

NYSCHA 2024 Annual Meeting

Come Together: We Are Family

November 13-14, 2024 | Utica, NY

2024

Schedule of Programs

FINAL PROGRAM SCHEDULE

TUESDAY, NOVEMBER 12

BOARD MEETING

Tuesday, 6:00-9:00 p.m.

NYSCHA Executive Board Meeting

ROOM: Alleghany Room

The New York State College Health Association (NYSCHA) Executive Board will hold its fall board meeting on Tuesday evening.

WEDNESDAY, NOVEMBER 13

REGISTRATION TABLE is open.

Wednesday, 8:00-4:00 p.m.

PRE-CONFERENCE SESSIONS – WED-PRE-1

Wednesday, 8:45-10:00 a.m.

WED- PRE-1.1

Developing and Expanding a Health Product Program on Campus

ROOM: Conference Center

CME: 0.00 | CHES: 1.25 | MCHES: 1.25 | NYS LMHC Contact Hours: 1.25 | NYS LMSW & LCSW Contact Hours: 1.25 | NYS PSY Contact Hours: 1.25

Objectives:

1. Recognize the need for a free health products program on their and other campuses.
2. Describe 2 techniques or ideas to develop or expand a health product program on their campus.
3. Evaluate the financial and administrative support on their campus that may be available to them.

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

WED- PRE-1.2

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

ROOM: Mohawk

PLEASE NOTE: This program will be offered 9:00-10:00 a.m.

CME: 1.00 | CHES: 1.00 | MCHES: 0.00 | NYS LMHC Contact Hours: 0.00 | NYS LMSW & LCSW Contact Hours: 0.00 | NYS PSY Contact Hours: 0.00

Objectives:

1. Identify the 6 pillars of Lifestyle Medicine.
2. Outline ten Nutrition Pearls.
3. Explain how to implement Motivational Interviewing.

Presenter: Rebecca Kobos, MD, University at Albany

WED- PRE-1.3

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

ROOM: Adirondack Room

CME: 0.00 | CHES: 1.25 | MCHES: 0.00 | NYS LMHC Contact Hours: 1.25 | NYS LMSW & LCSW Contact Hours: 1.25 | NYS PSY Contact Hours: 1.25

Objectives:

1. Identify primary forces shaping views around mental health.
2. Explain how a Collective Impact approach can be used as a framework for understanding current and shifting ways of thinking about mental health.
3. Apply assumptions of the mental model to existing campus structures and resources.
4. Discuss implications for future directions in higher education.

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

EXHIBIT HALL opens at 9:30 a.m.

Wednesday, 9:30-4:15 p.m.

NYSCHA 2024 Annual Meeting

Come Together: We Are Family

November 13-14, 2024 | Utica, NY

2024

Schedule of Programs

Welcome from NYSCHA President		Wednesday, 11:10-11:20 a.m.
ROOM: Grande Ballroom		
KEYNOTE PRESENTATION		Wednesday, 10:20-11:35 a.m.
WED-KEY	Upstream Medicine: Swimming Against the Current to Improve Patient Outcomes ROOM: Grande Ballroom CME: 1.25 CHES: 0.00 MCHES: 0.00 NYS LMHC Contact Hours: 0.00 NYS LMSW & LCSW Contact Hours: 0.00 NYS PSY Contact Hours: 0.00 Objectives: <ol style="list-style-type: none">1. Discuss the role complementary medicine plays in providing opportunities for patient advocacy.2. Define systems medicine and lifestyle medicine's role in improving health outcomes.3. Discuss examples of evidence-based dietary and lifestyle interventions as they apply to the scope of practice. <i>Presenter:</i> Lara Zakaria, PharmD, MS, CNS, IFMCP, Foodie Pharmacist LLC; Adjunct Professor, U. of Bridgeport, Nutrition Institute; and Adjunct Assistant Professor, George Washington University, School of Medicine & Health Sciences, Integrative Medicine	
OPENING LUNCH - Jr. Ballroom		Wednesday, 11:50-12:50 pm
CONCURRENT SESSIONS WED-2		Wednesday, 1:00-2:15 p.m.
WED-2.1	Medical Grand Rounds ROOM: Adirondack Room CME: 1.25 CHES: 0.00 MCHES: 0.00 NYS LMHC Contact Hours: 0.00 NYS LMSW & LCSW Contact Hours: 0.00 NYS PSY Contact Hours: 0.00 Objectives: <ol style="list-style-type: none">1. Identify history components working through interesting cases from 2023-24 school year.2. Identify key physical exam findings and other data collected (lab work, imaging, referral) in working through cases.3. Discuss clinical information about each case diagnosis.4. Explain the value of peer collaboration. <i>Presenters:</i> Maggie Reilly, PA-C and Lindsay Phillips, MD, MSc, Rochester Institute of Technology	
WED-2.2	Optimizing Support: Exploring the Stepped Care Model in the University/College Counseling Center ROOM: Mohawk CME: 0.00 CHES: 0.00 MCHES: 0.00 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives: <ol style="list-style-type: none">1. Identify how a stepped care model optimizes resource allocation.2. Apply the Stepped Care 2.0 to their setting. <i>Presenter:</i> Jaime Castillo, PhD, SUNY Geneseo	
WED-2.3	Adapting Collective Impact to a Higher Education Setting: An Introduction and Tools to Support Collaborative Processes ROOM: Conference Center CME: 0.00 CHES: 1.25 MCHES: 1.25 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives: <ol style="list-style-type: none">1. List five conditions of Collective Impact.	

NYSCHA 2024 Annual Meeting

Come Together: We Are Family

November 13-14, 2024 | Utica, NY

2024

Schedule of Programs

	<ol style="list-style-type: none">Evaluate college readiness to embark on the process.Describe 3 tools for supporting the collaboration process. <p><i>Presenters:</i> Katie Cowen, MPH, CHES, Hamilton College</p>
WED-2.4	Equipping Faculty and Staff with Tools to Support Well-Being for Life and Learning ROOM: Grande Ballroom CME: 0.00 CHES: 1.25 MCHES: 0.00 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives: <ol style="list-style-type: none">Explain the link between student well-being and academic performance.Describe the connection between faculty and staff well-being and knowledge on student well-being and academic outcomes.Identify the factors in learning environments that may impact student well-being.Outline an action plan needed for creating an initiative centered on equipping faculty and staff with tools to support student well-being on their campus. <p><i>Presenters:</i> Rebecca Block, MS, CHES, CHWP, University of Rochester</p>
CONCURRENT SESSION WED-3 Wednesday, 2:45-4:00 p.m.	
WED-3.1	Big Red Rash ROOM: Adirondack Room CME: 1.25 CHES: 0.00 MCHES: 0.00 NYS LMHC Contact Hours: 0.00 NYS LMSW & LCSW Contact Hours: 0.00 NYS PSY Contact Hours: 0.00 Objectives: <ol style="list-style-type: none">Identify the cause of generalized erythematous eruptions.Define the clinical timeline of an illness/ or disease.Discuss descriptive terminology of cutaneous eruptions.Explain how to recognize signs and symptoms of a 'serious' eruption. <p><i>Presenter:</i> Judith Mysliborski, MD, Private Practice (Retired)</p>
WED-3.2	Mental Health in Higher Education: Is the Crisis Narrative Getting in Our Way? ROOM: Mohawk CME: 0.00 CHES: 1.25 MCHES: 0.00 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives: <ol style="list-style-type: none">Explain the core ingredients of the crisis narrative of mental health.Explain why the crisis narrative has evolved over 20 years.Discuss examples of how the crisis narrative impedes successful mental health efforts.Explain alternatives to the crisis narrative including local actions that can be taken. <p><i>Presenters:</i> David Walden, PhD, Hamilton College and Ben Locke, PhD, Togetherall</p>
WED-3.3	Blunt Knowledge: Exploring the Frontier of Cannabis Harm Reduction ROOM: Grande Ballroom CME: 0.00 CHES: 1.25 MCHES: 1.25 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives: <ol style="list-style-type: none">Outline the current cannabis laws and trends in New York State.Describe the Blunt Knowledge cannabis education module.Identify how harm reduction strategies provide a more inclusive approach to misuse prevention. <p><i>Presenters:</i> Marissa Whitaker, MS, SUNY Cortland and Rebecca Harrington, MA, SUNY Delhi</p>

<p>WED-3.4</p>	<p>Partnership to Advance Collaborative Education (PACE): A Health Promotion and Disease Prevention Program ROOM: Conference Center CME: 0.00 CHES: 1.25 MCHES: 1.25 NYS LMHC Contact Hours: 0.00 NYS LMSW & LCSW Contact Hours: 0.00 NYS PSY Contact Hours: 0.00 Objectives:</p> <ol style="list-style-type: none"> 1. Describe how the PACE Program promotes an interprofessional collaborative practice environment. 2. Explain how the PACE (Partnership to Advance Collaborative Education) Program increases access to health promotion and prevention of disease for a diverse group of college students. 3. Explain how Brief Action Planning (BAP)/ Motivational Interviewing is implemented as the supportive technique for students to make action plans to change unhealthy behaviors. 4. Discuss findings pre and post COVID. <p><i>Presenters:</i> Annemarie Rosciano, DNP, MPA, MS, and Barbara Brathwaite, DNP, RN, CBN, Stony Brook University</p>
<p>CONCURRENT SESSION WED-4 Wednesday, 4:15-5:30 p.m.</p>	
<p>WED-4.1</p>	<p>Point of Care STI Testing in the College Setting ROOM: Conference Center CME: 0.00 CHES: 1.25 MCHES: 0.00 NYS LMHC Contact Hours: 0.00 NYS LMSW & LCSW Contact Hours: 0.00 NYS PSY Contact Hours: 0.00 Objectives:</p> <ol style="list-style-type: none"> 1. List the benefits and challenges of setting up Point of Care (POC) testing for STI's. 2. Outline the benefits and challenges of POC testing for the college age population. 3. Discuss the data from the first year of testing. <p><i>Presenters:</i> Kathleen Coughlin, MPA, and Honora Marceau, RN, Syracuse University</p>
<p>WED-4.2</p>	<p>Examining College Students and Gambling Behaviors: Risks and Resources Room: Adirondack Room CME: 1.25 CHES: 1.25 MCHES: 1.25 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives:</p> <ol style="list-style-type: none"> 1. Define problem gambling. 2. Identify why college students are at higher risk for developing a gambling problem including co-morbidities with other substance use and mental health issues. 3. Identify what college campuses can do to start the conversation about gambling. 4. Discuss resources available in New York State to help and treat problem gambling. <p><i>Presenter:</i> Brandy Richards, BS, NY Council on Problem Gambling</p>
<p>WED-4.3</p>	<p>Zzz's Get Degrees: Multi-strategy Approach to Addressing Sleep at College (or lack thereof) Room: Grande Ballroom CME: 0.00 CHES: 1.25 MCHES: 0.00 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives:</p> <ol style="list-style-type: none"> 1. Identify at least one strategy to promote positive sleep habits on college campuses. 2. Describe at least one benefit of using a multi-strategy approach. 3. Define sleep hygiene. <p><i>Presenters:</i> Alyssa Staino, MS, CHES, Rochester Institute of Technology and Shelly Sloan, MS, CHES, SUNY Oswego</p>
<p>WED-4.4</p>	<p>Mindful Eating Support Team: How to Holistically Support Students with Eating Concerns ROOM: Mohawk CME: 1.25 CHES: 1.25 MCHES: 0.00 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25</p>

NYSCHA 2024 Annual Meeting

Come Together: We Are Family

November 13-14, 2024 | Utica, NY

2024

Schedule of Programs

Objectives:

1. Identify stakeholders that can provide holistic support to students.
2. Assess the need for eating disorder treatment and support on their campus.
3. Identify procedures to execute this plan.
4. Describe how to design programming around nutrition and specific eating struggles.

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

Social Hour/Reception – Sponsored by HUB Campus Health Solutions

Wednesday, 5:30-6:30 p.m.

ROOM: Jr. Ballroom

SUNY Health Services Council Meeting

Wednesday, 6:00-9:00 p.m.

ROOM: Adirondack Room

DINNER – ON YOUR OWN TONIGHT

Wednesday, 6:30 p.m.

THURSDAY, NOVEMBER 14

REGISTRATION TABLE is open.

Thursday, 7:00-2:45 p.m.

BREAKFAST BUFFET & NYSCHA Business Meeting

Thursday, 7:15-8:45 a.m.

ROOM: Grande Ballroom

Breakfast will be available in the Grande Ballroom Foyer. The NYSCHA Business Meeting will begin at 8:00 a.m. This meeting is for all attendees. You will meet others from NYSCHA and members of the NYSCHA Board. This meeting provides an opportunity for you to learn about the activities of NYSCHA and to offer your perspective on topics relevant to the work you do.

CONCURRENT SESSION TH-5

Thursday, 9:00-10:15 a.m.

TH-5.1

Allergy Potpourri – An Evidence-Based Q and A

ROOM: Grande Ballroom

CME: 1.25 | CHES: 0.00 | MCHES: 0.00 | NYS LMHC Contact Hours: 0.00 | NYS LMSW & LCSW Contact Hours: 0.00 | NYS PSY Contact Hours: 0.00

Objectives:

1. Describe the most recent literature on the management of atopic conditions.
2. Discuss recently approved medications for the management of atopic conditions.

Presenter: S. Shahzad Mustafa, MD, Rochester Regional Health

TH-5.2

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

ROOM: Mohawk

CME: 0.00 | CHES: 0.00 | MCHES: 0.00 | NYS LMHC Contact Hours: 1.25 | NYS LMSW & LCSW Contact Hours: 1.25 | NYS PSY Contact Hours: 1.25

Objectives:

1. Identify the dynamics that have shaped college mental health and led to choices around access vs. treatment.
2. List at least 2 strategies that could be implemented to support a treatment focused model.
3. Discuss the forces that are shaping the future of college mental health services.

Presenter: David Walden, PhD, Hamilton College

<p>TH-5.3</p>	<p>Combating Food Insecurity on Campus ROOM: Conference Center CME: 0.00 CHES: 1.25 MCHES: 1.25 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives: 1. Identify successes in operating a food pantry. 2. Explain the partnerships that are involved to further address food insecurity. <i>Presenter:</i> Lauren Scagnelli, MS, CHES, SUNY Cortland</p>
<p>TH-5.4</p>	<p>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 ROOM: Adirondack Room CME: 1.25 CHES: 1.25 MCHES: 1.25 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives: 1. Discuss the benefits of integrated health programs with administrators and staff. 2. Discuss the steps needed to successfully implement integrated health, counseling, and wellness services. 3. Outline the steps toward evaluating existing integrative services. <i>Presenter:</i> Kevin Readdean, PhD, Rensselaer Polytechnic Institute</p>
<p>BREAK WITH EXHIBITORS Thursday, 10:15-10:45 a.m.</p>	
<p>CONCURRENT SESSION TH-6 Thursday, 10:45-12:00 p.m.</p>	
<p>TH-6.1</p>	<p>Pearls for Allergic/Immunologic Scenarios in College Students ROOM: Conference Center CME: 1.25 CHES: 0.00 MCHES: 0.00 NYS LMHC Contact Hours: 0.00 NYS LMSW & LCSW Contact Hours: 0.00 NYS PSY Contact Hours: 0.00 Objectives: 1. Discuss the rationale and data supporting SMART therapy in asthma. 2. Identify inducible laryngeal obstruction and distinguish this presentation from asthma. 3. Recognize the presentation and management of local and systemic reactions to subcutaneous immunotherapy. 4. Outline the utility of omalizumab in college students with food allergy. <i>Presenter:</i> Allison Ramsey, MD, Rochester Regional Health</p>
<p>TH-6.2</p>	<p>Emerging Issues Impacting Student-Athlete Health and Well-being: Implications for College Health Practice ROOM: Adirondack Room CME: 0.00 CHES: 1.25 MCHES: 1.25 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25 Objectives: 1. Describe unique stressors faced by student-athletes in college and university environments. 2. Explain how stressors specific to student-athletes may affect their mental health and risk for suicide. 3. List five actionable, collaborative, and sustainable strategies based on a comprehensive public health framework that may be implemented by college health professionals, sport managers, and university administrators to promote a community of care for student-athletes. 4. Describe how athletic conferences can collaborate with colleges and universities to support a comprehensive and sustainable community of care for student-athletes.</p>

NYSCHA 2024 Annual Meeting

Come Together: We Are Family

November 13-14, 2024 | Utica, NY

2024

Schedule of Programs

	<p><i>Presenters:</i> 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</p>
TH-6.3	<p>Strengthening Support Networks: The Role of Mental Health First Aid in Campus Wellbeing ROOM: Mohawk</p> <p>CME: 0.00 CHES: 1.25 MCHES: 0.00 NYS LMHC Contact Hours: 1.25 NYS LMSW & LCSW Contact Hours: 1.25 NYS PSY Contact Hours: 1.25</p> <p>Objectives:</p> <ol style="list-style-type: none">1. Describe one approach to a campus wide mental health initiative.2. List existing mental health interventions on participant campuses.3. Identify current prevention and early intervention structure in place at institution. <p><i>Presenters:</i> Sara Engel, MS, CHES, and Beau Gibbs, MS, Rochester Institute of Technology</p>
TH-6.4	<p>Quality Improvement Projects in College Health ROOM: Grande Ballroom</p> <p>CME: 1.25 CHES: 0.00 MCHES: 0.00 NYS LMHC Contact Hours: 0.00 NYS LMSW & LCSW Contact Hours: 0.00 NYS PSY Contact Hours: 0.00</p> <p>Objectives:</p> <ol style="list-style-type: none">1. Discuss the importance of QI projects.2. Discuss how to successfully complete QI projects.3. Discuss specific examples of QI opportunities on college health campuses. <p><i>Presenter:</i> S. Shahzad Mustafa, MD, Rochester Regional Health</p>
LUNCH BUFFET – Grande Ballroom Thursday, 12:00-1:00 p.m.	
CAPSTONE SESSION Thursday, 1:15-2:30 p.m.	
FR-CAP	<p>AI & Your College Campus: Planning for the Future Starts Now ROOM: Grande Ballroom</p> <p>CME: 0.00 CHES: 1.25 MCHES: 1.25 NYS LMHC Contact Hours: 0.00 NYS LMSW & LCSW Contact Hours: 0.00 NYS PSY Contact Hours: 0.00</p> <p>Objectives:</p> <ol style="list-style-type: none">1. Describe the historical evolution of Artificial Intelligence (AI) from the 1950s to the present.2. Identify the various types of AI modeling and training approaches to enable participants to select the best AI tools for specific health care scenarios.3. Discuss the current and emerging applications of AI in college health to provide participants with insights into real-world implementations and future possibilities to improved their practice.4. Discuss strategies to address common concerns and future developments in AI to better prepare for the integration of AI in their own health services. <p><i>Presenters:</i> Evan Ozmat, MS, University at Albany; Ahmed Belazi, MPH, Stony Brook University; Karen Dybus, MS, PA-C, Stony Brook University</p>
CONFERENCE ENDS. Thursday, 2:30 p.m.	
Thank you for joining us for the NYSCHA 2024 Annual Meeting. We hope you enjoyed your time with us.	