



# Meeting of the Minds

2019 NASPA Region IV-W Spring Conference &  
2019 Central College Health Association Annual Conference

## Full Conference Schedule

April 4-6, 2019

   Join the Conversation! [#MOMinds19](https://www.instagram.com/MOMinds19)

   @missouripip

 @BACCHUSRegionIVW

 @CentralCollegeHealth

# Hints for a Successful Conference

**Please silence or turn off cell phones** during conference meals and sessions.

**Please attend all sessions and meals.** While the sights of Kansas City are exciting, we hope that you can make time outside of the conference to visit our exciting location and the many activities this area has to offer.

**The Conference Staff are available to answer any questions** or address any concerns you may have about the conference or conference facility. Special ribbons denote conference staff.

**If you requested a vegetarian or special meal on your registration form,** you will be issued a special card, which you should show at meals to receive your special option. If you did not sign up in advance and you would like a vegetarian meal, you can check at the registration desk, but it might not be possible to fulfill this request at this late date.

**Your nametag is your pass to all meals, events, and sessions.** Please wear your nametag at all times.

**Decide which session you will attend in advance** and get there early as some sessions fill up quickly. If the session is full, please have a second choice in mind.

**Refer to the map in the conference guide** to find room locations.

**Your conference evaluation form is your admission ticket** to the awards ceremony and luncheon on Saturday. Come prepared with it filled out so that you don't have to wait at the door.

**Students, join us for the Region IV-W Night on Thursday night at 8:30pm in the Osage Ballroom** for snacks, fun and games, and the chance to meet others from across the region!

**Take time to peruse the exhibits and resources** and visit with exhibitors during the breaks.

**This is a tobacco-free conference.** Please be respectful and do not smoke or use tobacco products in or near conference sessions. Please note the Kansas City Airport Hilton's smoke-free policy.

**A speaker preparation area and Hospitality Room is located in Salon F.** Please feel free to visit this area during the breakout sessions to network, prepare for your session, or consult with colleagues. This room will be available on Friday, April 5.

# CEUs (Continuing Education Units/Credits)

CEUs are available and free for conference attendees. In order to receive CEU credit, please fill out the CEU registration form found at the conference registration table. Additionally, please sign in at each session.

CEUs are available for every session for substance abuse professionals, psychologists, social workers, counselors, and Certified Health Education Specialists (CHES). Additionally, sessions noted with "+CEU" in this guide have additional CEUs available for law enforcement (POST), CE's for nurses or medical professionals, or Advanced CECH credit for MCHES professionals.

## POST for Law Enforcement Public Safety Professionals

Please sign in at the session. Certificates for POST will be provided after each session. Please see your presenter or the registration desk if you have further questions.

The following sessions will offer POST (Peace Officer Standards and Training) credits for attendees:

- Drinking and Driving: There Are Stupider Things, But It Is a VERY Short List!
- Fraudulent Identifications: Wait, Who am I Again?
- Higher Education: Understanding the Impact of Legalizing Cannabis
- Missouri Liquor Law & Enforcement: Whose Job is it Anyway?
- Understanding the Different Forms of Cannabis
- Mitigating Conflict through De-Escalation Techniques

## CNE/CME

**CME:** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Centers for Disease Control and Prevention and Heartland National TB Center. The Center for Disease Control and Prevention is accredited by the Accreditation Council for Continuing Medical Education (ACCME®) to provide continuing medical education for physicians.

The Centers for Disease Control and Prevention designates this live activity for a maximum of 17.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**CNE:** The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation. This activity provides 17.0 contact hours.

# The Educational Sessions

On behalf of the Call for Programs committee that helped set the educational program for this conference, we invite you to get ready to learn, share ideas and network with other students, professionals, and law enforcement officers. This conference truly has something for everyone. The committee has worked diligently to create the best lineup of keynote speakers, pre-conference workshops, and breakout sessions. We hope that you are as excited about all the educational opportunities as we are.

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## Just a few hints as you set your schedule for the conference:

### **Choose your program wisely (and early!)**

During every breakout session, there are up to ten choices. If you came with a group, we encourage you to split up and attend different programs. We expect most of the sessions to fill up quickly, so if you know you want to attend a session, get there early. Volunteers will be available to help direct you to other sessions, in case you need to make another selection.

### **Your evaluations are extremely important**

Please fill them out and give the presenters some feedback they can use to improve the program. Please include any feedback that you think the Meeting of the Minds Planning Committee should know, since we read the evaluations as well. Don't forget to bring your overall conference evaluation to lunch on Saturday- it is your admission ticket to the luncheon and awards ceremony.

### **Be a good audience member**

Giving presentations is risky, hard work, and not as easy as it seems. Please be respectful of the presenters and of the other people in the audience. If you choose a program session, stay in the session. Please do not sample many breakout sessions in one hour. While we encourage you to connect to social media at the conference, please silence your cell phones and please refrain from using your phone in a disruptive manner.

### **Attend all meal sessions**

Some meal sessions will feature a keynote address from invited speakers who are leading experts and speakers in the field of collegiate health and safety. Their addresses will motivate you to return to your campus to make change.

# Full Conference Schedule and Descriptions

## Thursday, April 4

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7:00am-8:30pm

**Registration Table Open in Lobby Foyer**

2:00pm-5:00pm

**Half-Day Pre-Conference Workshops:** Must be registered in advance to attend

### **Drug Free Schools and Campuses Act: Updates and Review**

Presenter: Eric S. Davidson, PhD, MCHES®, CSPS, Eastern Illinois University Health and Counseling Services

Location: Kansa A

+ CEU: CNE/CME/Advanced CECH

As part of the Drug Free Schools and Campuses Regulations, every institution, including community colleges, nursing schools, etc. which receives Federal Funds (e.g. financial aid, Pell Grants, research grants) is required to annually notify students, staff, and faculty concerning alcohol and other drugs, maintain a program to address substance abuse, and complete a full review of their comprehensive substance abuse program on a biennial basis.

Many schools have neglected abiding by the drug-free schools regulations, and are finding themselves in non-compliance when audited. This workshop will review current requirements and mandates of the Drug-Free Schools and Campuses Act, including required components of the annual notification, what constitutes a substance abuse program, and best practices regarding the Biennial Review Process.

### **Higher Education: Understanding the Impact of Legalizing Cannabis**

Presenters: Officer Chris Bartolotta and Officer Ryan Snow, M.Ed.

Location: Kansa B

+ CEU: POST

This preconference session will look at the impact the increased legalization of cannabis is having on society. A look at data compiled from the states that have already legalized cannabis in some form will provide insight into current issues and trends that have emerged. We will look at the different forms of cannabis and various ways of ingestion that are changing the way enforcement and prevention efforts are being made. Questions are encouraged and possible solutions will be developed using group discussion methods. We will look at the different forms of cannabis, the exponential increase in the potency and the various forms of ingestion.

### **Being an Active and Effective Ally**

Presenters: Brittani Fults, EEO/Title IX Investigator, University of Kansas; Ashley Brickley, Interim Director, MU Disability Center, University of Missouri Columbia; Shraddha Niphadkar, PhD, Licensed Psychologist, University of Missouri Columbia; and Laura Holt, PhD, Licensed Psychologist, University of Missouri St. Louis

Location: Kansa C/D

+ CEU: CNE/CME

As we continue to experience increased diversity in higher education and to develop awareness that an individual's cultural identities shapes their experience in the world, we recognize the importance of developing strong allyship within and across universities. This interactive pre-conference discussion will focus on strategies to build more effective and active allyship roles across and within personal and systemic environments. We will also focus on how to increase allyship among stakeholders and develop effective programming related to diversity. In addition, we will discuss challenges and questions about allyship.

## Prescription Stimulant Medication Misuse Prevention for Peer Education Groups

Moderator: David Arnold, Assistant Vice President for Health, Safety, and Well-being Initiatives, NASPA

Location: Osage A

+ CEU: CNE/CME

Response to the national opioid crisis demands attention for community prescription medication misuse prevention. However, at the collegiate level, non-medical use of prescription stimulants represents a more pressing concern for prevention practitioners. This session will discuss findings from a multi-site sample and the development of a normative strategy, a peer education pilot program, and other campus strategies to prevent the non-medical use of prescription stimulants and its related harms. Peer educators will each receive a toolkit to replicate programs on their campuses.

## Ask a Preventionist: Sharing and Celebrating Campus Violence Prevention Best Practices

Presenters: Matthew Huffman of the Missouri Coalition Against Domestic and Sexual Violence and Sarah Ehrhard-Reid from the Missouri Department of Health and Senior Services Office of Women's Health

Location: Osage B/C

+ CEU: CNE/CME

Our work to address sexual and interpersonal violence on our college campuses takes many forms, such as: bystander education, Title IX compliance, advocacy for survivors, engaging students, campus and community partners to create safer, inclusive spaces. This ever-increasing variety of work often means that staff are pulled in different directions and lack time to learn how other campuses are implementing policies and programs, learning new research on best practices and effective strategies. During this session, focused on networking and resource sharing, facilitators Matthew Huffman of the Missouri Coalition Against Domestic and Sexual Violence and Sarah Ehrhard Reid from the Missouri Department of Health and Senior Services Office of Women's Health, will lead a conversation to share best practices, allowing campuses to share and celebrate their work, while answering questions about common challenges. This work is critical to our campuses, so take a break from your day-to-day to refocus, refresh, and ask a preventionist!

5:00pm-6:00pm

## Visit with Exhibitors

Location: Shawnee Ballroom Foyer

6:00pm-8:00pm

## Dinner Keynote: Provider Resilience: Enhancing our Service

Presenter: Sean Marz, M.A., LPC

Location: Shawnee Ballroom

+ CEU: CNE/CME

As we learn about the life-long implications of adversity, toxic stress, and trauma, many programs have moved towards a focus on building resilience. In application, this shift has often focused exclusively on building the resilience of our students and campus communities. However, the individual resilience of those doing the service is too often overlooked. When we invest in the continued nurturance of resilience for our service providers, we enhance our ability to foster resilience in the communities we so proudly and passionately serve. How is your resilience?

8:15pm

## Statewide Coalition Leaders Meeting (by invitation only)

Location: Salon C

8:30pm

### **Region IV-W Night**

Location: Osage Ballroom

Join peer educators and advisors to kick off the NASPA IW-W BACCHUS Network Spring Conference. Meet the BACCHUS Network IV-W Leadership Team and come join us for free food, photo booth, games and lots of fun!

8:30pm

### **CCHA Board Meeting** (by invitation only)

Location: Boardroom

10:00pm

### **Open 12-Step Meeting**

Location: Salon C

## **Friday, April 5**

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7:00am-5:30pm

### **Registration Table and Presenters Table Open**

Location: Lobby Foyer

7:00am-8:15am

### **Continental Breakfast and Visit with Exhibitors**

Location: Shawnee Ballroom Foyer

8:15am

### **Statewide Coalition Leaders Meeting**

Location: Salon C

8:15am-9:15am

### **ACHA Updates with ACHA CEO Devin Jopp**

Presenter: Devin Jopp, Chief Executive Officer, American College Health Association

Location: Salon A

8:15am-9:15am

### **General Session and Morning Keynote: Thru the Looking Glass: A Conversation about Bias, Violence, and Change**

Presenter: Jeffrey Bucholtz, M.A. - We End Violence

Location: Shawnee Ballroom

+ CEU: CNE/CME

Changing Social Norms - Black Lives Matter - Social Media - Popular Culture - Sexual Assault - Harassment & Discrimination - "Illegals" - All Lives Matter - Inclusion - Consent - Equality - Diversity - Bigotry & Bias... There's a lot to think about in today's world.

In one way or another, these issues are a huge part of our daily lives - especially those of us who work with violence, trauma and addiction. Whether we work in substance abuse, Title IX, violence prevention or mental health services, our experiences with, and understanding of these realities drastically affect our ability to create truly survivor supportive practices and systems.

9:15am-9:45am

## Poster Sessions

Location: Salon C

- Statewide Reduction in Binge Drinking and Associated Negative Consequences, Missouri Partners in Prevention staff
- JUULing Epidemic: The Recent Alarming Increase in Young Adult E-Cigarette Use, NASPA Staff
- Effective Alcohol Screening and Prevention, Judy Freuh, WHNP, Assistant Director of Wellness-Clinic Services, Northwest Missouri State University

9:45am-10:45am

## Educational Sessions, Block 1

### This Is: Rape Culture

Presenters: The University of Arkansas RESPECT Peer Educators (Kennedy Anderson, Riley Bane, Katie Berry, Ivan Bibiano, Kamryn Floyd, Bea Keiser, Samson Tamijani, Makayla Passmore, and Abigail Patty)

Location: Kansa A

Track: Violence Prevention

We as peer educators aim to bring awareness to, educate, and identify the intricacies of sexual violence. The aim of "This Is: Rape Culture" is to identify the role Rape Culture plays in sexual violence within societies. Through discussing toxic masculinity, the hierarchy of Rape Culture, its presence within media, and how it is displayed on college campuses we hope to diminish its prevalence.

### Situational Prevention: Including Experiences of Space and Place in Our Work to End Sexual Violence

Presenter: Holly Rider Milkovich, MA, Senior Director of Prevention Education, EVERFI

Location: Kansa B

Track: Sexual Violence Prevention

+ CEU:

As we close in on a decade of increasing, long-overdue research attention and institutional focus on what works in preventing sexual assault, it is clear that while educating individual students and staff is important, it is not enough. It is time to widen our lens to consider the wider landscape of the physical, policy, and social contexts as well. This session will explore a new considering the contexts beyond individual training by introducing the lens of situational prevention. Situational prevention marks a new approach to gathering and assessing environmental data to support decision-making on campus educational efforts, policy, and the built environment related to reducing sexual and gender-based violence. Presenter will share information about situational prevention and provide three case studies of how different campuses are engaging students in participatory actions projects that yield actionable data for prevention pros to incorporate their comprehensive prevention plans.

### Hello! Meet my friend, Stress

Presenter: Katherine Melton, Community Prevention Coordinator, Johnson County Mental Health Center

Location: Kansa C

Tracks: Mental Health, Health and Well-Being

This session will challenge you to think outside the box regarding what stress is and what it means for us. Is stress bad? Can stress be good? If it is good, in what ways can it be beneficial? Join us in this session to talk about what science behind stress, some new ways of thinking, and ways to improve personal self-care in order to ensure that stress can be our friend!

## Hiding in Plain Sight

Presenter: Greg Holtmeyer, Access and Abilities Coordinator, Lincoln University

Location: Kansa D

Tracks: Mental Health, Violence Prevention

In "Hiding in Plain Sight" Greg will share his personal story of childhood sexual abuse, discuss the short term and long term effects of the sexual abuse of males including physical, emotional, and provide some brain research, discuss reasons that males do not report the sexual abuse at the time and later, provide resources for health care providers, survivors, and friends/family members. A question/answer session will follow this presentation in the Boardroom at 11:00am.

## Use of the Health Belief Model to Increase Flu Vaccination of College Students

Presenter: Eric Davidson, PhD, Interim Director, University Health and Counseling Services, Eastern Illinois University

Location: Kansa E

Track: Health and Well-Being

+ CEU: CNE/CME

Through the understanding of the Health Belief Model's theoretical constructs, participants will be able to develop outreach and social marketing interventions designed to increase student influenza vaccination. Examples of how to use individual perceived susceptibility, individual perceived severity, barriers limiting vaccination, benefits of vaccination, and cues to action in increasing vaccination will be given.

## Safe Zone

Presenter: Laura Holt, PhD, University of Missouri-St. Louis

Location: Osage A

Track: Equity and Diversity

+ CEU: CNE/CME, Advanced CECH

Are you interested in offering a Safe Zone training on your campus to teach faculty, staff, and students about gender and sexuality in order to foster a more welcoming environment for LGBTQ+ students? This workshop will offer an overview of the Safe Zone curriculum (which is available free online) and suggestions how to implement it on your campus. We will also do two activities from the curriculum, so you have an opportunity to grow your own ally skills!

## 'Communi-versity': Campus and Community Collaboration to Address Substance Misuse

Presenter: Dave Closson

Location: Osage B

Track: Alcohol, Tobacco, and Other Drug Prevention

What happens on campus doesn't stay on campus. Our students, our employees and our campus are all part of the surrounding community. Substance misuse and related negative outcomes impact those on campus and the surrounding community. A comprehensive approach involving individual and environmental strategies is best. On campus, we may have the resources to implement individual strategies. However, to successfully implement environmental change strategies, you will need to involve multiple partners and to work across multiple settings. In other words, environmental strategies require collaboration. This session will detail the principles of collaboration, identifying needs and opportunities, analyzing and engaging stakeholders, along with keeping the collaboration moving forward. Participants will hear real-world case studies and leave with collaboration tools to use on their campus.

## Addiction Part 1: Understanding the SUD Continuum

Presenter: Alëna A. Balasanova, MD, FAPA

Location: Osage C

Track: Alcohol, Tobacco and Other Drug Prevention

+ CEU: CNE/CME

In this presentation, we will begin by defining the substance use continuum beginning with use, progressing to misuse and subsequently to developing a substance use disorder and addiction. We will discuss how the language of addiction can be a powerful factor in stigma and access to care. We will conclude by describing how to make a substance use disorder diagnosis using the DSM-5 criteria.

## Drinking and Driving: There are Stupider Things, But it is a VERY Short List!

Presenter: Lt. Christopher Bartolotta

Location: Sioux

Track: Law Enforcement

+ CEU: POST

With so many new products available for people to 'get high', we are seeing an increase of DUI arrests and traffic crashes for operators being under the influence. This session will review the different ways new and old products are being used to get 'drunk', the signs and symptoms of impairment and the overall effect it is having on tying up law enforcement resources. In addition, a review of how to be more proactive in many of these impairment aspects can help reduce some of our calls for service, will be discussed. This session is certified for 1-hour credit for Missouri POST law enforcement credit.

## The Highs and Lows of Collegiate Cannabis Prevention

Presenters: David Arnold, Assistant Vice President for Health, Safety, and Well-being Initiatives, NASPA, and Laurie Jevons, Assistant Director at NASPA - Student Affairs Administrators in Higher Education, NASPA

Location: Wyandot

Track: Alcohol, Tobacco, and Other Drug Prevention

+ CEU: CNE/CME

Data from the 2018 American College Health Association- National College Health Assessment indicates that 1 in 5 college students report consuming cannabis in the past 30 days. In Colorado, where cannabis is legal for adult use, 1 in 3 students report past 30 day cannabis consumption. Resources dedicated to high risk cannabis use and education are inconsistent between institutions of higher education, and may vary depending on the legality of consumption in the state. The presenter will provide an overview of evidence-based and evidence-informed intervention strategies to address high risk cannabis consumption, as well as best prevention practices. The presenter will also provide an overview statewide resources and best practices from the CADE, the Coalition of Colorado Campus Alcohol and Drug Educators. The presenter will conclude the session with a brief review of how statewide coalitions may support collegiate prevention efforts, in addition to leveraging community and national resources.

## Roundtable Discussion Let's Get Social

Moderators: Avery Broner, Design Assistant, and Julie Zeiger, Vice President of PR and Programming Northwest Missouri State University

Location: Boardroom

Social media can make or break you in today's world. It is important to understand do's and don'ts of the ever changing world of social media, and how it can affect you, your brand, and/or your platform. In this roundtable, you can learn how to build your following, boost your image, and solidify your brand.

10:45am-11:00am

**Break with Exhibitors** Sponsored by McCallum Place

11:00am-12:00pm

## Educational Sessions, Block 2

### **Shatter the Silence (of Domestic Violence)**

Presenters: Talia Ayala-Feliciangeli, Student Coordinator of Students for Violence Prevention and Kali Clingerman, Media Manager of Students for Violence Prevention, Pittsburg State University

Location: Kansa A

Track: Violence Prevention

This was the 7th Annual Shatter the Silence of Domestic Violence program that SVP has put on at PSU. This year's program had an interactive approach to learning about domestic violence dynamics ranging from a barriers activity, self defense workshop, poem reading & balloon release. During the event a victim's advocate was there to provide support services. This program will discuss the creation & implementation of Shatter the Silence (of domestic violence) while participating in a barriers activity that showcases the barriers victims experience while trying to leave an abusive relationship. There will be time for a question & answer section & for other organizations to share what they have done or plan to do for domestic violence awareness month and domestic violence prevention programming.

### **Re-Framing Relationships: Realistic Strategies for Promoting Healthy Relationships and Ending Abuse**

Presenter: Jeffrey Bucholtz, M.A. - We End Violence

Location: Kansa B

Track: Violence Prevention

+ CEU: CNE/CME

Relationship violence is endemic in our society. Its victims know no gender, race, class, or border. This interactive lecture examines the systemic causes of relationship abuse by examining our cultural ideas about relationships, gender, power and violence. Using both ecological and social constructionist models, this presentation also explores how conceptualizations of healthy relationships are formed through popular culture, family, and narrative. Through this examination, participants will receive practical strategies for engaging both victims and bystanders in critical dialogues about healthy and abusive relationships.

### **Smart Phones and College Student Mental Health**

Presenter: Shaun Fossett, Mental Health Clinician, Missouri State University

Location: Kansa C

Track: Mental Health

Throughout history there are few inventions more ubiquitous than the smart phone in our contemporary society. Roughly 75% of Americans and 95% of college students now own a smart phone, and those numbers are only projected to rise in coming years. The consequences of this reality are far-reaching, and several of these implications will be discussed in this presentation. These will include: statistics related to smart phone usage, a discussion of technology addiction, research outcomes related to smart phone use and mental health, potential impact on social relationships, and an exploration of social media. In addition, particular focus will be given to potential ways to move forward in light of the research findings as it relates to these various facets of smart phone use.

## Exploring the Adverse Community Environments of Higher Education

Presenter: Sean Marz, MA, LPC

Location: Kansa D

Track: Mental Health

+ CEU: CNE/CME

The impacts of toxic stress and trauma childhood trauma play an important role in how students arrive on the campuses of institutions of higher education. The campuses to which they arrive, however, often how their own histories of community and systemic trauma that have shaped their past and continue to shape their present. In order for these institutions to facilitate opportunities for healing and resilience in students and staff, understanding and exploring this history is critical. This session will explore how Adverse Childhood Experiences and Adverse Community Environments intersect on college campuses, how the principles of trauma-informed care offer pathways of healing to these traumas, and how stakeholders across institutions of higher education can advance an equity focused trauma-informed journey at their schools.

## Sleep: A National Public Health Priority

Presenter: Roberta Donahue, PhD, MCHES, Professor, Health Science, Truman State University

Location: Kansa E

Track: Health and Well-Being

+ CEU: CNE/CME

Healthy People 2020, the United States blueprint for improving our nation's health, includes "Sleep Health" as one of 42 topics with the greatest impact on public health. Yet, many people still assume reducing hours of sleep is the "best" approach to time management. They often fail to understand the essential role sleep plays in health and well-being. This session addresses typical sleep knowledge gaps among college students such as the impact of alcohol consumption on sleep quality, modifiable environmental factors that may interfere with sleep, and the role of sleep in facilitating learning. Since recommendations from medical professionals are particularly important cues to action for many patients, participants will briefly review their current messages to students about the significance of obtaining adequate sleep.

## Beliefs and Barriers: Impacts of Mental Health Stigma on Minority Students

Presenter: Jasmine Jones, Triton Health Educator Co-Leader, University of Missouri-St. Louis

Location: Osage A

Track: Mental Health

Student peer educators! Let's talk about the cultural and social factors that promote mental health stigma in various minority groups on college campuses. In research, it is well-known that exceptional mental health stigma persists in minority groups leading to greater mental health needs and significantly disproportionate rates of seeking mental health services. This interactive workshop will address the differences between personal and public stigma while also discussing the unique experiences of minority students on college campuses to better serve the mental health needs of our students. Student peer educators serve students from many backgrounds and acknowledging this can make programming and recruitment efforts more successful. The presentation will also address cultural, knowledge-based, and stigma specific interventions for reaching diverse audiences.

## Effective Alcohol Education for College Students

Presenters: Jack Whiteman and Nick Lazechko, and MU Student Wellness Advocates

Location: Osage B

Track: Alcohol, Tobacco, and Other Drug Prevention

As Peer Education matures as a field and reaches more students across colleges in the US, it's important to take into consideration research that helps Peer Educators give more effective presentations, and consequently, benefit more students. Practices that used to be the status quo in our field have been updated, and current research gives us insight into what strategies will have the biggest possible impact on students. After doing an analysis of current research regarding alcohol prevention for college students, Mizzou's peer education groups are working on redesigning our facilitation and prevention efforts to include personalized normative feedback in a group format. It's our hope that integrating this evidence based practice into our operations will give more students on our campus the resources they need to thrive, and this presentation will give you the theoretical framework and tools you need to implement personalized normative feedback in alcohol education at your campus.

## Behavioral Economics: Lessons for Collegiate Prevention Specialists?

Presenter: Robert Chapman, PhD

Location: Osage C

Track: Alcohol, Tobacco, and Other Drug Prevention

+ CEU: CNE/CME, Advanced CECH

This presentation will consider what behavioral economists have to teach AODV prevention specialists. One aspect of Behavioral Economics (BE) is the concept of "choice architecture" or engineering the environment so as to offer individuals subtle "nudges" designed to help them make personal choices and behavioral decisions that enhance their quality of life, personal health, and social responsibility. Various constructs in BE--priming, the affect heuristic, anchoring heuristic, availability heuristics, etc--will provide the vehicle for this discussion while specific suggestions outlining how they apply to the prevention of high-risk student AOD choices will ground this presentation in the "real work" of those attending.

## Fraudulent Identifications: Wait, Who am I Again?

Presenter: Lt. Christopher Bartolotta and Nancy M. McGee, JD

Location: Sioux

Track: Law Enforcement

+ CEU: POST

From erasing a date of birth and writing a new one with a pencil on a paper document, to creating a high tech credit card style license replica on a laptop, to purchasing a high quality, computer reader friendly identifications, the ID's of today present a difficult challenge to law enforcement officials. A look at some of the security features found on today's driver's licenses, a review of 'good' and 'bad' licenses, a look at national trends of the fraudulent ID market and a reinforcement piece of talking to and norming a subject presenting the ID, will be covered in this session. This session is certified for 1-hour law enforcement credit by the Missouri POST Commission.

## E-cigarettes, JUUL, Vape and Youth Use Trends and Perceptions

Presenter: Sara Prem, Advocacy Specialist, American Lung Association, Kansas & Greater Kansas City

Location: Wyandot

Track: Alcohol, Tobacco, and Other Drug Prevention

According to the data released in February 2019, approximately 4.9 million middle and high school students were current users (used in the past 30 days) of some type of tobacco product in 2018, up from 3.6 million in 2017. This increase is driven by an alarming surge in e-cigarette use. The rise in e-cigarette use in the last year is likely due to the recent popularity of certain types of e-cigarettes, such as JUUL. This session will provide an in-depth look at e-cigarettes and JUUL to understand the inner workings of these products, the content of the aerosols they produce and the impacts of third-hand smoke, as well as a discussion of the marketing strategies being used and ideas and tips for advocating for policies to reduce tobacco use among youth and children.

NOTE: e-cigarettes, vape pens, etc. may be abbreviated as e-cigs or vapes, and refer to any device similar to an e-cigarette.

### Roundtable Discussion Hiding in Plain Sight Q & A

Moderator: Greg Holtmeyer, Access and Abilities Coordinator, Lincoln University

Location: Boardroom

12:00pm-1:30pm

### Lunch and Keynote Session: Cannabis Panel: Lessons Learned and a Roadmap for Future Prevention

Presenter: David Arnold, Assistant Vice President for Health, Safety, and Well-being Initiatives, NASPA

Panelists: Jim Lange, PhD, Executive Director of the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery; Janice Putnam, PhD, RN, University of Central Missouri; Andrea Vasquez, Communications Director of the Wellness Peer Advisory Council, Fort Lewis College; Brett Deming, Chief of Police, Fort Lewis College

Location: Shawnee Ballroom

Since November 2012, state voters have gone to the polls in a changing world of legalized use of cannabis by adults age 21 and older. As newly formed dispensaries began the sale of cannabis, and legal sales began to increase, so has a response to higher access to use. At first, a fractured and territorial response led to few resources, allocations, or guidance for professionals working in substance abuse prevention and treatment. Join in to a multi-disciplinary conversation on how this recent history will inform the next 5 years in states with laws allowing adult use, those states who may pass them, and eventually a national conversation about cannabis.

1:45pm-2:45pm

## Educational Sessions, Block 3

### Campus Sexual Violence: The Nuances of Response

Presenters: Mary Wyandt-Hiebert, PhD, MCHES, CWHC, CA- University of Arkansas and Kim Webb, Relationship & Sexual Violence Prevention Center Director- Washington University in St. Louis

Location: Kansa A

Track: Violence Prevention

+ CEU: CNE/CME

This program focuses on compelling reasons that compassionate response is important to resiliency, post-traumatic growth, access to resources, and retention. Response from individuals, community, and the institution in the wake of sexual violence sets the trajectory of victims/survivors experiences. Identifying and engaging in opportunities for trauma-informed response promotes greater potential for overall wellness.

## **The Pop Culture Paradox: Media Literacy, Advocacy and Sexual Violence**

Presenter: Jeffrey Bucholtz, M.A. - We End Violence

Location: Kansa B

Track: Violence Prevention

+ CEU: CNE/CME

The stories that we tell about ourselves and each other through popular culture are a powerful tool for not only unraveling our cultural construct and understanding the roots of violence, but are also critical tools in how to better understand and assist survivors. In this stimulating presentation participants will explore how popular culture impacts our ideas about gender, health, agency, happiness, relationships, self-concept, sex, and sexual violence. This presentation will also explore experiences of male victims of sexual assault.

## **Screening and Diagnosis of TB on College Campuses**

Presenter: Dr. Lisa Armitige, MD, PhD

Location: Kansa C

Track: Health and Well-Being

+ CEU: CNE/CME

Screening and Diagnosis of TB on College Campuses is designed for community providers who will be screening and treating patients for tuberculosis (TB) on college campuses. The goal of this presentation is to identify individuals who are at risk of having TB or coming into contact with TB, explain the diagnostic tools used to screen for TB and understand the process of a clinical assessment of a patient with or suspected of having TB.

## **QPR - Gatekeeper Certification Training for Suicide Prevention**

Presenters: Amanda Gowin, Professor, Health and Exercise Science and Lauren Williams, Counselor, Westminster College

Location: Kansa D

Track: Mental Health

QPR stands for Question, Persuade, Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

This training would be helpful for people involved in risk management, those who serve as student leaders, and anyone interested in possibly saving a life. According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

## **Navigating and Thriving Through the Challenges of Student Health Leadership**

Presenters: James Yankech, Principal, Jim Yankech & Associates; Casey Tallent, National Collegiate Outreach Director, Eating Recovery Center/Insight Behavioral Health

Location: Kansa E

Track: Health and Well-Being

Collegiate student health leaders are often presented with new challenges - almost on a daily basis it seems. Campus events, student incidents, senior administrative decisions, and health care industry forces can all impact - often unexpectedly - the daily work of student health leaders. This educational and interactive program presented by veteran student health professionals will inform and engage attendees through a review of leadership challenges, self-care techniques, and collaborative leadership skills.

## **Violence Prevention: Applying the Framework of Cultural Responsive Teaching**

Presenter: Jazzmine Brooks, Violence Prevention and Green Dot Coordinator, Iowa State University

Location: Osage A

Tracks: Equity and Diversity, Violence Prevention

Green Dot at Iowa State aims to decrease power-based personal violence on campus by utilizing education, outreach, and development as mechanisms for increasing awareness and competency around bystander intervention skills. Student Wellness has created innovative and collaborative approaches to programming and outreach based on the framework of Cultural Responsive Teaching. Learn how to enhance your programming and outreach to connect with diverse audiences, maximize funding and support, and assess knowledge gained.

## **Peer Education Programming Surrounding St. Pat's: A Comprehensive Approach**

Presenters: Chelsea George, Wellness Coordinator Adam Rice, Peer Wellness Educator

Location: Osage B

Track: Alcohol, Tobacco, and Other Drug Prevention

St. Pat's festivities are a long celebrated tradition on the Missouri S&T campus. In this presentation, using best practices to address the increased alcohol consumption during this event will be discussed. Some background information will be given on the St. Pat's celebratory traditions, and data will be provided to talk about the increases in alcohol consumption during this specific time of year. From there, best practice strategies will be shared, and we will cover what it looks like to use those strategies in peer education programming during the weeks leading up to St. Pat's. Participants will then have the opportunity to brainstorm their own ideas for implementing a comprehensive approach in a program for their specific campus.

## **Addiction Part 2: Focus on Opioid Use Disorder**

Presenter: Alëna A. Balasanova, MD, FAPA

Location: Osage C

Track: Alcohol, Tobacco, and Other Drug Prevention

+ CEU: CNE/CME, Advanced CECH

In this presentation, we will begin by summarizing epidemiological trends in substance use prevalence with an emphasis on opioids. We will also review traditional treatment models and discuss their limitations. We will conclude by describing medication-assisted treatment as an evidence-based treatment option for opioid use disorder.

## **Understanding the Different Forms of Cannabis**

Presenter: Officer Ryan Snow, M.Ed.

Location: Sioux

Tracks: Law Enforcement, Alcohol, Tobacco, and Other Drug Prevention

+ CEU: POST

This session looks at the various forms of cannabis that are available. Participants will learn the different ways cannabis is being marketed and how that impacts the ability to recognize the drug and the individuals that are using it. Ways to interview potential users of the drug in order to gain confessions will also be discussed.

## **Talking to Brick Walls: Analyzing Common Resistance Points when Working with Fraternity and Sorority Life**

Presenter: Logan Davis, Outreach and Engagement Manager, Higher Education Center

Location: Wyandot

Track: Alcohol, Tobacco, and Other Drug Prevention

Engaging fraternity and sorority life in prevention work can often feel defeating. As if no one is listening and everything that is being said is going in one ear and out the other. If you have ever been in this situation, you know it can feel as though you are speaking an entirely different language. This session will explore this very idea: the different languages of fraternity (brotherhood) sorority and (sisterhood). Using research from an in-depth study and overlaying it data on collegiate student substance use/misuse, this session will create a discussion about how different views of brotherhood, sisterhood and substance use/misuse can create great misunderstanding and what chapters and community leaders can do to help try and get the brick wall to talk back.

### **Roundtable Discussion How to Make Peer Health Education a Career**

Moderators: Stephanie Spitz, Campus Victim Advocate and Taylor Panczer, MPH, CHES, Prevention & Wellness Program Coordinator, Pittsburg State University

Location: Boardroom

This program will consist of a roundtable discussion on how to make peer health education a career, exploring joining the workforce in this ever expanding field of public health and related sub-fields. Presenters will lead participants through the process of understanding one's leadership and communication styles, where to find professional developmental experience and how to translate transferable skills acquired as a peer health educator, as well as how to address strengths and weaknesses in your community. Presenters will have prompts for participants sharing information and encouraging responses and discussing shared experiences in these related topics. If you're interested in turning peer health education into a career, we invite you to join us to find out how to!

2:45pm-3:00pm

**Break with Exhibitors** Sponsored by Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery

Location: Shawnee Ballroom Foyer

3:00pm-4:00pm

## **Educational Sessions, Block 4**

### **Sexual Assault Awareness and Prevention Programming On College Campuses**

Presenters: Madison Brooks and Megan Kammer, University of Arkansas

Location: Kansa A

Track: Violence Prevention

As the Graduate Assistants of STAR Central within the University of Arkansas we aim to educate others on the programs we have developed and implemented to bring awareness to sexual assault on college campuses. We will discuss the classes offered through the Public Health Department that provide opportunities for students to gain knowledge on the various aspects of sexual and relationship violence. Finally, we will touch on the management and supervision of our multi-award winning peer education internship program.

### **Yes Yes Yes!**

Presenter: Jeffrey Bucholtz, M.A. - We End Violence

Location: Kansa B

Track: Violence Prevention

+ CEU: CNE/CME

Together We Can is a fun and interactive way to take a look at the ways in which our culture facilitates sexual violence. Participants will explore ideas about healthy sex, obtaining consent, the language of violence, and the role popular culture plays in promoting unhealthy ideas about sex and consent. Together We Can is a thought provoking and motivational workshop for anyone with the desire and passion to build a world free from sexual violence.

## **ABC - Achieving Body Confidence**

Presenters: Kira Schneider, Co-President and Maggie Fox, Presentations Director, Active Minds

Location: Kansa C

Track: Health and Well-Being

This program aims to educate the audience on the various types of eating disorders and disordered eating behaviors, as well as exposing the negative influences of diet culture and social media have on self-esteem, body positivity, and the development of eating disorder pathology. This program will also address some counter cultures that are attempting to alleviate the pressures of the "thin ideal" such as the Fat Acceptance, Body Positivity and Health At Every Size Movements.

## **Survivor to Thrive: Turning Your Secrets into Stories**

Presenter: Kacie Sandlin, Counseling Graduate Student, Missouri Baptist University

Location: Kansa D

Track: Mental Health

This presentation will combine personal experiences of suicide loss, suicidal ideation, and counseling education. Attendees will learn how becoming self-aware about their personal mental health can create a more effective outreach program. Warning signs and risk factors of suicide will be addressed, as well as instruction on how to effectively utilize a risk assessment tool with no clinical knowledge. This session will speak to students, leaders, educators, counselors, and advocates at all levels.

## **Creativity, Vulnerability & The Art of Risk-Taking**

Presenter: Anne Rulo, Counselor

Location: Kansa E

Track: Health and Well-Being

Regardless of the category of your creativity, it takes vulnerability and risk-taking to step into something you have not done before. This workshop will explore barriers to creativity, practical steps when getting started with a creative activity as well as internal and external supports you can put in place to keep you going. Creativity will be discussed both within and outside of the arts (i.e. writing vs. business leadership). Whether you need personal support to pursue your design or you are in a position at your school where you motivate others who are seeking to discover more about who they are, this workshop will give you valuable takeaways. Vulnerability, risk-taking, and growth mindset will be guiding principles in this workshop.

## **Sexual Rights are Human Rights: The Importance of Pleasure and Desire in Sexuality Education**

Presenter: Danielle Koonce, Violence Prevention Coordinator, Northwest Missouri State University

Location: Osage A

Track: Equity and Diversity

Pleasure and desire are often omitted in discussion of sexual health. When pleasure is discussed, disproportionate focus is often on the negative consequences, with greater focus placed on STI prevention and unintended pregnancy prevention. Identity and social location also impact the type of sex ed students receive. Unquestioned stereotypes about women, minorities, people with disabilities, and/or LGBTQIA+ folks combined with structural barriers has resulted in disparate knowledge about and access to sexual and reproductive health resources. We will discuss and engage with a new framework to envision sexual health programming that focuses on sexual rights as human rights and allows for open and honest discussions about pleasure and desire.

## **Prevention through Screening: An Effective No-Frills Way to Reduce Alcohol Misuse and Abuse**

Presenter: B.K. Taylor, Assistant Director Wellness Services: Prevention, Outreach, and Education - Northwest Missouri State University

Location: Osage B

Track: Alcohol, Tobacco, and Other Drug Prevention

Through this presentation you will learn the complete process of mental health, alcohol, and other drugs screening from the theoretical underpinning to the assessment of the program and be given the tools to implement within your own institution. Within one year of implement of the Northwest Screening Program Northwest Missouri State University saw a 4% reduction of binge drinking with in the general population and a 11% reduction of binge drinking within the Greek population. Come and ask questions to see if this program fits for your institution.

## **Part A: Motivational Interviewing (MI): The “Secret Sauce” of Student Engagement**

Presenter: Robert Chapman, PhD

Location: Osage C

Track: Alcohol, Tobacco, and Other Drug Prevention

+ CEU: CNE/CME, Advanced CECH

Although many in higher education are familiar with the concept of Motivational Interviewing and, perhaps, even its basic philosophy and techniques, appreciating just how useful this approach to interacting with students can be when it comes to affecting their individual behavior may still elude some. This 1st of a 2-part workshop on MI will concentrate on what it is about MI that makes it particularly suited to working with contemporary collegians. Although some of the basic tenets of MI will be mentioned, this meeting is not so much designed as a “how to” workshop as it is a “why we should” session.

## **Missouri Liquor Law & Enforcement: Whose Job is it Anyway?**

Presenter: Nancy M. McGee, JD

Location: Sioux

Track: Law Enforcement

+ CEU: POST

Description: In this session the participant will learn the role, reach, and limitations of the Missouri Division of Alcohol & Tobacco Control in regulating the State’s alcohol industry. The participant will learn the most frequently used statutes in the enforcement of Missouri’s Liquor Laws. Emphasis will be placed upon how the liquor laws used in conjunction with local ordinances can be used to create a safer, healthier, and more responsible alcohol environment for their communities. In addition, the participant will gain an understanding of the resources of the Division and how they can partner with the Division to increase their local reach and effectiveness. This course is Missouri Post Certified for 1 hour of Legal Studies.

## **Drunkorexia: Developing a Collaborative Campus Response**

Presenters: James Yankech, Principal, Jim Yankech & Associates; Casey Tallent, National Collegiate Outreach Director, Eating Recovery Center/Insight Behavioral Health

Location: Wyandot

Track: Alcohol Tobacco and Other Drug Prevention

Drunkorexia is a rising trend commonly observed in college students, in which individuals intentionally restrict before binge drinking. Nearly 50% of students report intentionally restricting before drinking alcohol. Those who restrict to avoid weight gain score higher on eating disorder inventories and those who restrict to get drunk more quickly score higher on substance abuse inventories. Additionally, up to 35% of patients who suffer from substance abuse exhibit eating disorder behaviors that often remain undetected by their treatment teams. In this engaging presentation, Dr. Casey Tallent and Dr. James Yankech will discuss collaborative campus based interventions to assess for eating disorders among those presenting with substance use disorders, the similarities of the two illnesses, and integrated treatment.

## **Roundtable Discussion The Use of Emerging Technology and Community Policing on Campus**

Moderator: Doug Roberts, Police Chief, Missouri University of Science and Technology

Location: Boardroom

This discussion will focus on the collaboration of community policing techniques on a campus (foot patrol, active involvement in campus organizations by management) and emerging technology aspects (phone applications, mass emergency messaging, cameras, door locks).

4:00pm-4:15pm

### **Break with Exhibitors**

Location: Shawnee Ballroom Foyer

4:15pm-5:15pm

## **Educational Sessions, Block 5**

### **Trauma-Informed Programming**

Presenter: Allie Halbert, Prevention Specialist, Washington University in St. Louis

Location: Kansa A

Track: Violence Prevention

In this session, participants will learn various concepts about trauma-informed programming. This will include a brief overview of how trauma affects students and the student experience; how to be trauma-informed while program/event planning; and ways to strengthen resiliency within the group and during programming. Participants will have the opportunity to explore an existing event/program and develop the skills necessary build their own trauma-informed programming in the future.

### **“Liberate” Student Voices in Prevention Planning**

Presenter: Holly Rider Milkovich, Senior Director of Prevention Education, Everfi

Location: Kansa B

Track: Violence Prevention

+ CEU: CNE/CME

As prevention professionals, we know that a best practice is to engage student participation in the prevention strategic planning process; we also know that building trust with students includes sharing institutional data policies, or procedures, and gathering their responses and thoughts. But how do we effectively engage student voices when we have limited time, resources, and access to students. Based on “Liberating Structures” this session will share (and practice!) activities that can be delivered with large groups of students or other stakeholders to gather their ideas, engage their perspective, and collect data on their interests and concerns.

### **Battling the Burnout: Maintaining Your Mental Health as a Peer Educator**

Presenter: Lilly Germeroth, Peer Wellness Educator, Missouri University of Science and Technology

Location: Kansa C

Track: Mental Health

As amazing and rewarding peer education is, sometimes such emotional investment can take its toll. In this discussion-based session, attendees will learn about compassion fatigue, and effective ways to counteract it. An effective strategy to lessen compassion fatigue is to understand that others have experienced it too, and that those feelings are justified. This session can be for anyone on their journey through the “slump”, not just those currently in it. Attendees are encouraged to share their personal peer education stories in groups, but participation is not strictly required.

## Opioid Overdose Identification and Response

Presenters: Officer Ryan Snow, M.Ed. & Dave Closson

Location: Kansa D

Track: Alcohol, Tobacco, and Other Drug Prevention

The prescription drug epidemic has been widespread on college campuses and 50% of college students are offered a prescription drug for nonmedical purposes by their sophomore year. The proportion of college students using prescription drugs has gone up dramatically: use of opioids such as vicoden, oxycotin, and codeine have increased more than 300%. Students embrace the misconception that prescription drugs are "safer" than illegal narcotics and the prevalence of counterfeit prescription drugs is increasing. Opioids are on your campus and this session will teach you a foundational understanding of the opioid public health crisis and the overdose epidemic. You will learn how to identify the signs and symptoms of an opioid overdose, how to respond to an overdose, naloxone access and good samaritan laws. This session is certified for 1-hour credit for Missouri POST law enforcement credit.

## Intersections of Self Discovery and Wellness

Presenter: Morgan Allen, Peer Wellness Educator, Iowa State University

Location: Osage A

Track: Equity and Diversity

Presentation features Iowa State University Peer Wellness Educators' new initiative The Well Podcast. Peer Wellness Educators will discuss the structures and skills to host difficult dialogue around various topics that impact the intersections of wellness and salient identities – gender, race/ethnicity class, ability, first language, body size, age, etc. Participants will leave with tools and strategies for implementation.

## Perspectives of Mental Health Crisis Response on Campus: A Panel Discussion with Saint Louis University

Panelists: Andrew Erdmann, Assistant Dean of Students; Beatrice Connaghan, Resident Advisor; Jay Winig, MSW, LCSW, CRADC, Coordinator Drug and Alcohol Services; Eric Lovan, Student; John Meyer, Student

Location: Osage B

Track: Mental Health

This session will be held in a panel based conversation with representatives from Saint Louis University. Each panelist will represent the different perspectives of how they may interact or view a mental health crisis or concern on a college campuses. Panelists will share strategies on how to help those struggling with their mental health.

## Part B: Motivational Interviewing (MI): Embracing the Spirit of the Law

Presenter: Robert Chapman, PhD

Location: Osage C

Track: Alcohol Tobacco and Other Drug Prevention

+ CEU: CNE/CME, Advanced CECH

As we are about to begin the 2nd quintile of the 21st Century, there are likely few readers unaware of Motivational Interviewing (MI). That said, acronyms like OARS, FRAMES, and other similar pneumatic tools from MI are also likely familiar terms. This familiarity, however, may...and I emphasize may...give rise to a problem when practitioners employ these strategies and techniques of MI in their work. This potential problem results from being proficient in their use but lacking when it comes to purveying the spirit of MI.

Although the use of MI strategies and techniques without necessarily conveying the spirit of MI is better than the traditional "attack therapy" approach used when "confronting" high-risk student behaviors, when its strategies and techniques are couched in the spirit of MI, that is when the magic truly happens in brief motivational interactions. As an adage in AA goes, people do not care what you know until they know that you care. This sense of "being cared for"

does not automatically result from the use of “technique.” Rather, it results from that more intangible “something else” or “extra” that may best be described as the “aura” that surrounds the use of MI’s techniques and strategies.

As the result of attending this workshop, participants will: understand that MI finds the practitioner less interested with doing something “to” individuals and more focused on doing something “with” them appreciate that MI is not concerned with “putting in” or “filling up” the individual with what she or he lacks or “needs to know/understand/accept” to change understand that “change” is an inside job that student decide to make rather than something practitioners motivate them to do recognize that “interventions, even when conducted using MI’s techniques do not work as well as “intercessions” – storming in the front door never works as well as slipping in the back

## **The 21st Birthday Project**

Presenter: Jean DeDonder, Alcohol & Other Drug Education Director, Lafene Health Center, Kansas State University

Location: Wyandot

Track: Alcohol, Tobacco, and Other Drug Prevention

Lafene Health Center, Kansas State University implemented an innovative program: The 21st Birthday Project. This harm reduction program, developed for college students turning 21, was originally designed by Virginia Tech Hokie Wellness. College students turning 21 are invited to meet with a Peer Educator for a brief (15 minute) educational session regarding responsible alcohol use and harm reduction strategies. Once the eligible student completes the educational session, the student receives a “celebration coupon book” as an incentive for participation in the aforementioned brief intervention. This celebration coupon book provides exclusive coupons from Community Partners free and/or reduced price food along with coupons promoting alternative fun activities to celebrate their 21st birthday. This new program has been well received by students and University administrators.

## **Roundtable Discussion The Marijuana Carousel: Are You Ready for this Ride?**

Moderator: Dr. Janice Putnam

Location: Boardroom

This marijuana round-table discussion is an opportunity for participants to get together in an informal setting to answer questions, share thoughts and reflect on experiences related to marijuana culture, issues and activity on college campuses. Dr. Janice Putnam will be facilitating discussions between the participants. There is no formal presentation, rather participants will focus their questions and conversations on the topic of marijuana use on college campuses. A summary of the highlights of these conversations will be shared at the conclusion of the session.

5:15pm

## **Open 12-Step Meeting**

Location: Salon C

5:15pm

## **CCHA Reception and Business Meeting (by invitation only)**

Location: Sioux

# **Saturday, April 6**

7:00am-8:15am

## **Continental Breakfast**

Location: Shawnee Ballroom Foyer

7:00am-11:00am

## **Registration Table and Presenters Table Open**

Location: Lobby Foyer

8:15am-9:15am

## Morning Keynotes

### Promoting Well-Being in College Students

Presenter: Dr. Jackie Kibler, Associate Professor, School of Health Science and Wellness- Northwest Missouri State University

Location: Shawnee B

+ CEU: CNE/CME

The American College Health Association (2018) identified stress and anxiety as two of the top barriers to the academic progress of college students. Many students have accepted stress and anxiety as normal parts of life without realizing that there are active steps that can be taken to reduce them.

This interactive presentation will focus on a well-being model highlighting different areas of life that we can evaluate and reframe to live a healthier and more fulfilling life. Emphasis will be placed on examining stress through a new lens, determining individual "tipping points," and practicing healthy coping strategies.

### First Aid for Mental Health: Substance Use Disorders and Coping Skills

Presenter: Jim Marshall - Cody's Gift

Location: Kansa A/B

This presentation covers mental health issues and mental health first aid with our youth today. The causes and issues of mental health issues are escalating. Youth are turning to substances and self-medication to cope. We as parents and educators can play a role in diminishing these issues and help those who are suffering.

### Reconnecting with your Unconquerable Spirit

Presenter: Shelby Rowe, Youth Suicide Prevention Program Manager- Oklahoma Department of Mental Health and Substance Abuse Services

Location: Shawnee A

+ CEU: CNE/CME

Suicide can affect anyone, even a suicide prevention professional. In this session, Ms. Rowe intertwines evidence-based suicide prevention best practices with her own experience as a suicide attempt survivor to discuss risk factors, address some of the barriers to help-seeking behavior, and challenge common stereotypes of who can be at risk for suicide. [Click here to learn more!](#)

She walks us through her journey to recovery, shares the post traumatic growth that's taken place, and shares her 6 steps to cultivating resiliency.

9:15am-9:45am

### Q & A Follow-up with Keynote Jim Marshall

Location: Kansa A/B

Come chat with our keynote speaker Jim Marshall as a follow up to his keynote!

9:15am-9:45am

### Check out of hotel room

Use this break to check out of your hotel room.

9:45am-10:45am

## Educational Sessions, Block 6

### **Do What I Say, Not What I Do: Are We Modeling Self-Care**

Presenter: Scott Breedlove, Assistant Director - Missouri Credentialing Board

Location: Kansa A/B

Track: Alcohol, Tobacco, and Other Drug Prevention

+ CEU: CNE/CME

This presentation will provide an overview of the topic self-care/compassion fatigue. The session will include a discussion of common definitions, a self-care inventory checklist, compassion fatigue warning signs and techniques to prevent and/or reduce compassion fatigue. A sample wellness plan template will be provided to attendees.

### **Mental Health on College Campuses: A Closer Look at Eating Disorders**

Presenter: Marie-Laure Firebaugh, Clinical Research Coordinator and Coordinator of the Missouri Eating Disorders Council's Body U Program, Washington University School of Medicine

Location: Kansa C

Track: Mental Health

The prevalence of mental health problems among college populations has risen steadily in recent decades, with one-third of college students struggling with anxiety, depression, or an eating disorder. Yet, only 20-40% of college students with mental disorders receive treatment. Inadequacies in mental health care delivery result in prolonged illness, disease progression, poorer prognosis, and greater likelihood of relapse. This session conducted by Marie-Laure Firebaugh, LMSW will review the work of the Missouri Eating Disorders Council to address these issues through its Body U Program and provide an overview of the most common mental health problems on college campuses, with a focus on eating disorders. Information on how individuals on college campuses can help someone with an eating disorder will be provided.

### **Suicide Prevention on College Campuses: Ideas to Move Us Forward**

Presenter: Dr. Jackie Kibler, Associate Professor, School of Health Science and Wellness- Northwest Missouri State University

Location: Kansa D

Track: Mental Health

+ CEU: CNE/CME

The model that many college campuses, and schools in general, have been using for suicide prevention is to provide factual information about the warning signs of suicide and then directing students to resources for help. The good news is that we have more students than ever reaching out for help at our counseling centers. The bad news is that many counseling centers are struggling to keep up with the current demand. This interactive breakout session will discuss different approaches and ideas for addressing suicide prevention on college campuses.

### **We're Here: Now What? Developing a Space for Survivors of Interpersonal and Sexual Violence**

Presenters: Donna St. Sauver, Coordinator Campus Violence Prevention; Rachel Fox, President of Redhawks Rising; Kyleigh Williamson, Vice President Redhawks Rising; and Kegan Summers, Treasurer Redhawks Rising, Southeast Missouri State University

Location: Kansa E

Track: Violence Prevention

Empowered survivors create culture change. In this interactive program you will hear directly from a diverse group of student survivors who have emerged as leaders on the Southeast Missouri State University campus. Learn specific strategies to retain survivors, reduce trauma response, amplify survivor voices and support student leaders in sexual violence prevention in your community. Gain skills to promote collaboration with Greeks, athletes and

other high-risk populations. Discover self-care strategies that enabled these survivor leaders to experience post-traumatic growth. Experience interactive activities that are easy to facilitate and can be used in the classroom or with small groups as soon as you return to your campus.

## **HORNY the Sex Box**

Presenter: Matisse Monty, Peer Educator, Fort Lewis College/WellPAC

Location: Osage A

Track: Health and Well-Being

LET'S TALK ABOUT SEX BABY! We start with the basics of sexual health, defining key terms and key issues, so everyone is on the same page. Then, learn a brief history of sex education in the U.S. and where the future of sex education is going. Hint: Sex Positive Sex Education! I will talk about HORNY the Sex Box, a program created for filling a gap in sex education on my college campus. We will end the session discussing how we can all create more sex positive environments back at our own schools/organizations. Take your sex education game to the next level!

## **Sexual and Relationship Violence: Using ACHA's Toolkit to Build a Trauma Informed Campus**

Presenters: Mary Wyandt-Hiebert, PhD, MCHES, CWHC, CA- University of Arkansas and Kim Webb, Relationship & Sexual Violence Prevention Center Director- Washington University in St. Louis

Location: Osage B

Track: Violence Prevention

+ CEU: CNE/CME, Advanced CECH

From toolkit to practice, this session explores the use of the newly released toolkit, "Addressing Sexual and Relationship Violence: A Trauma-Informed Approach" from the American College Health Association. With a public health framework, the toolkit comprehensively addresses the necessity for trauma-informed systems to better serve the needs related to sexual and relationship violence prevention and response.

## **What's with this Alcohol Report? Understanding the Standard Field Sobriety Tests**

Presenter: James Young, Crime Prevention Officer, University of Missouri Police Department

Location: Osage C

Track: Alcohol, Tobacco, and Other Drug Prevention

A breakdown of the Standard Field Sobriety Tests and their administration and clues of impairment. We will go over the detection process and the three standard tests used for detection of impaired driving and alcohol enforcement. Designed for those not in law enforcement, such as individuals involved in the conduct process, peer adjudicators, and Title IX investigators.

## **College Alcohol Trends**

Presenters: Nancy M. McGee, JD & Lt. Christopher Bartolotta

Location: Sioux

Tracks: Law Enforcement, Alcohol, Tobacco, and Other Drug Prevention

In this session the participant will learn about the current consumption patterns of college aged individuals to include quantity, location, and type. The session will also cover emerging alcohol trends and marketing strategies on college campuses that will impact university resources and challenge law enforcement agencies. The session covers the emergence of "Brand Ambassadors" to promote alcohol companies to the sale of alcohol at college sporting events. The session will question if these decisions are wise in the long run and in the short run how do we adjust university policies and enforcement strategies to deal with the inherent issues that these trends pose. This session is designed for anyone who deals with alcohol issues on campus and in the community to include; law enforcement, health care professionals, Resident Assistants and even administrators.

## Following the Five Roles of a Peer Educator: Building a Peer Education Group on a Non-Traditional Campus

Presenters: Kaylie Cunningham, President of Triton Health Educators; Jill Beckerle, Co-vice president of Triton Health Educators; Jasmine Jones, Co-vice president of Triton Health Educators; Freba Amin, Health and Wellness Coordinator; University of Missouri-St. Louis

Location: Wyandot

Track: Health and Well-Being

Peer education is not a recent concept, it goes back as far as 19th century England; building a bridge between students and education. Creating an environment where students feel comfortable communicating, inferring, and learning about topics such as physical, mental, and sexual health, drugs, and alcohol. In this presentation, you will learn how UMSL educators used the five roles of being a peer educator to build a successful group and community on their campus. This presentation addresses the challenges our group has encountered including recruitment, recognition by campus, producing events, and most importantly, development of our Peer Educators. The executive team will open a discussion on what it means to be a peer educator, and why they have an important role on their campus.

## Roundtable Discussion Greek Life Issues on Campus

Moderator: Megan DeShon-Runge, Northwest Missouri State University

Location: Boardroom

If you're a member of a GAMMA group or a social fraternity or sorority on your campus, or work with Greek students this roundtable is for you. Come and meet other peer educators and professionals working with this population at different colleges and universities in area 5. Come and share your resources and learn how to increase your recruitment efforts, increase the depth of your programming, and learn how you can collaborate with other student groups and offices on your campus.

10:45am-11:00am

## Check out of hotel room

Use this break to check out of your hotel room.

11:00am-12:00pm

## Educational Sessions, Block 7

### Recovery: Everything I Needed to Know I Learned In This Session

Presenter: Scott Breedlove, Assistant Director- Missouri Credentialing Board

Location: Kansa A/B

Track: Alcohol, Tobacco, and Other Drug Prevention

+ CEU: CNE/CME

This session will be an overview of the current Behavioral Health Recovery movement. The session will include updated information on current recovery practices and language and will include descriptions of current recovery technology that is expanding the reach of recovery resources.

## **A Students Guide to Mental Health Policy Reform**

Presenter: Abby Mason, President of Active Minds, Rockhurst University

Location: Kansa C

Track: Mental Health

Did you know an average of 1,100 college students die by suicide every year in the United States? College campus suicide prevention policies such as crisis hotline numbers on ID cards and mental health statements in university syllabi can provide life-saving resources for students. It can be the college students themselves who see the need for such resources on their campuses, but may not know how to make these changes happen. In this session, students from Rockhurst University's Active Minds Chapter will provide the tips and tricks they used to generate mental health policy reform on their campus in the hopes other students can utilize them to generate these changes on their own campuses too.

## **Speaking About Suicide: Tips for Safe & Successful Messaging**

Presenter: Shelby Rowe, Youth Suicide Prevention Program Manager- Oklahoma Department of Mental Health and Substance Abuse Services

Location: Kansa D

Track: Mental Health

+ CEU: CNE/CME

How we communicate about suicide in media and in prevention messages makes a difference. By strategically crafting the language we use when speaking about suicide, we can more effectively communicate that suicide is preventable and mental illnesses are treatable.

## **Best Practices in Student Health Insurance**

Presenters: James Yankech, Principal and Casey Tallent, National Collegiate Outreach Director, Jim Yankech & Associates

Location: Osage A

Track: Health and Well-Being

It seems like the student health insurance horizon is constantly changing. Federal government policies, market forces, individual policy coverage changes, and provider availability and contracts impact plan availability, plan benefits, and access to care. Navigating these changes and ensuring student access to care often create challenges for student health administrators and providers. The needs and circumstances of international students add to the complexity. This interactive session will provide an opportunity for attendee discourse about the challenges faced by administrators and providers and also the opportunity to review best practices and possible solutions relative to ensuring student access to health insurance coverage and student health center administrative effectiveness.

## **Sex and Candy: Addressing the Complexity of Consent Through an Interactive Presentation with Fraternity Members**

Presenters: Kaylee Richmond, Graduate Student and Kaylie Cunningham, President of Triton Health Educators, University of Missouri-St. Louis

Location: Osage B

Track: Violence Prevention, Health and Well-Being

Sexual assault rates on college campuses are high (Muehlenhard et al., 2016). Only three sexual assault prevention programs have been effective in reducing sexual assault perpetration (DeGue et al., 2014). This may be because talking about consent and sexual assault can be a difficult topic, especially with men who may view this topic as blaming, which may promote defensiveness. To reduce defensiveness, UMSL Triton Health Educators utilized the Our Whole Lives (OWL) curriculum to take a different approach to educating Fraternity men about consent by building a foundation for sex positivity and inclusivity. Presentation will highlight how educating fraternity men from a sex positive, non-judgmental approach with an emphasis on sexual communication can impact the understanding of consent and reduce the risk of sexual assault.

## **Mitigating Conflict through De-Escalation Techniques**

Presenter: Amanda Cullin, Lieutenant, Northwest Missouri State University Police Department

Location: Sioux

Track: Law Enforcement

+CEU: POST

Diffusing challenging situations effectively requires knowledge and control of self along with patience and practice. Mitigating conflict addresses the causes of conflict and how to change the way individuals and groups act and perceive these issues through communication skills, both verbal and non-verbal, while activating needed resources. Learn and practice specific, personalized strategies and tactics to keep yourself, your team, and your students safe. demonstrate the highest rates of recovery.

## **Components of Effective Prevention Programming**

Presenter: Eric S. Davidson, PhD, MCHES®, CSPS, Eastern Illinois University Health and Counseling Services

Location: Wyandot

Track: Health and Well-Being

+ CEU: CNE/CME, Advanced CECH

This program will highlight research findings and standards of practice that focus on elements and characteristics effective programs across a wide variety of topical issues and disciplines. Information provided will assist administrators and program planners in better identifying individual programs and interventions that will best meet your school's and /or community's comprehensive program's needs.

12:00pm-1:30pm

## **Closing Luncheon and the NASPA BACCHUS Initiatives Region IV-W Awards Ceremony**

Location: Shawnee Ballroom

Special awards will be given out from NASPA BACCHUS Initiatives Region IV-W including Outstanding Advisor, Outstanding Alumni, Outstanding Student, and Outstanding Program, and Outstanding Senior. Please bring your conference evaluation to this luncheon. If you are departing before the conference ends, please bring it to the registration/information table in the hotel lobby

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- Department of Mental Health, Division of Behavioral Health
- Missouri Department of Transportation's Highway Safety and Traffic Division
- Central College Health Association
- NASPA, BACCHUS Initiatives
- Partners in Prevention
- University of Missouri

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- Partners in Prevention Members
- The NASPA BACCHUS Initiatives Region IV-W Leadership Team:
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  - Jessica Gargus- Missouri State Coordinator
  - Beth Littrell- Nebraska State Coordinator
  - Mary Wyandt-Hiebert- Arkansas State Coordinator
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The purpose of Partners in Prevention is to provide students and professionals with access to resources in substance abuse prevention and public health. The content of the exhibits at the Meeting of the Minds Conference do not necessarily reflect the views or policies of the coalition.