

## **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.

**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."

**President-Elect:** 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.

**Advisory Board Chair:** Bill Fox, EdD, has led the division of student affairs at Otterbein University since January 2023. Bill has worked in higher education for over 20 years, including a decade as dean of students at Denison University in Granville, OH. Prior to joining the Otterbein community, he led the student affairs division at Antioch College in Yellow Springs, OH. He is active in professional associations and strives to connect others to meaningful volunteer activities. In addition to Bill's work with Building Healthy Academic Communities, he also serves as the Don Schweingruber Senior Student Affairs Officer on the Board of the Ohio College Personnel Association and as a committee member for the National Association of Student Personnel Administrators Strategies Conferences.

**Fiscal 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).

**Secretary:** Lindsey W. Nanney currently serves as the Associate Director for Academic and Student Affairs in the School of Health and Applied Human Sciences at the University of North Carolina Wilmington and has since 2018. The school is home to many degree programs: public health; exercise science; recreation therapy; gerontology; athletic training; tourism, recreation and sport; respiratory therapy and healthcare administration. She previously served as the Physical Activity and Wellness Coordinator at UNCW, a role that manages a program which reaches 1,600 undergraduate students each semester to equip them to live with high level wellness for the long term. She conducts research on the effectiveness of these programs in promoting student well-being and best practices for course curriculum and delivery. Lindsey published "Physical Activity and Wellness", an interactive, real-time 12 chapter e-book which focuses on the whole person benefits of physical activity and how to adopt a sustainable, adequate, and enjoyable active lifestyle. She earned her bachelor's degree at North Carolina State University, master's degree at East Carolina University and doctoral degree at University of North Carolina Greensboro.

**Research & Evidence-Based Practice Chair:** Adrienne Martinez-Hollingsworth, PhD, RN, PHN, is a health disparities researcher exploring the impact of provider well-being on the delivery of chronic illness care and treatment uptake in the safety net. Some of her interventions use public art and community-based work groups that promote empathy and trust-building between historically under-resourced patients and providers. Currently she is the Manager of Clinical Education at Gateways Hospital and Mental Health Centers in Los Angeles, CA.

**External Advancement & Collaborations Chair:** Elizabeth Click, DNP, is an associate professor at the Case Western Reserve University Frances Payne Bolton School of Nursing and medical director for the University. Elizabeth received a bachelor's degree from the College of Wooster with a major in psychology and a Doctor of Nursing degree from Case Western Reserve University. Prior to joining CWRU faculty, Dr. Click was manager of wellness training at The Progressive Corporation in Cleveland for 12 years. This was a particularly significant time in the development of corporate wellness initiatives as Progressive, the third-largest auto insurance company in the country, was one of the first corporations to establish a worksite wellness program. Her major interest professionally and personally is in working with individuals and groups to support their present level of health and to help them reach even higher levels of wellness.

**Executive Director:** Laurel Van Dromme, MA, advances work for the Office of the Chief Wellness Officer (OCWO) as Chief of Strategic Partnerships & Special Projects. She has helped to launch and manage partnerships with national organizations such as Partnership to Fight Chronic Disease, Million Hearts® initiative and by extension the American Heart Association and National Forum for Heart Disease & Stroke Prevention, and more. In working as the Executive Director of BHAC, Laurel looks forward to developing relationships and formalizing collaborative agreements with higher educational institutions and national organizations to support the health and wellbeing of college students and employees across the United States. Laurel has experience managing complex and long-standing relationships and projects including: three CARES grant-funded projects, the building of Jane E. Heminger Hall, and a major renovation of Newton Hall to create the Center for Well-being & Prevention. Laurel has worked for 12 years at The Ohio State University, and previously at Arizona State University as senior development director for the College of Nursing. She Currently serves as chair of Ohio State's University Staff Advisory Committee, which advocates for staff on important issues to senior leadership. She is a graduate of The Ohio State University and University of California, Los Angeles.

**Executive Assistance:** Rebecca Momany, MA, is the Executive Assistant to Bernadette Mazurek Melnyk, Vice President for Health Promotion and University Chief Wellness Officer. In Rebecca's role, she provides a variety of support to the Buckeye Wellness team and the Office of the CWO. Rebecca received a bachelor's degree in Human Development from Cornell University in 2006. She has been employed at The Ohio State University since 2011 and received her Master's degree in Public Administration from Ohio State's John Glenn College of Public Policy in 2013. She joined the College of Nursing in August 2019.