AWARD RECIPIENTS & FELLOWS 2015

The Awards and Fellows Celebration Dinner
May 28, 2015
ACHA Annual Meeting
Orlando, Florida
The following individuals and programs were selected for their exceptional contributions to college health and to the American College Health Association.

The association congratulates and thanks them for their dedication to ACHA and their exemplary service to the field of college health.

Congratulations!
ACHF Award and Prize Recipients

ACHF Student Travel Award

Rebecca Bergman
University of Rochester

Justin Zeien
Arizona State University

Loraine Wilson
Kansas State University

Taegan Shields
University of North Dakota

Aetna Student Health Award

“Berry College Student Wellness App Development”
Berry College
Anita Errickson, Project Director

Berry College’s Healthy Life-Berry Strong (HLBS) is a three-phase (six-year) project designed to promote multi-dimensional health and well-being among Berry College students. The project is one of the most innovative and important wellness initiatives ever undertaken by Berry College. It is designed specifically to achieve measurable and sustained improvement in student health, academic success, and retention. The HLBS App will be a “Berry-specific” tool for students to evaluate their personal levels of wellness and link to a wide variety of on- and off-campus resources and activities.

The three-phase project includes app development, a campus-wide trial, and a four-year longitudinal study in which a cohort of freshman students will participate in three different health promotion strategies including multi-dimensional wellness coaching, goal clarification, and use of the HLBS Wellness app. Individual and combined effects of these strategies on health, perceived wellness, academic success, and retention will be monitored throughout their college tenure.
**GALLAGHER KOSTER INNOVATIVE PRACTICES IN COLLEGE HEALTH AWARD**

“College Health and Counseling Services as Essential Champions for Transgender Students”  
School of the Art Institute of Chicago  
Joseph Behen, PhD, Project Director

Transgender students on college campuses continue to be a generally forgotten community that has been marginalized across their lives, often with devastating effects on their physical and mental health. The purpose of this program is twofold. The first goal is to educate and train School of the Art Institute of Chicago (SAIC) Wellness Center staff and trainees on transgender issues to ensure that these students receive support services. Staff will become knowledgeable about transgender students’ concerns and needs in order to optimize staff support and advocacy for these students. Secondly, we seek to develop a training curriculum that provides necessary training on transgender issues to SAIC Health and Counseling staff and that is also easily duplicated and transferable to other campus health and counseling centers.
The goals of the Finger Lakes Community College (FLCC) Healthy Campus 2020: A Community College Collaboration project are to create a campus culture of data-driven decision making based on Healthy Campus 2020 targets and to address the most serious student-reported health problems, which are associated with lower grades and incomplete or dropped courses. As part of this initiative, the health service administered the American College Health Association-National College Health Assessment for over a decade. This helped identify emerging problems and trends in FLCC student populations. The database is also used to measure and report behavioral norms to students, faculty, administrators, and staff. Current plans for health and wellness programming are now based on evidence, prioritized needs, and resources directed to selected student populations. Examples of programs implemented include alcohol, drugs, and violence prevention, depression screening and care, and tobacco prevention. Healthy Campus 2020 targets were used to measure decreases in these student health problems, which were associated with poor academic performance.
ACHF Healthy Campus 2020 Award

“Fruit Forward!”
Grinnell College
Jennifer Jacobsen, Project Director

Fruit Forward! is a deceptively simple and sustainable campus initiative designed to increase the consumption of fruit by Grinnell College students, faculty, and staff. While Grinnell’s proportion of students who report eating five or more servings of vegetables a day is almost twice that of the national undergraduate comparison group (11.4 percent vs. 6.0 percent, ACHA-NCHA-II, Spring 2012), the goal of this program is to do better by taking a socioecological approach and making fruit more available throughout the day. Additionally, this program will increase the amount of fruits in the diets of faculty and staff. If this program is proven successful in its grant year, campus partners willing to financially support its continuation are already in place. Many people believe nutrition is an individual choice; however, it has been shown through an ecological model that having healthy options available can positively influence behavior. When the healthy choice is the easier choice, students, faculty, and staff will be more likely to make it.

Stephan D. Weiss Student Mental Health Award

“The Happiness Challenge—Online Wellness Education Program”
University of California, Los Angeles
Leslie Rith-Najarian, Project Director

Coordinated through online communication and social media, The Happiness Challenge presents wellness habits as part of an eight-week incentivized program designed for college campuses. The program was first devised at Harvard University in 2012 and expanded to UCLA, MIT, and Yale in 2014. The program’s eight weekly “challenges” promote one healthy habit at a time, such as socializing, relaxation, campus health awareness, sleep, nutrition, mindfulness, and exercise. Participants receive weekly emails with scientific evidence supporting the behavior, instructions for completing that week’s challenge, referrals to relevant campus resources, social media connections to other participants, and related prizes to incentivize submitting an end-of-the-week check-in. This framework encourages participants to stick with the weekly healthy habits, fostering a sense of community. The Happiness Challenge aims to expose people to health-related behaviors, lower the threshold for trying them, and help participants maintain these healthy habits through the integration of peer support and pre-existing campus resources. The Happiness Challenge’s next step is developing an automated website platform in order to expand to more college campuses.
According to the Spring 2014 American College Health Association-National College Health Assessment (ACHA-NCHA), 51 percent of Hampshire students reported having ever smoked a cigarette, compared with 29 percent of the national reference group. Approximately 31 percent of Hampshire students reported any cigarette use in the last 30 days, compared with 12 percent of the national reference group. Moreover, 11 percent of Hampshire students reported daily cigarette use, compared with only 3 percent of the national reference group.

In response to these statistics, Hampshire College has made a commitment to implementing a smoke-free campus policy in fall 2016 and wants to provide students with incentive and support to quit smoking prior to the policy change. Hampshire Quits! is a theory-driven, peer-based approach to smoking cessation for college students. Using the “quit coach” model popularized by the American Cancer Society’s Quit For Life program, we will recruit and train students (ideally former smokers themselves) to serve as quit coaches for their peers, provide free nicotine replacement therapy for eligible students, and distribute “kick butts boxes” as incentives to interested students.
“Implementing an Audience-Specific Small-Group Gatekeeper Training Program to Respond to Suicide Risk Among College Students: A Case Study”

M. Dolores Cimini, PhD
State University of New York, Albany

M. Dolores Cimini, PhD, serves as the assistant director for prevention and program evaluation at the University at Albany Counseling Center and as the director of the university’s Middle Earth Peer Assistance Program, a student-staffed and professionally supervised hotline and peer education service recognized as a model program by both the U.S. Department of Education and the Center for Substance Abuse Prevention, U.S. Department of Health and Human Services. Recognizing the importance of linking science and practice in her work, Dr. Cimini has provided leadership on over $6 million in award-winning federal, state, and private grant-supported projects in the areas of alcohol and other drug abuse prevention, suicide prevention and mental health, and sexual assault, interpersonal violence, and stalking prevention. In October 2010, she was awarded a five-year Mentored-Patient-Oriented Career Development Grant (K23) from the National Institute on Alcohol Abuse and Alcoholism to evaluate further the efficacy of alcohol screening and brief intervention delivered in campus-based primary health and mental health care settings. On a national level, Dr. Cimini serves as the chair of the American Psychological Association’s Board for the Advancement of Psychology in the Public Interest (BAPPI). In 2009, Dr. Cimini was recognized with an Outstanding Contribution to the Field Award from The Network Addressing Collegiate Alcohol and Drug Issues. In 2012, Dr. Cimini was named by President Barack Obama and the White House as a Champion of Change for STEM Equity for Persons with Disabilities.
AFFILIATES
NEW PROFESSIONAL AWARD

The Affiliates New Professional Award honors service to the field of college health for five years or less and significant contributions to the institution and/or affiliate.

CENTRAL COLLEGE HEALTH ASSOCIATION

S. Craig Rooney, PhD
University of Missouri

Craig’s career as a professional psychologist has included a faculty position, development and maintenance of a private practice, and administration of Behavioral Health Services in the Student Health Center at the University of Missouri. In his private practice, he developed specialty areas such as pain psychology, which required effective collaboration with physicians and other health care professionals. At the University of Missouri Student Health Center, Craig manages a behavioral health section employing psychiatrists, psychologists, social workers, a nurse practitioner, and a registered nurse. His team co-manages treatment with primary care physicians and certified health education specialists. Craig has published and presented in the areas of sexual orientation and diversity, most recently including invited lectures in Japan and authorship of a chapter on partner choice in a book examining international perspectives on reproductive justice. At the American Psychological Association’s Annual Convention in August, he will be co-chairing a symposium on LGBTQ experiences in several Asian countries.
Mid-America College Health Association

Amanda Harvey, CHES
Eastern Illinois University

Amanda is the assistant director for health education and promotion at Eastern Illinois University (EIU). Amanda attended EIU and received a bachelor of science in health studies and a bachelor of art in psychology. Amanda received a master of science degree in family and consumer sciences, also from Eastern Illinois University. Amanda is a certified health education specialist and certified tobacco cessation treatment specialist. She is involved with the EIU Sexual Violence Prevention Team, Alcohol and Tobacco Coalitions, and the Wellness Advisory Committee and is the health fair organizer. Additionally, Amanda teaches adjunct at EIU in the Family and Consumer Sciences Department and the Health Studies Department.

Mid-Atlantic College Health Association

Amanda Powell, MS, MSN
Carnegie Mellon University

Amanda has been a tremendous asset to the Carnegie Mellon Health Services since starting in September 2010. In her short time at the university, she has risen quickly from part-time nurse to her current role as clinical operations manager. Amanda is a compassionate, approachable, and caring nurse who makes the needs of the students and staff at Carnegie Mellon her priority. Her wide range of duties include overseeing the medication and supply inventory system, updating the Health Services website, managing the electronic health record, and monitoring immunization compliance for all students at Carnegie Mellon. In addition, Amanda provides exceptional nursing care to patients, often going above and beyond what would normally be expected. She is also a member of the Quality Improvement Oversight Committee, which is currently focusing on immunization compliance and ease of flu vaccine access for students. Amanda is well-respected and a caring colleague that has made a huge impact on Carnegie Mellon in just a few short years.
NEW ENGLAND COLLEGE HEALTH ASSOCIATION

Ariel Watriss, NP-C
Tufts University

Ariel started at Tufts University Health Service in 2013. She received her bachelor's and master’s in nursing from the Massachusetts General Hospital Institute of Health Professions School of Nursing in 2011. She is dual certified in adult medicine and women’s health medicine. Prior to her time at Tufts, she worked at the Fenway Community Health Center for two years in their research department. She was the primary clinician providing care for patients and performed medical procedures in multiple HIV prevention biomedical studies. Before Ariel attended nursing school, she ran the HIV counseling, testing, and family planning programs at the Sidney Borum Jr. Health Center (a health center for homeless LGBTQ youth). Her professional passions include LGBTQ health care, sexual health, and helping young adults navigate and develop their own health advocacy. She lives with her family in Arlington, Massachusetts.

NORTH CENTRAL COLLEGE HEALTH ASSOCIATION

Whitney Henley, MPH
University of Wisconsin–Whitewater

As the wellness coordinator at the University of Wisconsin–Whitewater (UWW), Whitney is able to live out her passion for encouraging healthy lifestyles through policy and environment change and by providing education. At UWW she leads a staff of four “Wellness Warriors” who work on a wide variety of health and wellness topics. Whitney strives to institutionalize wellness by advocating for sustainable changes that integrate health into multiple areas of campus life, including housing, academia, athletics, student involvement, and more. She has worked at UWW for four years and feels lucky to have found her dream job so early on in her career. She greatly enjoys the opportunity to positively impact the health and well-being of the students who attend UWW. To stay healthy, Whitney practices yoga, enjoys trying new recipes, and hiking. Whitney loves spending time with her husband, Jacob, and her 15-month-old daughter, Evelyn.
PACIFIC COAST COLLEGE HEALTH ASSOCIATION

Kasondra McCracken, MS, CHES
Northern Arizona University

Kasondra is a certified health education specialist and health educator at Northern Arizona University in Flagstaff, Arizona. She specializes in suicide prevention, sleep education, safer sex protocols, and stress management and works closely with 60 health promotion peer educators. These peer educators help to expand health promotion’s reach, and Kasondra devotes her time to advising and training these future health educators. While obtaining her master’s degree in health education, Kasondra taught undergraduate health science courses at the University of New Mexico. She also travelled to West Africa to manage a mosquito bed net distribution and facilitate malaria education events. In the past, Kasondra worked for Teach for America and AmeriCorps. In her downtime, Kasondra enjoys hiking, fishing, and kayaking in northern Arizona.

SOUTHERN COLLEGE HEALTH ASSOCIATION

Darren Aaron, MHA
Wake Forest University

Darren, associate director of student health, is a graduate of Virginia Commonwealth University/Medical College of Virginia. He completed his master’s degree in health administration and joined Wake Forest University in 2010. Darren has worked in many aspects of health care, including as a paramedic in Richmond, Virginia, as a manager of employed physicians and hospital administration, and as the operations director at a not-for-profit community health coalition in his hometown of Martinsville, Virginia. Darren is a national registered emergency medical technician and is the Wake Forest Emergency Medical Services advisor to a team of volunteer students that respond to medical emergencies on campus. Recently, Darren received the Advisor of the Year Award and the Faculty/Staff Service Excellence Award from Wake Forest University. Darren’s wife, Caren, is a board-certified physician in internal medicine and maintains an active practice. They have a six-year-old son named Noah.
As manager of health promotion at The University of Texas at Austin, Jessica oversees design, implementation, and evaluation of population-based health promotion and prevention initiatives for the 52,000-student campus. Jessica’s team addresses a variety of salient health issues including nutrition, physical activity, healthy sexuality, sleep, and high-risk drinking. Jessica led the development of a multi-level prescription stimulant misuse prevention initiative that has been published in peer-reviewed journals and presented at national meetings. Jessica serves as a member of University Health Services’ public information team, chairs the Communications Committee of the UT Wellness Network, and represents UHS in the Division of Student Affairs communicator work group. She received dual bachelor’s degrees in journalism and mass communication and anthropology from the University of North Carolina at Chapel Hill, where she later returned to complete her master of public health degree with a focus in health communication at the Gillings School of Global Public Health.
ACHA Fellows

ACHA Fellows preserve the history and perpetuate the best traditions of college health and ACHA. Because of fellows’ experience and achievements, they serve as resources to others and help establish exceptional standards in college health.

ACHA Fellow

Carlo Ciotoli, MD, MPA, FACHA
New York University

Carlo brings two decades of experience and innovation to the field of college health. He is trained as a pulmonologist, but college health is his true passion and ACHA is his professional home. As the associate vice president of student health, Carlo oversees the New York University (NYU) Student Health Center, which is comprised of medical, counseling, health promotion, disability, and ancillary services. He is driven to best serve students and university partners and create a positive culture for all NYU health center staff. Carlo consistently strives to foster an environment in which teaching and professional/personal development are core principles for a successful department. He applies these principles not only to the entire staff but also adheres to them in his own self-improvement. Carlo constantly raises the bar by creating new, innovative programs to best support students while advancing the field of college health.

Carlo has been an active member of ACHA for many years. His most notable accomplishment is spearheading the ACHA-National College Depression Partnership (ACHA-NCDP), which began in 2013. The 18-month program included a broad representation of college health professionals from around the country in primary care, mental health, counseling, and other areas. Carlo has skillfully directed participants to move toward the common goal of improving screening for and treatment of depression. He and other ACHA-NCDP leaders have provided webinars, learning sessions, data collection, benchmarking, and coaching to help institutions to improve their screening efforts. To date, the partnership has screened over 300,000 students and improved the treatment options for those diagnosed with depression. Carlo is also co-chair of the ACHA Benchmarking Advisory Committee that periodically surveys the college health community to add to the knowledge base of how student health services are funded, their scope of operations, and the degree to which services are used by the student/college population.
ACHA FELLOW

Susan Even, MD, FACHA
University of Missouri, Columbia

For the past 25 years of her 30-year-plus career in college health, Susan has led the Student Health Center at the University of Missouri as executive director. Through her leadership, the center has grown to meet the health care needs of a growing and changing campus population. As a board-certified family physician, Susan provides high-quality medical care to her student patients. Consistent with her efforts to reach out to diverse and underserved populations, Susan has recently taken special interest in providing top-quality care to students who identify as transgender. She enhanced her medical skills in order to provide hormone therapy to these patients and encouraged her staff to do the same. She also worked with university administrators to include transgender health care in the university-sponsored student insurance plan. Additionally, her mentorship to new college health professionals is invaluable. She is always willing to listen and provide feedback, welcome new members to ACHA, and help those new to college health establish important personal and professional connections.

On a national level, Susan has been an active member of ACHA since 1991. She has provided outstanding service to ACHA in the critical public health areas of pandemic planning and vaccinology. Susan has served on the ACHA Emerging Public Health Threats and Emergency Response Coalition, assuring college health had the latest information and guidelines regarding threats such as SARS, Ebola, H1N1, and measles. Currently, Susan serves as chair of the ACHA Vaccine-Preventable Diseases Advisory Committee. She was also appointed to represent ACHA on the CDC’s Advisory Committee on Immunization Practices. In this role, she is the voice of college health regarding all national vaccine guidelines issued by the U.S. government and has a tremendous responsibility in advocating for both college students and college health professionals. The entire college health community has come to rely on her as a leading expert in immunizations and pandemic prevention.
ACHA FELLOW

Deborah Hubbell, RPh, FACHA
University of Connecticut

As the assistant director of the University of Connecticut Student Health Service, Deborah’s responsibilities reflect her professional accomplishments. She not only oversees pharmacy activities, but supports a range of other administrative areas such as HIPAA compliance, information technology, and fiscal management. Deborah is active in local pharmacy societies, holding multiple leadership positions. On campus, Deborah is involved on numerous committees, including the Student Affairs Assessment Advisory Council, Student Affairs IT Oversight Committee, and Student Activity and Service Fee Advisory Committee.

Deborah has been an active key leader within the ACHA Pharmacy Section for over 22 years. She has been instrumental in procuring programs and speakers on pharmacy-related topics for the ACHA Annual Meeting. Additionally, Deborah is essential in maintaining the Pharmacy Section. She has served in a multitude of section leadership positions, including chair, listserv administrator, program planner, and numerous others. Her dedication and expertise have ensured that the Pharmacy Section has remained vibrant and active. While the section is relatively small in membership, it contributes vitally to the education and expertise of ACHA as a whole and to the other clinical sections. She is viewed as a national resource to other college health pharmacists and as the “go to” person for pharmacy issues. In addition to her involvement with the Pharmacy Section, Deborah has also served on the Audit Committee, Nominating Committee, Finance Committee, Annual Meeting Program Planning Committee; she currently serves as a Member-at-Large on the ACHA Board of Directors.
ACHA FELLOW

Kathy Saichuk, MA, MCHES, FACHA
Louisiana State University

Kathy has been an ACHA member for nearly 15 years and has served in numerous leadership positions during that time. Shortly after joining, she was elected president of the Southwest College Health Association, where she displayed exceptional leadership skills. On the national level, she has served as the Board of Directors Region I Representative, a member of the Member Development Task Force, member of the Continuing Education Subcommittee, chair of the Program Planning Task Force, and, most recently, as chair-elect of the ACHA Annual Meeting Program Planning Committee. Kathy has also served as the chair of the Continuing Education for Certified Health Education Specialists Subcommittee since 2006.

At the Louisiana State University (LSU), Kathy has conducted numerous health education programs and campus-wide outreach events; coordinated the Annual Wellness Fair, a Take Back the Night March, and campus blood drives; taught an alcohol and drug education class and a self-defense course for women; and served as a liaison between the Health Center, other campus departments, and community agencies. She also designed, implemented, and now conducts the Tiger Education on Alcohol/Drug Matters (TEAM) class. This is a three hour class that meets periodically throughout the semester to offer alcohol and other drug education to LSU students. Many TEAM participants are referred to the class by the Office of the Dean of Students or the residential life judicial coordinator, but some people choose to come voluntarily. More broadly, Kathy has helped to establish and maintain key partnerships across campus, including those with the Office of the Dean of Students, the Office of Advocacy and Accountability, the LSU Police Department, the Department of Residential Life, the Office of Greek Life, the Women’s Center, and the African American Cultural Center. In many ways Kathy has become the campus face of the Student Health Center in her frequent and consistent interactions with LSU students, staff, faculty, and the Baton Rouge community.
ACHA FELLOW
Katrin Wesner, CAPPM, FACHA
University of North Carolina at Wilmington

Prior to becoming director of the University of North Carolina at Wilmington’s health center, Katrin was the first health educator at Rensselaer Polytechnic Institute. Her efforts set the standard for what is now a vibrant and effective office. As she assumed more administrative responsibilities, she became involved in numerous campus committees and task forces that have led to the development of a wide variety of successful intervention activities. Katrin was involved with the Student Affairs Strategic Planning Committee, Institutional Risk Management Committee, Student Behavioral Intervention Team, Worksite Wellness Committee, Student Affairs Grants Committee, Chancellor’s Committee on Substance Abuse, Emergency Planning Group, Pandemic Flu Committee, and the Student Affairs Professional Development Committee. Her level of commitment to students and staff was the reason that Katrin became a Pillar of Rensselaer, the highest honor for a staff member of the institution.

Katrin’s leadership continued at the University of North Carolina at Wilmington (UNCW). Since arriving as director in 2007, Katrin has led the implementation of a hard waiver student insurance plan, participated in the Safety and Security Task Force, implemented a new electronic health record and online appointments, and managed outbreak preparation as a member of the Emergency Planning Group. While maintaining involvement on campus, Katrin remains very student-centered.

Katrin has been an ACHA member since 1995, and during her 20 years of membership, she has been very active at the affiliate, section, and national levels. She has been an active member of the Program Planning Committee, Leadership Development Task Force, and the Alcohol, Tobacco, and Other Drugs Coalition. In her section, Katrin has been a member of the Program Planning Committee and the Administration Section chair. She has also been very active in her affiliate, Southern College Health Association (SCHA), and currently serves as the president-elect. UNCW is also the host for the 2016 SCHA Annual Meeting, which would not be possible without her leadership and guidance.
ACHA Awards

The following individuals were selected by their colleagues for their exceptional service and commitment to the association and the field of college health. Their hard work and creative vision are setting the standards for excellence in our field.

Best Practices in College Health Award

This award recognizes exemplary, innovative, and inspirational practices in one of four major areas of college health: (1) clinical services, (2) counseling services, (3) administrative and consumer services, and (4) health education and promotion services.

Administrative and Consumer Services
University of Southern California: Engemann Student Health Services Contact Center

The Engemann Student Health Services Contact Center was created to increase the level of customer service and resolution of questions for students while at the same time providing a single resource for the dissemination of information and processes in relation to student health care needs and requirements. In prior years, incoming calls were distributed to receptionists, appointment schedulers, nurses, or whoever was near a phone. Students and other constituents had many complaints about the difficulty of getting someone to answer calls, calls being pushed to full or unhelpful voicemail boxes, and inconsistent messaging. Now, all calls during business hours are managed by a rigorously trained, technologically savvy, data-driven, customer service-focused team of professionals. The Contact Center staff is integral to the health service and attends meetings, participates on committees, and engages with clinicians and other colleagues. The staff is equipped to answer general inquiries, set up medical appointments, field immunization questions, and assist with health insurance issues. Since the Call Center was added to the health center, staff has been able to track what type of questions are being asked by students, seen the abandon rate drop from 40 percent to 3 percent, and reduce insurance waiver processing time.
Best Practices in College Health Award

This award recognizes exemplary, innovative, and inspirational practices in one of four major areas of college health: (1) clinical services, (2) counseling services, (3) administrative and consumer services, and (4) health education and promotion services.

Clinical Services
Missouri University of Science & Technology: Concussion Management Program

The Missouri S&T Concussion Management Program provides comprehensive care of concussions to all students. Through this program, standards of diagnosis and management of mild traumatic brain injuries were developed. The program seeks to increase awareness of concussions and increase self-reporting of head injuries. Data on symptom scores, length of time until resolution, and neurocognitive testing scores is accumulated and available for further research. Targeted at-risk populations such as student-athletes are provided pre-injury computer-based neurocognitive testing that serves as a baseline for injury management. Injured students are diagnosed through a modified history, physical, and post-injury neurocognitive exam. Following diagnosis, students are educated on prognosis, management, and second impact syndrome. Follow-up exams are provided, and students perform a daily symptom inventory at home to track their progression. Return to academics, routine activity, and sports participation occurs when the student has met goals of reduction of symptoms and improved neurologic exam and neurocognitive testing. In the three years since this program has been implemented, 95 percent of students who report a concussion have completed the program and returned to full activity.
Best Practices in College Health Award

This award recognizes exemplary, innovative, and inspirational practices in one of four major areas of college health: (1) clinical services, (2) counseling services, (3) administrative and consumer services, and (4) health education and promotion services.

Counseling Services
University of Missouri: Student Health Center Contemplative Practice Center for Stress Management and Wellbeing

The Student Health Center Contemplative Practice Center for Stress Management and Wellbeing at the University of Missouri is an outreach program designed to offer students opportunities to learn mindfulness concepts and skills to reduce stress, anxiety, and depression, as well as improve attention, sleep, and academic performance. Services are made available to all students on campus in a variety of formats, including academic classes, drop-in activities, non-academic registered classes, and student organization involvement. The classes and activities include yoga, meditation, mindfulness-based stress reduction, and sleep tips. Since the program began in 2002, the University of Missouri has seen a significant reduction in stress, worry, and depression among student participants and increased awareness for compassion and civility as result of the academic class participation; the program’s popularity has increased significantly, and classes are consistently at full capacity with long waiting lists.
**Best Practices in College Health Award**

This award recognizes exemplary, innovative, and inspirational practices in one of four major areas of college health: (1) clinical services, (2) counseling services, (3) administrative and consumer services, and (4) health education and promotion services.

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**Health Education and Promotion Services**

**Simon Fraser University: Well-Being in Learning Environments Project**

This project is a component of Simon Fraser University’s Healthy Campus Community initiative to engage broad campus involvement in creating increased opportunities for health and well-being. As learning environments are central to students’ experience on campus, they provide an innovative and important setting for enhancing health and well-being within our institutions. An online resource outlining 10 conditions for well-being was developed based on literature and stakeholder feedback. These conditions include opportunities for social connection, instructor support, positive classroom culture, flexibility, access to services and supports, real life learning, civic engagement, personal development, optimal challenge, and inclusivity. Since the development of this tool, the project has successfully established a partnership with the Teaching and Learning Centre and engaged over 50 instructors to become involved by adopting and sharing teaching practices that contribute to well-being in learning environments. Evaluation of this project has shown a strong correlation between learning environment modifications (social interaction, student involvement, and instructor support) and well-being outcomes related to emotional well-being, student flourishing, life satisfaction, and happiness.
**Evelyn Weiner Mentoring Award**

This award recognizes individuals who have made significant efforts in providing counsel, support, and professional opportunities to others either in their institution, their regional affiliate, or ACHA.

Carlo Ciotoli, MD, MPA, FACHA  
New York University

First as medical director and now as executive director and associate vice president of Student Health, Carlo has also demonstrated an unparalleled commitment to his staff at the New York University (NYU) Student Health Center. He engages staff at all levels with innovative mentoring programs such as Coffee with Carlo, a quarterly opportunity to take a coffee break during the day and unwind with colleagues in a casual setting; Professional Development Week, a week-long program dedicated to advancing the skills and knowledge of staff with various lectures and events; and Kitchen Cabinet, a group of non-management staff representing all key areas of the Student Health Center that meets monthly to discuss any relevant issues and elicit feedback on general operations and performance.

Carlo's mentoring extends beyond NYU to his important work with the ACHA-National College Depression Partnership (ACHA-NCDP) and ACHA's Benchmarking Advisory Committee. His comprehensive approach for depression identification and management was the impetus for other universities initiating universal depression screening, and he also graciously shared his model for creating an integrated health care delivery system with preventive, medical, and mental health services. Carlo embodies the spirit of this mentoring award and is very deserving of this prestigious honor.
Evelyn Weiner Mentoring Award

This award recognizes individuals who have made significant efforts in providing counsel, support, and professional opportunities to others either in their institution, their regional affiliate, or ACHA.

Jenny Haubenreiser, MA, FACHA
Oregon State University

Jenny is a woman of unquestionable integrity. Among her many enviable attributes are intelligence, wisdom, compassion, and a lifelong commitment to service. One thing that makes her unique is the altruism with which she demonstrates those characteristics; she warmly personifies the concept of mentoring and has influenced her staff, colleagues, and regional/national associates in countless ways. At Oregon State University, Jenny has worked hard to clear the path for others to succeed and encourage them when she sees potential. At the Student Health Service, Jenny created the Alcohol, Drug & Violence Prevention Center and a “Development Opportunity” program that allows staff to fully utilize their talents.

She is an enthusiastic participant within her ACHA affiliate and section and has taken the time to assist others with development, implementation, and presentation of opportunities for improvement. Her demeanor and counsel are frequently sought, as she willingly assists others in evaluating alternatives and formulating recommendations. As a member of the ACHA Board of Directors and Executive Committee, Jenny was instrumental in the resolution of numerous issues. She exercised great skill in communicating and mentoring whenever an opportunity arose. Over the years, Jenny has also been hard at work encouraging others to get involved with ACHA. Her commitment to mentoring has created a lasting legacy that will serve the association for years to come.
Ollie B. Moten Award for Outstanding Service to One’s Institution

This award honors ACHA members who have made a significant impact on the institution of higher education in which they work, regardless of whether the individuals have been active beyond their institutions.

Beryl Salvatore, RN
Mount St. Mary’s University

Beryl has been a leader in the comprehensive health care of students at Mount Saint Mary’s University (MSMU) for the past 16 years. She is an excellent manager who is caring, organized, and motivated to provide remarkable service to students. During her time as director, she has created a professional and student-centered Department of Health Services, responding to the needs of a highly diverse student population on three campuses. By both carefully assessing student needs and addressing the demographics of the MSMU population, Beryl has designed and implemented programs specifically for today’s student, including a Healthy Campus campaign. Through monthly Healthy Campus outreach events, the entire Student Health Service staff promoted information on immunizations, infectious diseases, healthy relationships, sexual health, body image awareness, exercise safety, substance abuse and alcohol awareness, and stress reduction.

Two years later, the Healthy Campus campaign expanded to MSMU’s first Wellness Fair. It was a large event with multiple booths promoting student awareness on topics similar to the previous Healthy Campus campaign, which are in line with MSMU’s goal of empowering students with health awareness and wellness. Through Beryl’s leadership, the Student Health Service provides excellent service to MSMU students and now strongly promotes health education and preventative medicine through outstanding outreach.
MIGUEL GARCÍA-TUÑÓN MEMORIAL AWARD IN HUMAN DIGNITY

This award honors ACHA members whose work, life, writing, research, or way of living have promoted the cause of human dignity and nurtured the appreciation of human differences.

Estela Rivero, PhD
State University of New York, Albany

Estela began her tenure at the University of Albany in 1987 as a staff psychologist at the University Counseling Center before ascending to the role of director in 1989. She is active in university life, professional organizations such as ACHA, and community affairs as a strong advocate and role model for Latina women. During her 25 years serving as director of the Counseling Center, Estela has made dramatic contributions in promoting fairness and equity. Under Estela’s leadership, the University Counseling Center staff was transformed from a homogenous group to a diverse one of hardworking individuals. As a result of these efforts, the University at Albany’s Counseling Center has been recognized as having one of the most diverse staff compositions at the institution.

The enhancements in staff diversity have allowed underrepresented groups of students to feel comfortable at the health center, which in turn helped significantly boost access to clinical and prevention services provided by the Counseling Center. At the state level, Estela was appointed to the New York State Board for Psychology in 1991, and in 2001 she was honored for her work on the Board, which noted her numerous contributions enhancing the professional disciplinary process and in the development of Guidelines Regarding the Education and Training of Psychologists for Practice in a Pluralistic Society.
Boynton Award for Distinguished Service to the Association
This award honors ACHA members who have provided distinguished service to the association.

Dana M. Mills, MPH, FACHA (Retired)
University of Oregon

Dana has had a long and successful career in college health and while serving several institutions. Dana’s work history includes serving as director of the University of Oregon and Marquette University health services, associate director and assistant director of the University Health Service at Northern Illinois, and assistant director of University Health Service at the University of Michigan. These positions allowed Dana to have a wide variety of experiences which he brought to ACHA.

Early in his career, Dana became involved in many aspects of ACHA, including the Administration Section leadership, ACHA Board of Directors, Task Force on Student Insurance, ACHF Board of Directors, and Peer Review Assistance Program. Dana’s knowledge of the field of college health, his ability to analyze complex problems, and his dedication to improving the health of college students made him an ideal partner in the peer review process and a valuable asset for ACHA. Millions of college students have benefitted from the work Dana has done on the ACHA Student Health Insurance Task Force and as a part of the Lookout Mountain Group, a non-partisan study group formed in 2009 to consider the impact of health care reform for the nation’s college student population. As an ACHF Board member, he quickly became very involved as the chair of ACHF Investment Committee, bringing his financial expertise to the Board. Dana has filled this function with distinction. Colleagues in ACHA and ACHF admire Dana’s quiet personality, thoughtfulness, and strong work ethic.
EDWARD HITCHCOCK AWARD FOR OUTSTANDING CONTRIBUTIONS IN COLLEGE HEALTH

This award honors ACHA members who have made outstanding contributions to advancing the health of all college students.

Lesley Sacher, MHA, FACHE, FACHA
Florida State University

Lesley has served as the executive director of University Health Services at Florida State University (FSU) since 1999. Her leadership has resulted in significant growth in the overall strength of the program. She played a key role in achieving and maintaining accreditation, delivered exceptional financial oversight, led FSU in alcohol prevention and education, developed a campus medical responder program, provided oversight of Healthy Campus initiatives, and successfully led a mandatory insurance requirement for all students. A huge accomplishment of Lesley’s has been supervising the design and construction of a new Health Center that is LEEDS Silver certified. The facility was completed in 2012 and represents a state-of-the-art medical complex. The building integrates patient care, educational programs, and vendor-based health care into one of the most significant student health complexes in the United States. Her tenacity with program approval, design, and construction has resulted in a legacy for FSU.

On a national level, Lesley served as president for the Southern College Health Association in 2004 and for ACHA in 2007. In both positions, she encouraged collaboration and inspired harmony and teamwork among our membership. During her time on the ACHA Board of Directors, she created new initiatives and kept the association moving forward. She continues to offer her services to the college health community in the position of a highly respected peer reviewer for the ACHA Peer Review Assistance Program.
ACHA Lifetime Achievement Award

This award recognizes individuals who have provided outstanding service to ACHA and whose professional lives have been dedicated to improving the health of college students.

Anita Barkin, DrPH, MSN, FACHA (Retired)
Carnegie Mellon University

Anita’s professional career has spanned 40 years, including nearly three decades as the director of Health Services at Carnegie Mellon University, culminating at the end of 2014. Anita’s leadership accomplishments while director could well serve as a road map and checklist for any aspiring college health professional who seeks success as a director. Anita has the unique ability to communicate in a grounded but highly credible and inclusive way. She is a warm person but fierce when it comes to her own ethics and integrity. She is a pragmatic leader who is not motivated by ego or status; Anita remained fully focused on the value of student health services, ensuring both the vision and practice of these services are firmly grounded in research, sustainability, and the greater good.

Anita has held numerous positions within both ACHA and her affiliate, the Mid-Atlantic College Health Association, ranging from committee chairs to ACHA president. She also serves ACHA as a reviewer in the Peer Review Assistance Program. Anita has made significant contributions to emergency preparedness and communicable disease control in the college setting, including national leadership during the H1N1 pandemic. In this same spirit of tackling the most important challenges, over the past four years Anita provided critical leadership in ACHA efforts on student health insurance and the Affordable Care Act. She played a significant part in many of the federal decisions that have allowed student health insurance to continue to be a viable option for college students. Finally, she initiated and nurtured a new relationship between the American College Health Association and the Japan University Health Association, creating the first global partnership for the association.

Anita demonstrated the leadership courage to ask difficult questions, negotiate conflicting views, and develop consensus where others might not recognize the possibility. Her insight and intellect are masterfully paired with her compassion for others and infectious sense of humor. The college health field will miss Anita, but she leaves an impressive legacy. She has made a truly lasting impact on ACHA and the health of college students.
SPECIAL THANKS TO:

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