

## **BUILDING HEALTHY ACADEMIC COMMUNITIES (BHAC)**

### **Board of Directors**

**President:** Bernadette Mazurek Melnyk, PhD, APRN-CNP FAANP, FNAP, FAAN, is Vice President for Health Promotion, University Chief Wellness Officer, and Dean of the College of Nursing at The Ohio State University. She is also a Professor of pediatrics and psychiatry in the College of Medicine and Executive Director of the Helene Fuld Health Trust National Institute for Evidence-based Practice at The Ohio State University. Dr. Melnyk is recognized nationally and globally for her clinical knowledge, expertise in evidence-based practice, mental health, and intervention research as well as her innovative approaches to health and wellness. Dr. Melnyk was the first Chief Wellness Officer appointed at a University in the U.S. She founded and is the current president of the National Consortium for Building Healthy Academic Communities. Dr. Melnyk is an elected member of the National Academy of Medicine, the American Academy of Nursing, the National Academies of Practice, and the American Association of Nurse Practitioners. She is a member of the board of directors for the National Forum for Heart Disease and Stroke Prevention. Dr. Melnyk has over \$33 million dollars of sponsored funding from federal agencies and foundations as a PI, is an editor of seven books, and has authored over 430 publications. As a member of the National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience, she is working to address the national crisis of healthcare provider burnout.

**Past-President:** Megan Amaya, PhD, CHES, is an assistant professor of clinical practice, director of health promotion and wellness, co-director of the Health & Wellness Innovation in Healthcare undergraduate degree, and co-lead for the Center for Healthcare Innovation and Wellness at The Ohio State University. She is past-president of the National Consortium for Building Healthy Academic Communities. Megan is a certified health education specialist and a certified health and wellness coach through Wellcoaches. She coordinated the 2013 National BHAC Summit and the Ohio BHAC Summit in 2014. Megan was also a member of the planning committee for the 2015, 2017 and 2019 National Summits.

**Executive Director:** Linda Handley, MHA joined the National Consortium for Building Healthy Academic Communities as executive director October 1, 2020. Linda brings significant experience in community building, academics, and education and is passionate about building collaborations to further healthy community building. Having received her undergraduate and Master's degrees from the University of Pittsburgh, Linda spent over 10 years working at the University of Pittsburgh Medical Center in a leadership role. Linda's work in the non-profit sector includes developing best-in-class infrastructure for a sustainable organization, advancing new and existing donor relationships, and management of interdisciplinary teams. She has served as an Executive Director of a non-profit overseeing all aspects of programming, fundraising, operations, and human resources. She implemented policies to maintain a diverse, highly qualified staff and volunteer pool by providing career coaching, growth, and personal development for workers. Additionally, she has consulted with non-profits nation-wide on strategy, fundraising and operational efficiency.

**Advisory Board Chair:** Lindsey W. Nanney, M.S, PAPHS, GFS leads the Physical Activity and Wellness Program at the University of North Carolina Wilmington which reaches 3,500 undergraduate students each semester to equip them to live with high level wellness for the long term. She has served in that role since 2015 and served in a similar

role at East Carolina University previously. She conducts research on the effectiveness of these programs in promoting student well-being and best practices for course curriculum and delivery. At UNCW, she also serves as the Associate Director for the School of Health and Applied Human Sciences which houses 9 academic programs, all focused on promoting wellness. She leads collaborations with partners in Campus Recreation, Community Engagement, Student Health and Human Resources to facilitate health initiatives across campus with a focus on building a healthy academic community. She wrote and published "Physical Activity and Wellness", an 8 chapter interactive, real-time ebook which focuses on the whole person benefits of physical activity and how to adopt a sustainable, adequate and enjoyable active lifestyle. She also authored "COVID-19 and Wellness", an open-access chapter about living well amid a pandemic. She is a passionate advocate of high-level wellness promotion and making it accessible to all people, particularly emerging adults. She leads and supports initiatives on and off campus to promote high level wellness and build cultures that support them. She enjoys inspiring and equipping people to thrive through a focus on whole person wellness.

**Vice President:** Victor Tringali, EDD, CSCS, \*D is manager of employee well-being at the University of Virginia and provides leadership for the development and delivery of organization-wide well-being initiatives for the University of Virginia's employees and their families. Prior to arriving at UVA, he served as the Executive Director of University Wellness at Drexel University, where he led a nationally acclaimed well-being initiative for faculty, staff, and students. He has dedicated more than 25 years to the health, fitness, and wellness industries – serving as an entrepreneur, university administrator, college professor and consultant. This diversity in his career has given him the opportunity to understand health behavior from the perspective of various populations. For the past 10 years, he has designed and developed large scale initiatives aimed at improving health and well-being within academic communities – including Drexel University and currently, at the University of Virginia. He's published numerous mainstream and peer-reviewed articles, conducted applied research, and served as an expert presenter at national health fitness and wellness conferences and clinics. He is well-regarded as a dynamic leader who innovates concepts and builds trusted relationships to achieve success. His academic training includes bachelors and master's degrees in Exercise Science and Health Promotion and a doctorate in Health and Physical Activity from the University of Pittsburgh. In Victor's words, "the role of Vice President of BHAC will enable me to contribute my skills, academic training, and career experience to build healthier communities across the nation while collaborating with and learning from other industry leaders".

**Secretary:** Elizabeth Click, DNP, ND, RN, CLE, CWP is medical director for Case Western Reserve University in Cleveland, Ohio and is an Associate Professor at the Frances Payne Bolton School of Nursing. In the Medical Director role, Dr. Click provides clinical support to the HR and Benefits departments and directs the faculty and staff wellness program which she developed. Within her faculty role, Dr. Click focuses on teaching health promotion, public health, organization systems and leadership content. In addition, she has been a member of numerous School and University committees. As a motivated educator, administrator, leader, practitioner and author with over 25 years of experience in developing and sustaining worksite wellness programs, she looks forward to using her expertise and experience to add positive value to BHAC's ongoing work. Her efforts within corporate, academic and community organizations have positively impacted the health of varied workforce populations with a focus on prevention, wellness and behavior change. Dr. Click's experience as a board member of a nationally recognized independent

school for girls, as well as previous membership on the Rainbow Babies and Children's Hospital Foundation Board gives her a strong foundation upon which to base her BHAC board experience.

**Financial Officer:** Candice Chick, MS works at California State Long Beach (CSULB) in the Division of Student Affairs helping with Health and Wellness Initiatives. For the past 18 years, Candice has devoted her life to helping students reach their full potential. Having successfully battled both cancer and dyslexia, she knows how to overcome the most daunting of challenges with a relentless drive and mindset that is always looking toward the future. She fostered her passion for others while growing up in Southern California, before going on to compete on an elite NCAA Division I Water Polo team at CSULB. After receiving her Bachelor of Arts in Communication Studies, she earned a Master of Arts in Interdisciplinary Studies, Counseling, and Sports Management. Now a widely respected life coach, Sports Management instructor, mother and in her work at CSULB, Candice strives to create cutting edge initiatives to be introduced to students, faculty, staff and CSULB community members focused on mental health (mind, body and spirit).

**External Advancement and Collaborations Chair:** Josh Downing, MS serves as the Director of Recreation and Wellness at Butler University. He executes a comprehensive well-being initiative called BU | BeWell for the university through developing long and short-term goals and overseeing the implementation of the strategies for achievement. In addition, he leads Aquatics, Club Sports, Fitness, Health Promotion, Intramural Sports, Outdoor Recreation, and a comprehensive Health and Recreation Complex. He earned his bachelors and masters from Indiana University and has been in Recreation and Wellness in Higher Education for 20 years. He has served on several NIRSA committees and is currently a member of the NIRSA Health and Well-being Task Force. He served as President of the Indiana Recreation Sports Association (IRSA) for two terms. He also served as Chair of Staff Assembly for Butler University for two terms.

**Research and Evidence-based Practice Chair:** Dawn Goldstein, PhD, RN, PMHNP-BC is the Psychiatric Mental Health Nurse Practitioner Program Director at Michigan State University, College of Nursing. Dr. Goldstein earned a Ph.D. in Nursing from the University of Arizona and has been an RN for 35 years. She has extensive experience as a psychiatric mental health nurse practitioner who continues her own clinical practice. As a current member of the United States Army Reserves, she has served our country for over a decade. Her current faculty scholarship involves behavioral interventions that target nursing student's mental health and wellness, specifically building resilience and coping skills. Her past studies have included a qualitative study on compassion fatigue in healthcare professionals, help-seeking behaviors among military service members, and telehealth in graduate curriculum. And, she has conducted numerous organizational QI and EBP studies within her APRN role in the military.

In regards to taking on a role with BHAC, Dawn shared that she is so pleased to find an organization that connects health professionals from various academic institutions to share, collaborate, and develop best practices that improve the overall wellness of our academic environments. Collectively, she believes we can work together to move towards evidenced-based approaches to improve academic and community wellness. She is prepared to lead and facilitate the Research and Evidence-based Practice Committee to promote health and well-being, evidence-based practice, and research within the BHAC organization to advance best evidence in healthcare and higher education.