

4-ORGINING INTO THE FUTURE

Getting the Most Out of Your ACHA Membership

Brittani Clarkson, MPH, CHES
Assistant Director
UH Wellness

Reuben Parrish, MPH, MBA, MCHES, CPH
Director
UH Wellness

University of Houston System Student Affairs and Enrollment Services
2023 LEADERSHIP CONFERENCE

**4-ORGINING
INTO THE FUTURE**

UH Wellness

To promote health, well-being, and resiliency through education, outreach, and prevention

Services

- Workshops
- Events
- Consultations
- Lending library
- Lounge space with computers
- Free health resources

Contact Information

Campus Recreation & Wellness Center
(713) 743-5430
uh.edu/wellness
[@wellnessUH](https://twitter.com/wellnessUH)



Notable Programs

- Cougar Cupboard
- Tea Tuesdays
- Unwind with Wellness on Wednesdays
- Relaxation Station
- Cougar Peer Educators



Let's Chat!!

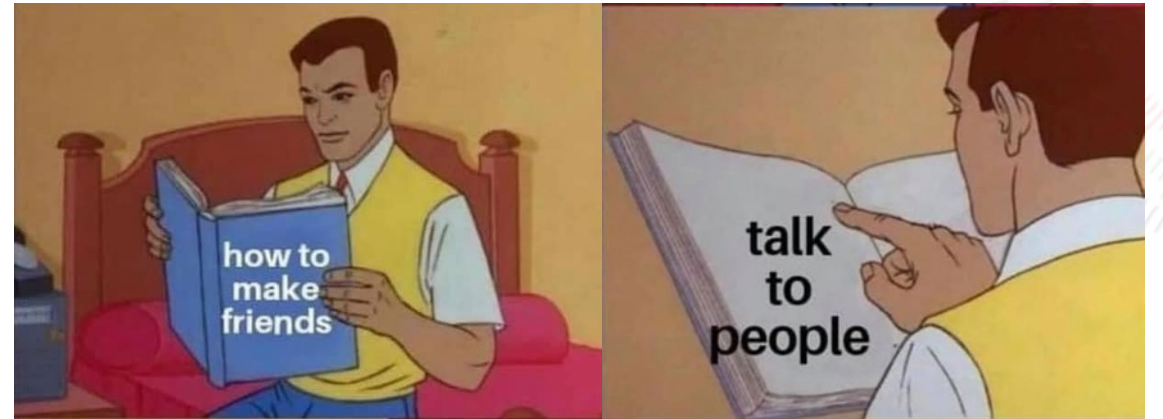
What department/campus do you represent?

What are you looking for in a professional association?

What are you involved in now?

What makes a professional association attractive to you?

How important is volunteer leadership opportunities in a professional association?

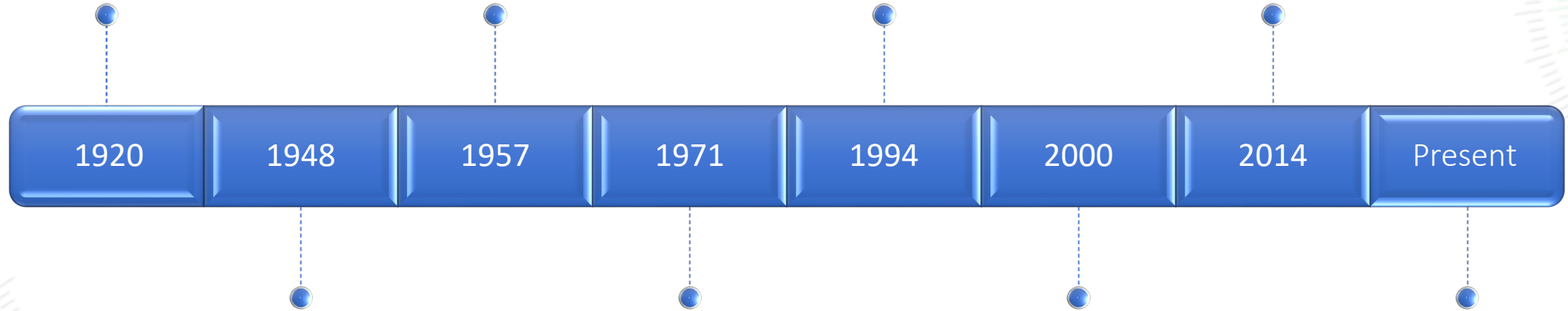


Founded as the American Student Health Association

Established a national office and eight sections representing different disciplines in college health.

First use of ACHA's Strategic Plan

New Strategic Plan (Advocacy, Education, and Research)



Change name to ACHA

Established ACHA Executive Board

National College Health Assessment (NCHA) unveiled as first comprehensive population health status assessment for college students.

Over 800 institutions & 8,400+ individual professionals

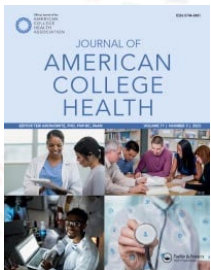
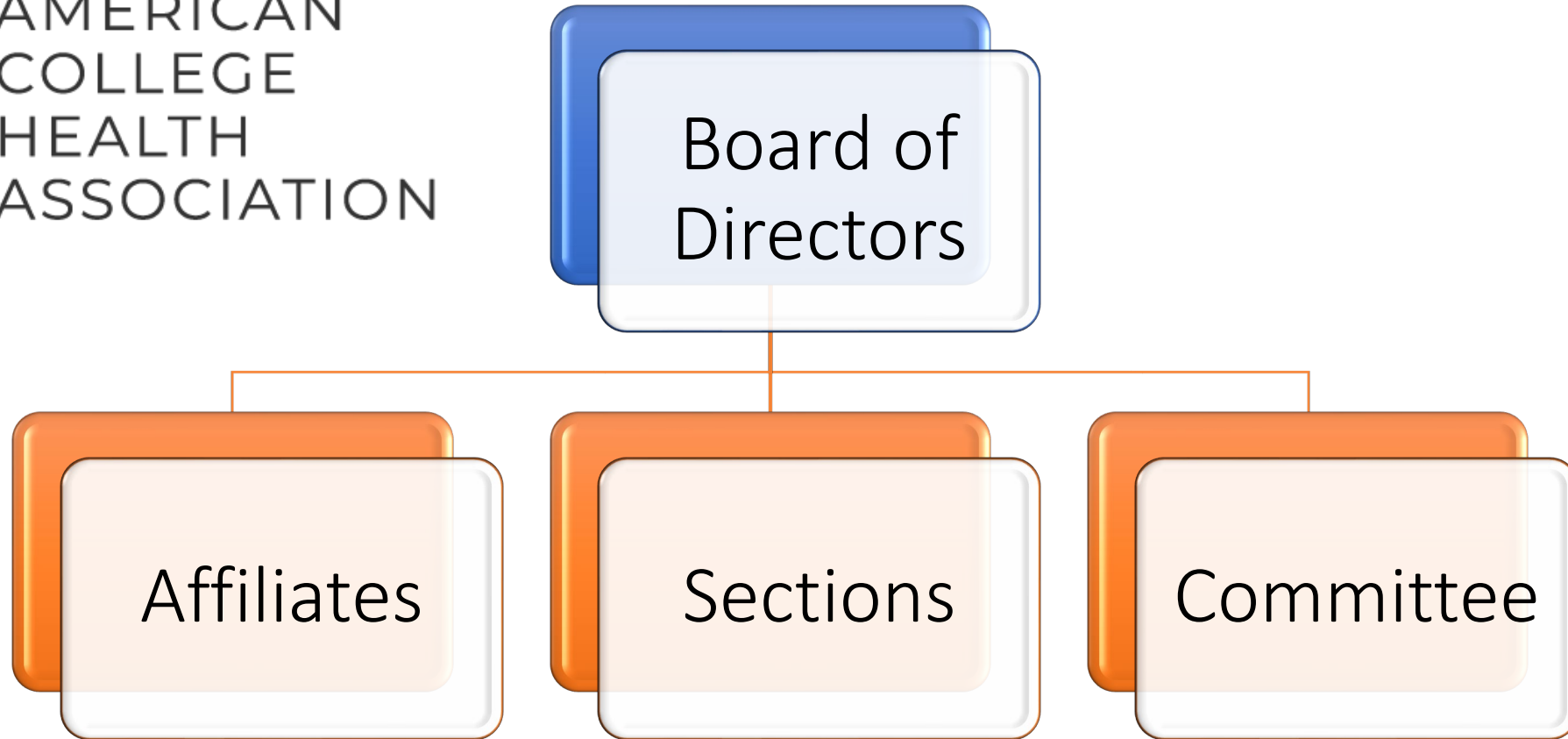


AMERICAN COLLEGE HEALTH ASSOCIATION

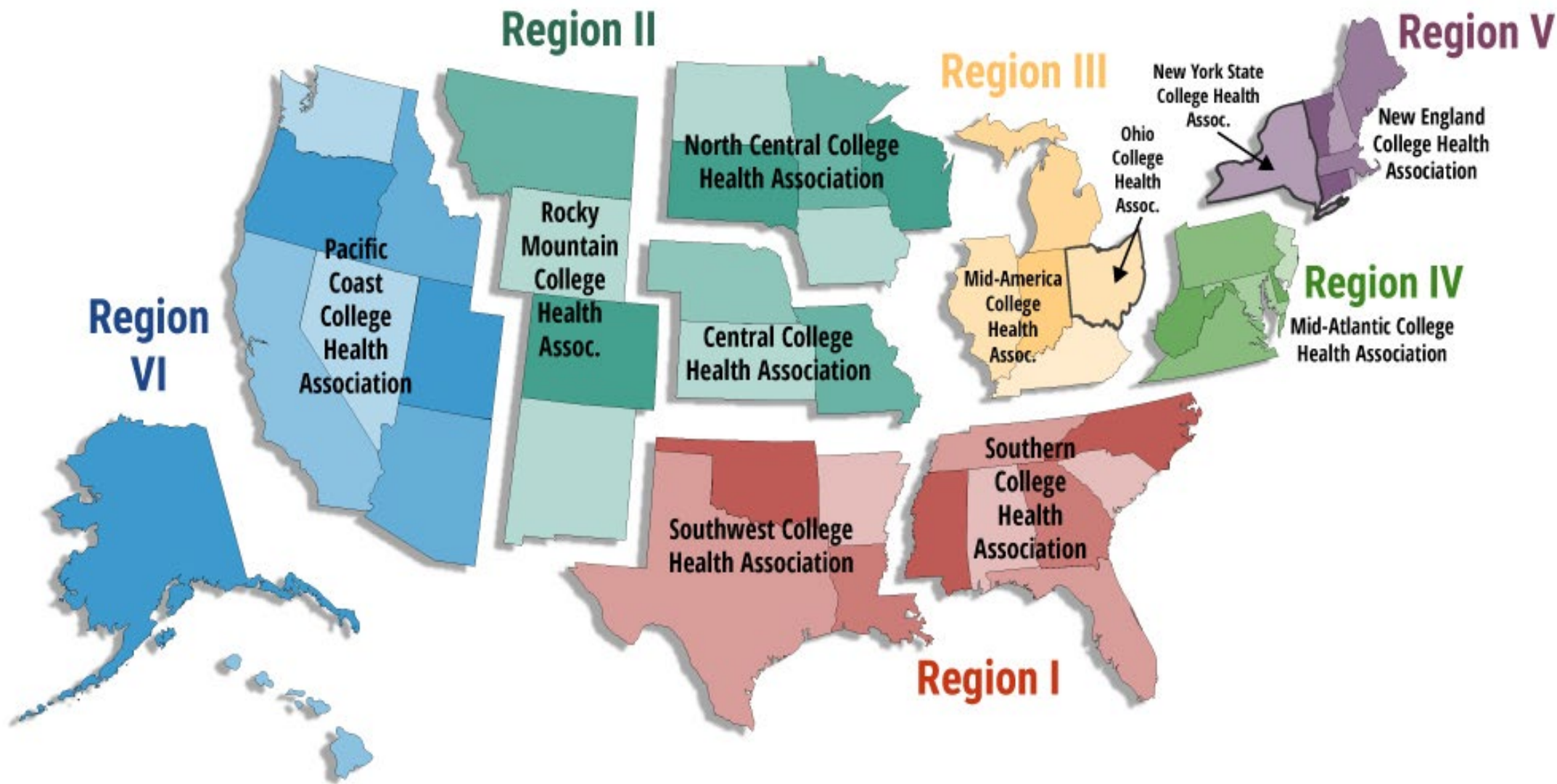
4-ORING
INTO THE FUTURE



AMERICAN
COLLEGE
HEALTH
ASSOCIATION



Regional Affiliates



Sections



Administration



Advanced Practice Clinicians



Clinical Medicine



Health Promotion



Mental Health



Nurse Administrators



Nursing



Pharmacy

Collations & Committees

- Board Advisory Committees
 - Awards, Benchmarking, DEIJA
- Standing Committees
 - Audit, Bylaws, Ethics, Finance
- Coalitions
 - ATOD, HBCU, LGBTQ+, Veteran Student
- Task Forces
 - F/S Resiliency, Gun Safety, Title IX Response



Annual Meeting and Professional Development



- Regional and Section Activities
- General Session
- Board of Directors
- Continuing Education Credits
- Workshops/Trainings

Where to Start?



Membership

- \$430-\$4000/year
- Dues based on total health and well-being budget
- 1 Representative of the Member Institution (RMI)
- No individual membership fee



Membership

- \$195/year
- \$35/year students or Emeritus

What are Membership Benefits

- Institutional Membership
 - Unlimited free individual membership for employees and students
- Reduced rates on assessments and surveys
- Discounts on career center posting
- Group discounts for Annual Meeting registration
- Access to ACHA Connect and Education Center

CoVAC
Campus COVID-19
Vaccination and Mitigation Initiative

**Managing the Infodemic:
Getting Started**

May 9, 2023 | 12:00-1:00 PM ET

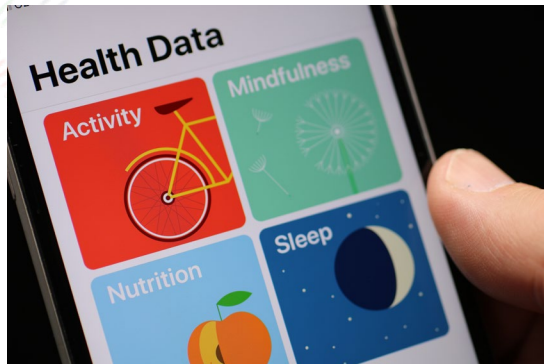
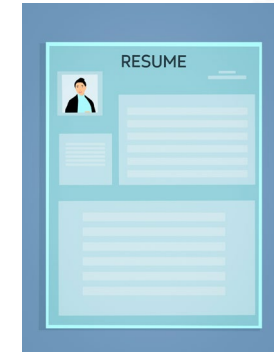
TINA PURNAT
PMP, FAIDH
World Health Organization

CHRIS VOEGELI
PHD, MPH
Centers for Disease Control and Prevention

GIANG NGUYEN
MD, MPH, MSCE, FAAFP
Harvard University
MODERATOR

How Does Association Memberships Benefit You

Health Trends



American College Health Foundation

Building a lasting legacy for college health... one gift at a time.

4-ORGING INTO THE FUTURE

Make it Work for You




CoVAC CARES SESSIONS FOR BLACK PERSONNEL IN HIGHER ED:

Virtual Mutual Help Group for Dealing with Burnout and Race-based Stress

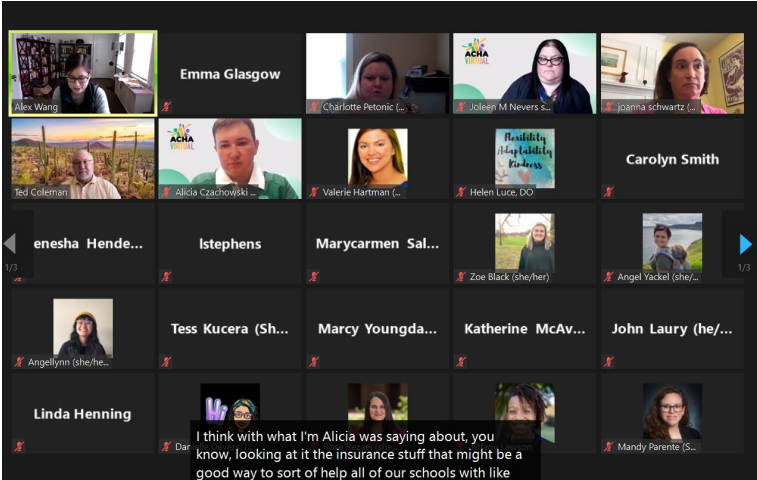
April 14th and April 26th

CoVAC recognizes the disproportionate impact of Covid-19 on communities of color. CoVAC, in conjunction with ACHA's HBCU Coalition, is pleased to offer a unique space for persons who racially identify as Black and/or African American.

This opportunity is open to all higher ed personnel who identify as such, not just HBCU personnel.



Sign Up Here: <https://bit.ly/3ugPQPO> Facilitator: Shena Leverett Brown Ph.D., LCSW, MAC



Be the change you want to be locally, regionally or globally



4-ORING
INTO THE FUTURE



UH Wellness

Division of Student Affairs

Brittani Clarkson, MPH, CHES
Assistant Director, UH Wellness
bclarkso@central.uh.edu

Reuben Parrish, MPH, MBA, CPH, MCHES
Director, UH Wellness
rgparris@central.uh.edu

Questions?

4-ORING
INTO THE FUTURE