

HSACCC

Health Services Association
California Community Colleges

HSACCC 2017 Annual Conference

February 22-24, 2017



*Wellness:
A Journey to Success*

San Diego, CA

www.hsaccc.org

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HSACCC Conference Welcome

Welcome to the 21st Annual Health Services Association Conference!

Our theme of Wellness: A Journey to Success can be a motto for our students, our health programs and ourselves! I appreciate your effort to journey here for the annual HSACCC gathering. It is a time for us to have the luxury of hours and days together to learn, dialogue, make new connections and strengthen friendships that have extended over years. It is a time to cherish the support from those who know best what you do every day. It is a time to have some fun with your peers too!

The HSACCC Conference Committee has done a terrific job of putting together a substantive program for your edification. We are very pleased to have within the program experts recognized as international leaders in their fields including, Shauna Shapiro and Adam Lesser. We are also pleased to have sessions with our own HSACCC member experts, Susan Quinn, Nancy Montgomery, Jeanne Harris-Caldwell and the panel of SAMHSA Grantees. The Conference Committee has also taken care of a myriad of details that are unseen to create a successful conference. Thank Marge Reyzer and her team when you see them!

The content of this program reflects the ongoing Mission and Purpose of HSACCC noted in our Bylaws. “The mission of Health Services Association of California Community College is to support and foster student access to quality health service programs within the California Community Colleges” and our purpose is to “enhance student success by the support and promotion of quality health service programs throughout the California Community College system.”

Ours is a journey that does not end as long as there are CCC health programs to shepherd. It is an historic journey that has offered clear footing and indistinguishable paths, challenges and opportunities. We are currently experiencing a welcome attention to and expansion of mental health services. We have a strong link at the California Community Colleges Chancellor’s Office with the advocacy of Program Specialist, Student Services Division, Colleen Ganley Ammerman. We are still working to decrease the detrimental effects of tobacco on our campuses. And we are working to find that place at the Student Success Initiative table for student health. Something our Student Senate of California Community Colleges supports.

Finally, we may be at a convergence of a unique confluence of opportunities to move the entirety of CCC Health Services Programs significantly and fundamentally forward, something that will be discussed at the annual business meeting during this conference.

This journey, your journey, is shared with a distinguished, dedicated, passionate group of professionals. They are all here and you are one of them!

Again, welcome and best wishes for a fruitful conference!

Laureen Campana, N.P., M.P.H.
Columbia College
HSACCC President 2016-2017

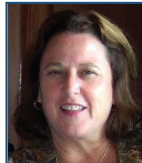
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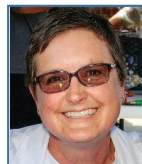
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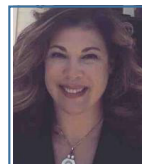
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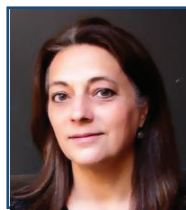
2016-2017 HSACCC Committee Chairs

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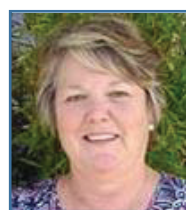
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DAY 1 MATERIALS

Wednesday, February 22, 2017

DAY 1 AGENDA

Wednesday, Feb. 22

Cabrillo Ballroom 1/2

CEUs – 5.5

6:30 – 8:00 am	Registration – Cabrillo Ballroom Foyer
6:30 – 8:00 am	Breakfast – Fountain Terrace (weather permitting)
8:00 – 8:15 am	*Welcome – Cabrillo Ballroom 1/2
8:15 – 9:15 am	*What College Campus Providers Need to Know about Marijuana Susan Writer, Ph.D., Aurora Behavioral Health
9:15 – 10:15 am	*Epidemiology Update for Colleges Eric McDonald, M.D., M.P.H., F.A.C.E.P., Medical Director, Epidemiology and Immunizations Services Branch, Public Health Services, County of San Diego Health and Human Services Agency
10:15 – 10:30 am	BREAK
10:30 – 12:00 pm	*HSACCC Research Findings of Annual Survey Susan Quinn, M.S.N., N.P., Santa Rosa College
12:00 – 1:00 pm	LUNCH – Fountain Terrace (weather permitting)
1:00 – 2:00 pm	*Holistically Caring for Veteran Students Nancy Montgomery, R.N., M.S.N., Irvine Valley College
2:00 – 3:00 pm	*Subpoenas David Leatherberry, J.D., partner, Gordon & Rees, Scully Mansukhani
3:00 – 3:15 pm	BREAK
3:15 – 5:00 pm	Business Meeting
5:00 – 6:00 pm	Free Time
6:00 – 8:00 pm	Welcome Reception – Sierra Room 5 & 6

Prevention and Intervention: What College Campus Providers Need to Know About Marijuana

Presenter: Susan Writer, Ph.D., Aurora Behavioral Health

Objectives: Upon completion of this course, the participant will be able to:

1. Define the chemical composition of marijuana, inclusive of the effects of different chemical compounds on the brain and the body and the levels of those chemicals present in marijuana that is available to students (both medicinally and recreationally).
2. Identify the different types of marijuana available on the market, the potency of the different types, and the risks for addiction, overdose, and withdrawal associated with the different types used.
3. Describe the interpersonal, academic and professional problems associated with regular marijuana use.
4. Discuss different prevention and intervention techniques that may be used with students to support sobriety and recovery.

HSACCC Research Findings

Presenter: Susan Quinn, M.S.N., Director of Health Services, Santa Rosa College

Objectives: Upon completion of this course, the participant will be able to:

1. Identify at least two emerging trends in student health services programs in California's community college system.
2. Identify at least one potential research project or program proposal utilizing the CCC- NCHAI 2016 data.
3. Identify at least two ways to apply CCC Health Services system and/or student survey data to improve your college's Health Services program.

Course Outline

- HSACCC Annual Survey Data
 - o 15-16 Survey – New Questions
 - o Some Trends of Note
- HSACCC-NCHA II Consortium Project 2016 and other NCHA data highlights
 - o Cohort Analyses – CCC sampling, timing, and methods
 - o Comparisons and Trends of Note
- HSACCC Research Applications in CCC Student Health Programs
 - o Open Discussion

Holistically Caring for your Veteran Students: What Leadership and Academic Services Need to Know

Presenter: Nancy L. Montgomery R.N., M.S.N., Director of Health, Wellness and Veterans' Services at Irvine Valley College

Objectives: Upon completion of this course, the participant will be able to:

1. Describe two fundamental levels of needs for a veteran student.
2. Identify three most common medical diagnoses of veterans.
3. List college resources that contribute to veterans' success on college campuses.



DAY 2 MATERIALS

Thursday, February 23, 2017

DAY 2 AGENDA

Thursday, Feb. 23 Cabrillo Ballroom 1/2 CEUs – 6.5

6:30 – 8:00 am	BREAKFAST – Fountain Terrace (weather permitting)
7:00 – 8:00 am	Registration – Cabrillo Ballroom Foyer
6:30 – 8:00 am	Vendors – Cabrillo Ballroom 1 & 2
8:00 – 9:30 am	*Columbia Suicide Severity Scale Rating Scale (C-SSRS) Part 1 Adam Lesser, M.S.W., Columbia University
9:30 – 9:45 am	BREAK/Vendors
9:45 – 11:15 am	*C-SSRS Part 2
11:15 – 1:00 pm	LUNCH – Fountain Terrace (weather permitting)
11:15 – 1:00 pm	Vendors – Cabrillo Ballroom 1 & 2
1:00 – 2:30 pm	*The Art of Mindfulness Shauna Shapiro, PhD, Santa Clara University
2:30 – 3:00 pm	BREAK/Vendors
3:00 – 4:00 pm	*Finding Your Role in Suicide Prevention Stan Collins, Suicide Prevention Specialist
4:00 – 5:00 pm	*Panel of SAMHSA Grantees Sally Bratton and Sang Trieu (Ohlone) Wende Fortner (Sierra) Larry Schallert (Canyons)
5:00 – 6:00 pm	Free Time
6:00 – 9:00 pm	Recognition Dinner – Sierra Room 5 & 6

Identification, Triage, and Intervention Using the Columbia-Suicide Severity Rating Scale and Safety Planning Intervention: Increasing Precision, Improving Care Delivery, and Redirecting Scarce Resources

Presenter: Adam Lesser, M.S.W., Deputy Director of the Center for Suicide Risk Assessment at Columbia University Medical Center

Objectives: Upon completion of this course, the participant will be able to:

1. Explain how preventative screening models and brief interventions can be used to identify and support at-risk individuals and establish care plans that allocate resources effectively.
2. Describe the evidence base and how utilizing a systemic best practice measurement, the C-SSRS, to identify suicidal ideation and behavior results in improved safety monitoring, identification, and precision, which ultimately aids prevention.
3. Administer the C-SSRS full and screener scales, write a safety plan and identify other tools in the C-SSRS toolkit and demonstrate how the C-SSRS impacts care through operationalized criteria for next steps which in turn streamlines triage, redirects scarce resources, and facilitates care delivery to those at highest risk.

Description of Training: The C-SSRS and Safety Planning Intervention are now widely recognized as a gold-standard, innovative suicide risk screening tool and brief intervention. Due to its demonstrated ability to identify high risk individuals and guidance for next steps the C-SSRS positively impacts service utilization through decreasing unnecessary interventions, redirecting scarce resources, and expediting care delivery to those at highest risk. This workshop will review the C-SSRS and its administration, covering its items indicating increased risk. Participants will learn how to administer the full and screening versions of the tool, how to customize the tool and how to interpret results. Population-specific editions will be reviewed (pediatric, military, etc.). System-wide implementation across multiple settings will be discussed. At completion, participants will be able to administer the C-SSRS and Safety Plan Intervention and will receive a certificate of learning.

The Art and Science of Mindfulness

Presenter: Shauna Shapiro, Ph.D. in Clinical Psychology

Objectives: By the end of the session, participants will be able to:

1. Describe current meditation research spanning the fields of psychotherapy, medicine, education and cognitive neuroscience.
2. Define mindfulness and the three core elements of mindfulness.
3. Describe effective internal environments for learning and the impact of shame on the brain.

The Hero in Each of Us: Finding and Maintaining Your Role in Suicide Prevention

Presenter: Stan Collins, Suicide Prevention Specialist, Media Representative for the San Diego County Suicide Prevention Council; Each Mind Matters - California's Mental Health Movement and Know the Signs Suicide Prevention Campaign

Objectives: Upon completion of this course, the participant will be able to:

1. Identify strategies for maintaining strong mental health as a mental health professional.
2. Recognize signs of compassion fatigue and other stressors present in working as a mental health professional.
3. Differentiate between the variety of strategies and best practices available for suicide prevention in multiple environments.

Three Community College Experiences with Federal Mental Health Grants

Presenters:

Larry Schallert, LCSW, DCSW, Assistant Director, Student Health and Wellness, College of the Canyons

Sally Bratton, RN, FNP, PA-C, Director, Student Health Center, Ohlone College

Sang Leng Trieu, DrPH, Project Director, Student Health Center, Ohlone College

Wende Fortner, FNP-bc, MSN, Health Services Coordinator, Sierra College

Objectives: Upon completion of this course, the participant will be able to:

1. Describe the Garrett Lee Smith (GLS) grant program and expectations associated with being a grantee.
2. List at least three strategies to promote student mental health.
3. List at least three challenges and lessons learned associated with being a GLS grantee.



DAY 3 MATERIALS

Friday, February 24, 2017

DAY 3 AGENDA

Friday, Feb. 24

Cabrillo Ballroom 1/2

CEUs – 3.5

6:30 – 8:00 am

BREAKFAST – Fountain Terrace (weather permitting)

7:00 – 8:00 am

Registration – Cabrillo Ballroom Foyer

8:00 – 9:00 am

*Evaluation and Treatment of Lower Extremity Injuries
Vance Manakas, M.S., A.R.C., Moorpark College

9:00 – 10:30 am

*TB and Implementation of SB 1038
Marti Brentnall, M.P.H., San Diego County TB Control
Devery Mandagie, R.N., P.H.N., San Diego County TB Control

10:30 – 11:30 am

*Implementing Local Education Agency
Jeanne Harris-Caldwell, Ed.D., M.S.N., B.S.N., C.C.R.N., P.H.N., Saddleback College

11:30 – 12:00 pm

Evaluations and Certificates/BOX LUNCH

Lower Extremity Orthopedic Injuries

Presenter: Vance Manakas, M.S., A.T.C., Interim Athletic Director at Moorpark College

Objectives: Upon completion of this course, the participant will be able to:

1. Explore common lower extremity injuries in the college setting.
2. Perform tests for lower extremity injuries assisting in the evaluation process.
3. Apply common principles of care for lower extremity injuries.

SB 1038 – How to Use the New TB Risk Assessment

Presenters: Marti Brentnall, M.P.H., TB Prevention Coordinator, Tuberculosis Control and Refugee Health, Public Health Services, County of San Diego Health & Human Services Agency

Dean Edward Sidelinger, MD, MSED, FAAP, County of San Diego Health & Human Services Agency

Objectives: Upon completion of this course, the participants will understand:

1. The purpose of the TB Risk Assessment.
2. The five questions of the risk assessment and the purpose for each one.
3. How to promote LTBI preventive treatment in at least two ways to LTBI (+) employees.