunities to coach and inspire our patients in these areas – while cultivating a supportive and collaborative professional environment.

Dr Lara Zakaria, PharmD, MS, CDN, CNS, IFMCP

Dr. Zakaria is a Pharmacist and Nutritionist with a focus in implementing solutions for Functional Medicine and personalized nutrition. A graduate of the Ernest Mario School of Pharmacy at Rutgers University (BSpharm) and the University of Colorado Skaggs College of Pharmacy (PharmD), she spent 20 years in community pharmacy practice.

After developing an interest in nutrition, she earned a MS in Nutrition from the University of Bridgeport and subsequently qualified as a Certified Nutrition Specialist (CNS) as well as an Institute for Functional Medicine Certified Practitioner (IFMCP).

Dr Zakaria's practice focuses on a multi-disciplinary approach working both one-on-one with patients as well as creating implementation tools and systems for scale. She is also adjunct professor of nutritional biochemistry and therapeutics at the University of Bridgeport, faculty at George Washington University, as well as guest instructor for Functional Medicine at LECOM College of Pharmacy and has served as mentor and supervisor for CNS and pharmacy students.

Lara is passionate about gut health and the prevention and reversal of metabolic, allergic, and autoimmune disease. There is power in *community*, working with pharmacy professionals, nutritionists, and other clinicians to leverage their unique expertise to amplify the message of personalized nutrition and FxMed.



Disclosure Statements

None of the planners or presenters for this educational activity have relevant financial relationships with ineligible companies to disclose except for the following speakers:

- **S. Shahzad Mustafa, MD**, who is on the speakers' bureau for Genentech, Regeneron, GSK, AstraZeneca, & CSL Behring. He will be presenting "*Allergy Potpourri – An Evidence-Based Q and A*" and "*Quality Improvement Projects in College Health*" on Thursday, November 14.
- **Allison Ramsey, MD** who is on the speakers' bureau for Sanofi/Regeneron, AstraZeneca, and GSK. She will be presenting "*Pearls for Allergic/Immunologic Scenarios*" on Thursday, November 14.
- **Lara Zakaria, PharmD, MS, CDN, CNS, IFMCP**, who is the owner of a business related to the session topic and a Strategic Consultant on Medical Education for Fullscript. She will be presenting the keynote presentation, "*Upstream Medicine: Swimming Against the Current to Improve Patient Outcomes*" on Wednesday, November 13.

All relevant financial relationships with ACCME-defined ineligible companies have been mitigated.

NYSCHA 2024 Annual Meeting

November 13-14, 2024

SESSIONS & SPEAKERS

WEDNESDAY, NOVEMBER 13

8:00—4:00 pm **Registration Open**

8:45—10:00 am **Pre-Conference Sessions**

Developing and Expanding a Health Product Program on Campus

Samantha Warren, MPH, MCHES, CPH, Stony Brook University

Join Stony Brook University's Center for Prevention and Outreach to learn about their Health Products Program that provides menstrual hygiene kits, safer sex kits, flu kits, first aid kits, fentanyl and xylazine testing kits to thousands of students each semester. Working through a lens of harm reduction techniques and inclusivity, learn how we've adapted and expanded the program to fit our students' needs and how you can bring this essential resource to your campus.

An Introduction to Lifestyle Medicine: In Support of a More Whole Foods, Plant-based Diet (NOTE TIME: 9:00-10:00)

Rebecca Kobos, MD, University at Albany

Evidence-based lifestyle medicine is based on six tenants which include: following a whole food, plant-based diet, ensuring regular physical movement and restorative sleep, decreasing stress, avoiding substance use like smoking, and promoting social connectivity. It does not replace traditional allopathic or osteopathic medicine and is not meant to supplant critical surgical or pharmacologic interventions. Instead, if followed correctly, lifestyle medicine has been shown to not only prevent but treat chronic diseases while encouraging patients to take an active role in their health. Lifestyle medicine necessitates a holistic approach including the entire physical, mental, and social health of a patient while also addressing the social determinants of health. Success in one tenant frequently leads to success in other tenants, while struggles in one area often negatively impact adherence to the other tenants. While this presentation will primarily focus on healthy eating, it's worth noting that connection with others is a critical piece.

The Broadening of Mental Health: The Next Paradigm Shift in Higher Education

David Walden, PhD; Katie Cowen, MPH, CHES; and Barb Fluty, PA-C, Hamilton College

The presenters will share a way of thinking about the landscape of mental health in higher education that points to a coming paradigm shift, one that encompasses emerging movements in the field and promises a more sustainable and healthy future. They will outline key components of a

vision that is aligned with how students see themselves and what they seek from college, that recognizes and honors the holistic nature of students and staff, and that could serve as the foundation for new approaches to a historical challenge in higher education. An initiative at our institution that we hope will bring this vision to life will be outlined.

9:30 am

Exhibit Hall Opens

10:10-10:20 am

Welcome

10:20-11:35 am

Keynote Presentation

Upstream Medicine: Swimming Against the Current to Improve Patient Outcomes

Lara Zakaria, PharmD, MS, CNS, IFMCP (See description on page 4.)

11:50-12:50 pm

Lunch (served at 11:45 am)

1:00-2:15 pm

Concurrent Sessions

Medical Grand Rounds

Maggie Reilly, PA-C and Lindsay Phillips, MD, MSc, Rochester Institute of Technology

While many patients seen at a college health center are young and healthy and have straightforward issues, some of what we see is quite complex. This session will be a guided discussion using case-based discussions of challenging and complex diagnoses seen in a student health center. Key history taking components will be shared, helping the participant to be on the lookout for less straight forward diagnoses in their own practice. The presentation will include the important parts of physical exam, lab and image ordering, referral, and the final diagnosis. This session entails audience participation.

Optimizing Support: Exploring the Stepped Care Model in the University/College Counseling Center

Jaime Castillo, PhD, SUNY Geneseo

The 2023 Annual Report from the Center for Collegiate Mental Health (CCMH) highlights that only 11% of college students utilize counseling services, averaging 4.89 sessions per year, with 61% having prior mental health treatment. Traditional 50–60-minute individual therapy sessions struggle to meet rising demand. To address this, a shift towards an organized and scalable model like Stepped Care 2.0 is proposed. This program aims to explore contemporary college mental health needs, introduce the Stepped Care 2.0 framework, and offer insights on implementation for counseling centers and campus administrators.

NYSIDDDNA 2024 Annual Conference

September 9-11, 2024

SESSIONS & SPEAKERS

1:00-2:15 pm Concurrent Sessions (continued)

Adapting Collective Impact to a Higher Education Setting: An Introduction and Tools to Support Collaborative Processes

Katie Cowen, MPH, CHES, Hamilton College

As interest in learning about becoming a Health Promoting Campus has grown, with now over 200 colleges across the US part of the US Health Promoting Campus Network, so, too, has interest in the process of Collective Impact. Collective Impact was developed for, and has been well utilized in the government and non-profit sectors, outside of higher education. A number of college health professionals have expressed a desire to use the Collective Impact process, but don't know where to begin or how to adapt its principles and processes for a higher education setting. After this session, participants will understand the basic principles of Collective Impact, assess their college's readiness to embark on the process, and will be introduced to specific tools that can help support collaborative endeavors in a higher education setting.

Equipping Faculty and Staff with Tools to Support Well-Being for Life and Learning

Rebecca Block, MS, CHES, CHWP, and Amy McDonald, MS, CHWP, University of Rochester

Across the nation, faculty and student support staff often engage in mental health discussions with students but lack specialized training. To address this, the Well-being for Life and Learning Training Program was developed. This self-paced training, led by university experts, aims to improve student well-being, academic success, and campus culture. Topics include supportive communication, identifying distressed students, managing compassion fatigue, and fostering supportive environments. This presentation offers an overview of the program and guidance to implement a similar initiative on your campus.

2:15-2:45 pm Break with Exhibitors

2:45-4:00 pm Concurrent Sessions

Big Red Rash

Judith Mysliborski, MD, Private Practice (Retired)

So often a patient presents with a generalized erythematous eruption and the practitioner needs to identify the cause(s). The practitioner also needs to realize that many eruptions evolve over time, making diagnosis especially difficult early in the timeline of a disease. Defining the cause of the eruption leads to a clearer understanding of therapy and prognosis. Most importantly, recognizing evolution into a

'serious' illness is critical to minimizing morbidity and / or mortality.

Mental Health in Higher Education: Is the Crisis Narrative Getting in Our Way?

David Walden, PhD, Hamilton College and Ben Locke, PhD, Togetherall

Over the last two decades, the "crisis narrative" of college student mental health has gradually taken hold as the dominant conceptual framework. It defines the problem, shapes our student/faculty experiences, motivates institutional reactions and choices, and has led to constantly shifting sands of challenge and mirage. This presentation will critically examine the "crisis narrative" of mental health and will discuss how it has impacted mental health efforts. Next steps and takeaways will be discussed.

Blunt Knowledge: Exploring the Frontier of Cannabis Harm Reduction

Marissa Whitaker, MS, SUNY Cortland and Rebecca Harrington, MA, SUNY Delhi

Cannabis laws and trends are evolving, leaving professionals to find new and effective education and prevention strategies. The Blunt Knowledge cannabis education module was developed to provide cannabis education through the lens of harm reduction and goes beyond "checking a box." In addition to the module, we will discuss how harm reduction is an inclusive approach to discussing cannabis use and misuse and invites more meaningful conversations with students.

Partnership to Advance Collaborative Education (PACE): A Health Promotion and Disease Prevention Program

Annemarie Rosciano, DNP, MPA, ANP-BC, and Barbara Braithwaite, Stony Brook University

College-age students are considered a high risk and vulnerable population while transitioning to their college environment due to the stressors, academic and psychosocial demands. The Partnership to Advance Collaborative Education (PACE) was created to provide preventative clinical screenings on campus with the goal to increase healthy future outcomes. This original research has enabled PACE to identify unhealthy behaviors and provide education, referrals, and resources for students. Using Brief Action Planning has resulted in behavior change.

4:15-5:30 pm Concurrent Sessions

Point of Care STI Testing in the College Setting

Lee Anne Lane, RN, and Honora Marceau, Syracuse University

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Syracuse University implemented point of care (POC) testing to rapidly diagnose and treat STIs in late Fall 2023. Rapid detection assists in disrupting transmission chains on campus. This presentation will review how to implement STI POC in a CLIA waived, college health center laboratory. We will also review the volume of testing conducted and lessons learned.

Examining College Students and Gambling Behaviors – Risks and Resources

Brandy Richards, BS, NY Council on Problem Gambling

The most recent research estimates that 6 percent of college students in the US have a serious gambling problem. With the increase in access and availability of gambling activities, it is important that college campuses have the education and tools to reach students who may be struggling with their gambling. This presentation will review what problem gambling is, why college students are at risk, and discuss resources for college staff and students.

Zzz's Get Degrees: Multi-strategy Approach to Addressing Sleep at College (or lack thereof)

Alyssa Staino, MS, CHES, Rochester Institute of Technology and Shelly Sloan, MS, CHES, SUNY Oswego

Recent data from the ACHA-NCHA III Spring 2022 indicates that 42.7% of students are sleeping less than 7 hours on weeknights, and that 78.1% of students felt sleepy during the day on 3 or more days during the week. With this in mind, it is important that college campuses have the education and tools to support students struggling with their sleep management practices. After this session, participants will have a thorough understanding of strategies that can be implemented to support sleep hygiene, and in turn, academic success.

Mindful Eating Support Team: How to Create Holistic Support for Students with eating Concerns

Nicole Adamo, MS; Margot Schinella, FNP-C; Natalia Martinez Munoz Potter, LCSW; Andrea Pesavento, LCSW; Jessie George, MS, Vassar College

At the beginning of the 2022 academic year, the Collaborative Health and Advocacy Team at Vassar reporting to the Associate Dean of Student Living and Wellness, along with representatives from our athletics department came together to create a program to address the needs of students struggling with eating disorders and student struggling with their relationship with food. As a result of many conversations among members of various departments (Health Promotion and Education, Health Service, Counseling Service, Case Management, Athletics and Associate Dean of Student Living and Wellness), the Mindful Eating Support Team at Vassar was born. After this session, participants will be able to create a

holistic support system for students who struggle with eating disorders and disordered eating. Participants will learn how to create a system of care for individual students and create programming that can benefit campus members in general.

5:30-6:30 pm Social Hour for Attendees & Exhibitors
Sponsored by HUB Campus Health Solutions

6:00-9:00 pm SUNY Health Services Council Meeting

6:30 pm Dinner on your own.

THURSDAY, NOVEMBER 14

7:00-2:30 pm Registration

7:15-8:45 am Breakfast Buffet & Annual Meeting
Meeting begins at 8:00 am

9:00-10:15 am Concurrent Sessions

Allergy Potpourri – An Evidence-Based Q and A

S. Shahzad Mustafa, MD, Rochester Regional Health

This session will be an evidence-based Q & A that will allow attendees to dictate the discussion and cover wide-ranging topics in allergy and clinical immunology.

"A Treatment Model? Really?!": Establishing and Maintaining a Treatment Focused Clinical Services Model That Retains Access

David Walden, PhD, Hamilton College

It's a deep irony that counseling center clinical service models have been driven more by demand than by what we know about how therapy works from decades of psychotherapy outcome literature and clinical practice. At the same time, institutions are balancing the need for ethical and meaningful care with the obligation to provide continuing access to increasing requests for services. The choices we make around clinical service models impact the help our clients receive and the levels of burnout clinicians experience. This presentation will outline what it has taken to establish and maintain a treatment focused clinical services model that also maintains quick access. We will review the mechanics of the system, the challenges and benefits of implementing and maintaining the model, and the road ahead for mental health in higher education.

Combating Food Insecurity on Campus

Lauren Scagnelli, MS, CHES, SUNY Cortland

This presentation will discuss challenges and successes with our food pantry and learn how to implement additional programs to combat food insecurity.

SESSIONS AND SPEAKERS

Journeying Down the Road to Integrated Health, Counseling, and Wellness Services: How to make the pitch for integration, design for integration, or enhance your integration

Kevin Readdean, PhD, Rensselaer Polytechnic Institute

This presentation focuses on supporting staff and administrators at various points on their integrated services journey. Important elements of integrated services are introduced along with an emphasis on how to advocate for and evaluate integrated services. After an overview of integrated care concepts, models and literature, participants will work in small groups, based on their individual needs and self-reported level of integration, to develop action plans around pitching, designing, or enhancing integrated care programs.

10:15-10:45 am Break with Exhibitors

10:45-12:00 pm Concurrent Sessions

Pearls for Allergic/Immunologic Scenarios in College Students

Allison Ramsey, MD, ABAI, Rochester Regional Health

This presentation will cover pearls of knowledge needed to recognize and manage common atopic/immunologic conditions in college students. It will cover SMART therapy for asthma, inducible laryngeal obstruction, subcutaneous immunotherapy reactions and management, omalizumab for food allergy, and vaccine adverse reactions.

Emerging Issues Impacting Student-Athlete Health and Well-being: Implications for College Health Practice

M. Dolores Cimini, PhD, University at Albany; Marsha Florio, M.Ed., America East Athletic Conference; Teresa Fiore, MBA, EPIC Global Solutions; Kelly Thorne, PsyD, University of Vermont; Anthony Turon, M.Ed., MBA, Seton Hall University

Within the collegiate environment, student-athletes face unique challenges that can impact their health and well-being, including mental health concerns that may lead to suicide, risk for gambling and the consequences of sports betting, hazing, and issues of Name-Image and Likeness (NIL) on their lives. In this workshop, a panel of experts will address several key challenges facing student-athletes and explore the effects of these stressors on their health and well-being. Implications for health and counseling practice will be highlighted using a collaborative, public health-informed framework. The important role that athletic conferences can play in supporting our college health practitioners in addressing student-athlete stressors will be explored.

Strengthening Support Networks: The Role of Mental Health First Aid in Campus Wellbeing

Sara Engel, MS, CHES, and Beau Gibbs, MS, Rochester Institute of Technology

Amidst the increasing prevalence of mental health challenges within mid-sized college campuses, proactive measures are essential. This program introduces Mental Health First Aid (MHFA) trainings as a response to this urgent need. The session outlines the fundamental principles of MHFA, strategies for campus-wide implementation on campus, and practical insights into its smooth operation. By equipping stakeholders with knowledge and tools, the initiative aims to cultivate a resilient campus community capable of addressing mental health concerns effectively.

Quality Improvement Projects in College Health

S. Shahzad Mustafa, MD, Rochester Regional Health

The evidence of medicine is constantly changing, and quality improvement initiatives can help clinicians implement and maintain sustained change over time. This session will briefly touch on the components of QI, how to implement projects in the real world, and then report outcomes. The session will also present examples of successful QI projects that can be implemented in the college health setting.

12:00-1:00 pm Lunch Buffet

1:15-2:30 pm Capstone Presentation

Artificial Intelligence (AI) & Your College Campus: Planning for the Future Starts Now

Evan Ozmat, MS, University at Albany; Ahmed Belazi, MPH, Stony Brook University; Karen Dybus, MS, PA-C, Stony Brook University

This session will explore the applications and potential pitfalls of Artificial Intelligence (AI) in college health. Participants will learn the history and definitions of AI, machine learning, and deep learning, and examine AI modeling approaches. The session will highlight current and future AI applications, discuss ethical considerations, and address DEIJA issues, focusing on mitigating biases and enhancing equity. An open panel discussion will further engage participants, addressing their concerns and hopes for AI integration in college health.

SESSIONS AND SPEAKERS

CAPSTONE PRESENTERS



Evan Ozmat, MS, University at Albany, SUNY

Evan Ozmat is a Ph.D. student in Counseling Psychology at the University at Albany, SUNY. He holds a master's degree in Mental Health Counseling from the same institution. Evan's research focuses on the intersection of self-compassion, coping strategies, and mental health. He has extensive experience in mental health and substance use research, serving as a Research Assistant at the Center for Behavioral Health Promotion and Applied Research and the Health and Addictive Behaviors Lab at the University at Albany. He has led numerous projects, including a longitudinal analysis of 22 years of prevention data and the development of health promotion campaigns and automation systems for STI testing and prevention education. Clinically, he has provided therapy and assessment services, working with diverse populations, including veterans and academically and economically disadvantaged students. Additionally, he is a certified Machine Learning Professional specializing in developing AI systems for applied research, focusing on creating early warning alert systems to identify students at risk of negative health and mental health outcomes. His work in developing innovative AI tools to enhance student health is conducted under initiatives funded by SAMHSA's Center for Substance Abuse Prevention and Treatment, addressing minority health disparities. His robust research background, clinical experience, AI expertise, and dedication to addressing mental health disparities position him well to present on this topic, drawing on both his academic work and practical experience in the field.

Karen Dybus, MS, PA-C, Stony Brook University

Karen Dybus has been a clinically practicing Student Health Services (SHS)-based Physician Assistant for over 30 years and has been in a leadership role since the COVID-19 pandemic. In addition to her clinical role, she has served as an Assistant Clinical Professor for the Stony Brook University School of Health Technology and Management, now known as the School of Health Profession. She is currently halfway through her EdD Higher Education Leadership and Change program in which she has done paper and interview-based research on the topic of AI in Higher Education. Additionally, Karen's current role as Interim Director of Patient Services and Operations entails having to make decisions that will both impact the clinical operations of the Student Health Services to improve efficiencies and reduce redundancies while also being fiscally prudent. AI applications are one avenue that they have been exploring to help with customer service (ChatBOT). They envision the use of other AI based applications to potentially make for an efficient and student friendly experience. Karen has been working with her colleague, Ahmed Belazi, during this exploratory phase for the past 2+ years.



Ahmed Belazi, MPH, Stony Brook University

Ahmed Belazi is an accomplished professional with over 15 years of experience in Higher Education. Over the past decade, he has served as a member of the Student Affairs senior leadership team at Stony Brook University. Currently, Ahmed serves as the Executive Director of Strategic Analytics and Technologies, where he also advises the Vice President for Student Affairs and Senior Cabinet on strategy, analytics, and technology. Ahmed's role has given him the opportunity to examine, evaluate, procure, implement, and integrate several technological solutions in both the student health and student success spaces. Over the past few years, Ahmed has worked with several solutions that leverage AI-tools in various ways. Ahmed's education and experience have also equipped him with a wide range of skills and expertise, including assessment, survey research, market research, program evaluation, data governance, statistical analysis, and data visualization. He is a proud double alumnus of Stony Brook University, having earned a Master of Public Health with a concentration in Evaluative Sciences and a Bachelor of Science in Psychology with an emphasis in Cognition and Memory.



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Continuing Education (CE) – Accreditation Statements

CME Credits: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American College Health Association and New York State College Health Association. The American College Health Association is accredited by the ACCME to provide continuing medical education for physicians.

The American College Health Association designates this live activity for a maximum of **8.5 AMA PRA Category 1 Credits**.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CECH Contact Hours (CHES/MCHES): Sponsored by the American College Health Association, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to **8.75** total Category I continuing education contact hours. Maximum advanced-level contact hours available are **8.75**. There are 0 Continuing Competency credits available.

NYS LMHC Contact Hours, NYS LMSW & LCSW Contact Hours, and NYS PSY Contact Hours: The University at Buffalo Counseling Services is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC0129, by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0504 and by the New York State Education Department's State Board for Psychology for licensed psychologists #PSY-0110. Maximum contact hours available for this live activity are **7.5**.

Certificates of Attendance

Attendees who are not applying for CE credits can receive a Certificate of Attendance if they complete an online evaluation for each program attended. The certificate will document the number of hours of continuing education programming attended.



Ryan Travia, 2023 Keynote presenter



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EXHIBITORS

The NYSCHA 2024 Annual Meeting provides an opportunity for conference attendees to meet representatives from companies and organizations that specialize in providing services and products for college students and college health centers. Exhibitors will have the opportunity to talk with attendees working in college health settings throughout New York State and learn how they can best meet the needs of the college health professionals attending the Annual Meeting.

Exhibitors will include representatives from a variety of companies and non-profit organizations that provide services for college health students and health centers.

The Exhibit Hall will be open both days of the Annual Meeting:

WEDNESDAY, NOVEMBER 13 — 9:30-5:30 pm

- Exhibit Hall opens—9:30 am
- Break with Exhibitors—2:15—2:45 pm
- Reception for attendees & exhibitors: 5:30-6:30 pm

THURSDAY, NOVEMBER 14 — 8:15-10:45 am

- Break with Exhibitors—10:15-10:45 am
- Exhibit Hall Closes—10:45 am

Attendees will be able to visit the exhibit hall whenever they would like during the hours the Exhibit Hall is open. The location of the exhibitors will provide attendees with easy access to the exhibit tables during the breaks, between sessions, and during sessions.



NYSCHA 2024 Annual Meeting

November 13-14, 2024

CONFERENCE HOTEL

Delta Hotels by Marriott

200 Genesee St.
Utica, NY

Reserving Your Hotel Room

The NYSCHA 2024 Annual Meeting will be held at [The Delta Hotels by Marriott Utica](#), located at 200 Genesee St., Utica, NY. The hotel is a recently renovated hotel with upgraded and modernized guest rooms, lobby, and event space. The hotel, which has an onsite restaurant and parking garage, is conveniently located in downtown Utica less than one mile from Exit 31 off the New York State Thruway. It is located close to the train station.

The conference hotel room rate is \$149 plus tax. Reservations must be made by October 21, 2024 to receive the conference rate.

To reserve your room: [Book your group rate for NYSCHA*](#) or call the hotel at 315-266-1461. When contacting the hotel, please let them know you will be attending the NYSCHA 2024 Annual Meeting. The link to book online is on the Annual Meeting page on the NYSCHA website at <https://www.nyscha.org/annualmeeting/>

* *Link for booking online:* <https://www.marriott.com/events/start.mi?id=1707512789227&key=GRP>



Link to Annual Meeting
page on www.nyscha.org