

1: NASPA Mental Health Conference: A NASPA Strategies Conference

*A practical guide to pharmaceutical care. Wellness and health promotion / Jennifer A. James and John P. Rovers
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Mental Health First Aid Training for Higher Education Presenter Patrick Lukingbeal , Director of Wellness - University of Houston Abstract Universities across the nation have seen an increase of complex mental health issues while strapped for financial and human resources. Now more than ever it is important that practitioners be able to respond to a developing or existing crisis. This 8 hour training is evidence-based and highly interactive while giving an overview on how to recognize, respond, and connect individuals who have different types of illnesses to professional help. This workshop will briefly review the foundations of the international zero suicide initiative and adaptation and implantation on a college campus. Participants will engage in structured peer dialogue, peer consultation and strategic planning for their institutions, including engaging cross-campus collaborations, and developing initial assessment metrics. Governing Board members from the Association for University and College Counseling Center Directors will propose a vision for providing quality mental health care to students which utilizes a multidimensional perspective on collaborative care because in its absence the resulting organizational structure may not be as helpful as it could be to students and may create an undesirable work environment for staff. Positive psychology can be used as a new, interdisciplinary lens to augment initiatives designed to promote student well-being. This session will explore ideas and evidence-based practices from positive psychology, offer a case study to demonstrate how they can be integrated into health and wellness efforts, share resources for further exploration, and discuss how positive psychology can increase access to services, collaborative endeavors, and mental health outcomes on college campuses. Exploring Philosophies and Models of College Counseling Centers Presenter Ruperto Perez , Associate Vice President for Student Health and Wellbeing - The University of Alabama Abstract This program will explore various philosophies and models of providing counseling and psychological services on campus and ways that colleges can create effective mental health support structures that match its mission and campus culture. This presentation will describe how the NatureRx Initiative at Cornell University was developed and is being implemented in both clinical and non-clinical settings. Medical and mental health provider buy-in, anecdotal student responses and collaborations for broad campus engagement will be highlighted. Implications for NatureRx as an upstream approach to support student mental health will be discussed. It is associated with risk factors such as stress, anxiety, depression, suicide, and dropout. Hopelab, a social innovation lab dedicated to improving the health and well-being of teens and young adults set out build a deeper understanding of loneliness in college. Many have speculated about the causes of this anxiety epidemic, but few have considered the ways in which campus culture may contribute to or exacerbate student anxiety. This program will explore key questions related to student anxiety and campus culture, examine relevant case studies, and provide strategies to promote change on campus. This session will highlight how counseling centers and athletic departments can collaborate to identify and connect student-athletes with mental health concerns to appropriate. Thomas Abstract Sleep is foundational to mental health and well-being. All mental illnesses include some disturbance in sleep, and sleep disturbances exacerbate and even precipitate mental illness. ACHA data demonstrate that disturbed sleep is one of the primary concerns of college students, yet is rarely addressed by universities. This presentation will review the evidence connecting sleep and mental health in young adults, will review effective strategies for assessment of sleep disturbances, promotion of healthy sleep, and university culture change. I CAN HELP has been designed to align with high impact practices we know improve campus retention, including quick tools to help faculty, students, and staff recognize who does and does not need referrals. Preliminary impact data and lessons learned from the use of the free training manual, slides, and other resources at drmistler. This presentation will educate attendees on this trend and engage the audience in a discussion about the effects as well as potential ways of addressing the

trend with students. At the University of South Florida, Kognito, an online program to build awareness, knowledge, and skills about mental health was provided to incoming students to address this issue. Results revealed an increase in the five main constructs of MHL. When TGNB students perceive their campus to be non-inclusive, their mental health, sense of belongingness and academic achievement are damaged and can no longer be ignored. Student service professionals, teaching faculty, administrators and staff all must collaborate through various efforts to improve campus climate for TGNB students and aid in their success. This program will highlight the work and perspective of a chief student affairs officer, psychiatry department chair and counseling center director and discuss positive collaborations to address student mental health. The presentation will include an overview of a suicide and mental health task force report conducted on their campus. In this session, learn about the effectiveness of online versus in-person suicide prevention training. Presenters will review the shift to an online training format, which created greater opportunities to expand mental well-being services and attend to multiple aspects of the Social Ecological Model SEM. Participants will leave having started an assessment of their own services and their connectedness with the SEM. To address this, an anxiety screen was administered to students in the health center. If responses were high, medical providers would recommend meeting with a Wellness Integration Specialist to learn about treatment options. Presenters will describe a recently created Wellness Integration Program to support these students as well as the successes and challenges faced so far. A Model of Law School-Counseling Center Collaboration Presenter Kami Sidman , Staff Clinician and Law School Liaison - George Washington University Abstract Two university staff members—one, a mental health counselor and law graduate, and the other, a psychologist focused on law school wellness—will explore emerging trends in law student mental health and discuss a model of collaboration between a law school and a counseling center in using innovative approaches to promote access to mental health care for students in professional programs. The presentation will include theoretical underpinnings of IPT, review IPT techniques, common issues, and therapeutic skills as it relates to undergraduate students. Opportunities to practice skills and techniques will be provided. This case study of the Behavioral Intervention Team at the University of Nebraska-Lincoln will demonstrate a collaborative model for empowering Academic Advisors and other key campus partners to be effective team members in identifying and supporting students in distress.

2: Directory | Student Affairs

Includes bibliographical references and index The case for pharmaceutical care / Jay D. Currie -- Identifying drug therapy problems / John P. Rovers -- Patient data collection / John P. Rovers -- Patient data evaluation / John P. Rovers -- Patient care plan development / John P. Rovers -- Documentation / Jay D. Currie -- Drug information skills for pharmaceutical care / Kevin G. Moores.

Despite the staggering number of organizations of this size, small businesses are often an underserved population with regard to worksite health promotion efforts or even legally mandated safety practices. Many small business owners say that they simply lack the resources or the time to promote worker safety and health. Slide courtesy of James A. The study he presented is part of a larger effort by HWCE to provide small employers who constitute the vast majority of employers in Iowa with information and low-cost tools to assist them in promoting a healthier workforce. The research findings establish a baseline for understanding the distinct health challenges and positives faced by groups with diverse employment situations, and provide a strong data-driven rationale for worksite safety and health programs. His research confirms that quality of life and strong prevention behaviors do in fact correlate with less sickness-absenteeism and higher productivity. Lee Newman, director of the Center for Worker Health and Environment within the Colorado School of Public Health, followed up with a more practice-based perspective on the challenges facing small businesses, drawing on his work with small to medium-sized enterprises through Colorado-based nonprofit Health LinksTMExternal. Newman discussed some of the primary barriers to adoption of programs for worker safety and well-being, which include information overload, uncertain return on investment ROI , and lack of management support. He advocated for taking advantage of what already exists in an organization; if either safety or wellness is already robust, then building on that strength can be fruitful. However, if neither safety nor health promotion is in place, then both can be integrated from the beginning. Both presenters emphasized the need for expanded research and practice programs to engage small employers and their stakeholders. If your organization is proactively integrating health protection and health promotion to prevent injury and illness and advance the well-being of your workers, please email us at twh cdc. The mention of organizations and commercial entities and products in this article is for illustrative purposes only and does not represent an endorsement by NIOSH, CDC, or the U. Department of Health and Human Services. Organizational Culture and Leadership The integration effort can be seen in the structure of Alcoa, which employs more than 60, in over locations worldwide. The company is organized into three segments: Each segment comprises business units. Leaders at the segment and business unit levels direct safety, health, and wellness activities within their businesses. Demonstrating leadership is one of the Essential Elements Alcoa has used to advance its initiatives. The Environment, Health, Safety and Sustainability EHS Resource Unit is now responsible for safety, occupational health, and employee wellness, which had previously been administered by the Benefits unit. Alcoa created the position of Director of Global Wellness to lead its global initiative and implement best practices for reducing health risks, improving overall health, and working with the existing safety infrastructure to prevent risks and hazards. Program Design Photo source: Alcoa Another Essential Element is integrating systems. The fatigue risk management group provides education and resources that help employees manage their risk for fatigue. It also makes recommendations to help Alcoa keep the work environment safe and minimize the impact of fatigue; these have resulted in global guidelines on appropriate shift work and overtime for the protection of workers and a permit process including employee input on deviations to the guidelines. Some businesses have implemented special actions specific to their needs, such as additional rest breaks and facilities to address fatigue. Program Implementation and Resources Alcoa strives to provide adequate resources and communicate strategically. Each champion receives training and education on how to form a strong committee with labor representation. Health education includes relevant work-related issues, such as OSHA Hazard Communication training, hearing conservation, and wellness initiatives. Training is

delivered in toolbox sessions, in formal meetings, and online. Program Evaluation Alcoa actively engages in activities to measure and analyze. It conducts surveys at the corporate level and at individual sites to assess whether workers believe they have benefited from company-sponsored programs and events. To track progress in helping employees improve their health, the wellness champion at every location receives data that include participation rates, aggregate health condition status, and healthcare costs, and is encouraged to share the aggregate data with the workers on site. Using the data it gathers, Alcoa will continue to enhance its safety, health, and wellness initiatives by assessing current conditions and setting new targets. By leveraging several NIOSH Essential Elements of effective workplace programs and policies, Alcoa is able to advance its steady commitment to protecting employees, contractors, customers, and the communities in which it operates.

Healthier Feds A growing body of scientific evidence indicates that the quality of the work environment is a predictor of individual health behaviors. In support of this notion, the federal government is providing opportunities for advanced health and well-being in its own workforce. The purpose of this section is to spotlight ways in which the federal community is improving the health and safety of federal employees. Office of Personnel Management, U. Department of the Army. Participants shared health and well-being practices across the federal government. Her message focused on the importance of the mind-body connection in our work. She illustrated that importance of the human interface in the design of work so it supports and encourages creativity, innovation, meaning, and overall quality of life. The conference was packed with information that touched on all facets of being healthy. Fitness-casual attire was encouraged so that participants could take part in health and well-being breaks throughout the conference. Attendees also had engaged in Chef-led discussion on healthier food services within Federal agencies. The conference concluded Friday, October 10 with workshop opportunities. We hope that you will join us at the next conference, and until then!

CDC is the first federal agency to achieve this award and joins the ranks of over 20 companies that are accredited. This team fulfilled HealthLead certification requirements and a site visit with HealthLead staff. The external accreditation body has identified clear standards in three important areas: CDC and HealthLead officials meet to celebrate organizational commitment to healthier work. We invite you to provide input on the top-priority research, practice, and policy issues to include in the proposed National Total Worker Health™ Agenda External to help improve integrated workplace practices, prevent worker injury and illness, and advance worker safety, health, and well-being. The draft agenda is available for public comment, until closing of the federal docket on December 22, , EST on December 22, Internet via Federal Rulemaking Portal: All submissions received must include the agency name and docket number. All relevant comments, including any personal information provided, will be posted without change to <http://www.regulations.gov>. Read the recently released report from the Institute of Medicine: A second conference tailored toward federal workers, Healthier Feds, rounded out the week. Sessions shed light on various aspects of Total Worker Health TWH approaches, including the health and safety challenges and opportunities in industry and worker populations, methodological challenges and innovations related to TWH interventions, new theories to guide future scientific inquiry in the field, common barriers and strategies to implementing integrated interventions. Researchers and practitioners were able to network, learn from each other, and create new connections to inform their current and future work. Each of the NIOSH-funded Centers of Excellence for a Healthier Workforce served as a presenting partner, thus contributing to the overall planning and selection of the meeting sessions, and keynote panel discussions. Below are some highlights from each of the four Centers of Excellence. Additional themes throughout CPH-NEW presentations included the health and safety of correctional officers and the nursing home workforce. Twenty-five presentations and workshops were conducted by Center investigators, collaborators, and post-doctoral fellows. Lessons Learned from Small Businesses. Even if you were unable to attend the Symposium, there are ample opportunities to learn about the proceedings and contribute to the conversation around Total Worker Health. We are happy to announce that select presentations from the 1st International Symposium to Advance Total Worker Health™ are now online, and can be accessed at: <http://www.cdc.gov/niosh/totalworkerhealth/>. Also, be sure to read Dr.

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3: Items where Subject is "Health > Nutrition" - Minority Health and Health Equity Archive

Pharmaceutical care for patients with specific diseases / Harry P. Hagel and Randal P. McDonough -- Ch. Self-care as a pharmaceutical care practice / Jenelle L. Sobotka -- Ch. Wellness and health promotion / Jennifer A. James and John P. Rovers -- Ch.

4: Jones & Bartlett Learning | PUBLISH

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5: Faculty Publications | Health Promotion, Education, and Behavior | University of South Carolina

Developing innovative strategies that promote health among people with disabilities has emerged as an important public health priority. People with disabilities report fewer healthy days than the general population and lower rates of health-promoting behaviors (eg, physical inactivity and poor nutritional intake).

6: Faculty and Staff - School of Health Sciences - Oakland University

Comment on "Do Workplace Health Promotion (Wellness) Programs Work?" (September , Volume 56, Issue 9) Goetzel, Ron Z. Journal of Occupational and Environmental Medicine. 57(1):e10, January

7: - NLM Catalog Result

Martin John Campbell Chemistry Minor in Industrial Health and Safety Steve James Gale General Studies Minor in Wellness Health Promotion and Injury Prevention.

8: Population health : creating a culture of wellness | Search Results | IUCAT Kokomo

Population Health: Creating a Culture of Wellness offers an educational foundation for professionals and students on the genesis and growth of this important topic. The book is a concise overview of the topic from the perspectives of providers and businesses.

9: Wellness - Health Information | Directory | Community

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