Meeting of the Minds
2019 NASPA Region IV-W Spring Conference &
2019 Central College Health Association Annual Conference

Conference Guide
April 4-6, 2019

Join the Conversation! #MOMinds19

@missouripip
@BACCHUSRegionIVW  @CentralCollegeHealth
Dear Conference Participants,

Welcome to Kansas City for the 19th Annual Meeting of the Minds Conference! On behalf of the conference staff and the many individuals who have worked tirelessly to make this conference a reality, we are thrilled that you chose to join us here this weekend. This year’s conference line-up includes a variety of great breakout sessions and keynotes designed to help you learn more about effective prevention strategies and health, wellness, and campus safety topics.

This year, we are excited to be joined by the Central College Health Association for their annual conference. We welcome those attendees joining us from CCHA and hope that you enjoy your Meeting of the Minds experience!

Thank you for joining us for three days packed with fun educational sessions, and energizing and inspiring keynote presentations. The conference schedule is full of great sessions relevant to everyone in attendance. Missouri Partners in Prevention, the Central College Health Association, and NASPA, Region IV-West have collaborated to bring you some of the best information and experiences available!

We hope you enjoy looking at the great lineup of sessions. Each breakout session is identified by “tracks”. This is meant to be a guide as you select breakout sessions. Additionally, we have provided information about CEUs throughout the conference booklet and the Guidebook app.

If at any time you need special assistance during the conference, please approach any member of the conference staff, wearing “Conference Staff” ribbons on their nametag. We will do our best to make this an enjoyable conference experience for you.

Thank you again for joining us! Enjoy the conference!

Joan Masters  
Meeting of the Minds Conference Coordinator  
Director, Missouri Partners in Prevention  
Senior Coordinator, Student Affairs, Wellness Resource Center  
University of Missouri
April 4, 2019

BACCHUS Initiatives of NASPA Regional Conference Participants:

On behalf of the BACCHUS Initiatives of NASPA I would like to extend our welcome to the Meeting of the Minds Conference, which hosts the BACCHUS Initiatives of NASPA Spring Region IV-West Conference. We are all excited you could join us at this preeminent regional conference to address health, well-being, safety, and the important work of campus prevention. You join fellow peer educators, professional prevention practitioners, and student affairs administrations from across the Midwest, including folks from Missouri, Kansas, Iowa, Colorado, Wyoming, New Mexico, Oklahoma, Arkansas, Nebraska, South Dakota, and North Dakota.

During the course of the conference, you will have the opportunity to hear several exciting keynote presenters, choose between many motivating breakout and advisor sessions, and may go home with one or more of the many awards. I encourage you to take full advantage of the educational opportunities offered during the conference and I am sure you will return to your respective campuses excited to continue the process of creating positive change and encouraging healthier choices among your peers. As you move about from opportunity to opportunity, be sure to take chances, split up from your group and attend different sessions, meet many new people, and above all have a great time! At the BACCHUS Initiatives of NASPA we take pride in having fun while making a positive difference in the lives of our fellow students. Regardless of the programs you choose, we know you will enjoy Meeting of the Minds and have a full and memorable experience.

To benefit the most from this face-to-face conference experience, take time to connect with other campuses and with your BACCHUS Region IV-West Leadership Team. These volunteers work hard to support peer education on the regional and national level. Get to know them so you can network and share ideas throughout the year.

We look forward to hosting the 2019 BACCHUS Initiatives of NASPA General Assembly November 21 – November 24, 2019 at the Baltimore Marriott Waterfront Hotel
For more information, visit naspa.org/events/2019GA

Please join me in extending a thank you to Missouri Partners in Prevention for hosting, the many presenters for sharing their expertise, and the BACCHUS Region IV-West Leadership Team for making this dynamic learning opportunity a success.

Sincerely,

David Arnold
Assistant Vice President, Health and Well-being Initiatives
NASPA – Student Affairs Administrators in Higher Education
All gender restrooms are located on the lower level near the fitness center.
Stairs or elevator to these restrooms are located near the conference registration desk.
Training and Education Start Here.

Opioids have created an unprecedented health crisis. So we have created an unprecedented response. We work directly with communities, healthcare systems, and individuals to provide the resources, knowledge and connections required to turn the tide.

Please reach out to us today. There is no cost. We are here to help with your prevention, treatment, and recovery efforts.

Funding for this initiative was made possible (in part) by grant no. 6H79TI080816 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.
Schedule at a Glance

Use this abbreviated schedule for quick reference. For complete session descriptions, please see mom.missouri.edu, Guidebook (guidebook.com/g/momkc19) or the registration desk for a print out.

Thursday, April 4

- 7:00am-8:30pm: Registration Table Open
- 2:00pm-5:00pm: Half-Day Pre-Conference Workshops
- 5:00pm-6:00pm: Visit with Exhibitors
- 6:00pm-8:00pm: Dinner Keynote
- 8:15pm: Statewide Coalition Leaders Meeting (by invitation only)
- 8:30pm: Region IV-W Night
- 8:30pm: CCHA Board Meeting (by invitation only)
- 10:00pm: Open 12-Step Meeting

Friday, April 5

- 7:00am-5:30pm: Registration Table and Presenters Table Open
- 7:00am-8:15am: Continental Breakfast and Visit with Exhibitors
- 8:15am-9:15am: General Session and Morning Keynote
- 9:15am-9:45am: Poster Sessions
- 9:45am-10:45am: Educational Sessions, Block 1
  - 10:45am-11:00am: Break with Exhibitors Sponsored by McCallum Place
- 11:00am-12:00pm: Educational Sessions, Block 2
- 12:00pm-1:30pm: Lunch Keynote Session
- 1:45pm-2:45pm: Educational Sessions, Block 3
  - 2:45pm-3:00pm: Break with Exhibitors Sponsored by Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery
- 3:00pm-4:00pm: Educational Sessions, Block 4
- 4:00pm-4:15pm: Break with Exhibitors
- 4:15pm-5:15pm: Educational Sessions, Block 5
- 5:15pm: Open 12-Step Meeting
- 5:15pm: CCHA Reception and Business Meeting (by invitation only)

Saturday, April 6

- 7:00am-11:00am: Registration Table and Presenters Table Open
- 7:00am-8:15am: Continental Breakfast
- 8:15am-9:15am: Morning Keynotes
- 9:15am-9:45am: Q & A Follow-up with Keynote Jim Marshall
- 9:15am-9:45am: Check out of hotel
- 9:45am-10:45am: Educational Sessions, Block 6
- 10:45am-11:00am: Check out of hotel
- 11:00am-12:00pm: Educational Sessions, Block 7
- 12:00pm-1:30pm: Closing Luncheon and the NASPA BACCHUS Initiatives Region IV-W Awards Ceremony
### Half-Day Pre-Conferences

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<thead>
<tr>
<th>Location</th>
<th>Topic</th>
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<tr>
<td>Kansa A</td>
<td>Drug Free Schools and Campuses Act: Updates and Review</td>
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<td>Kansa B</td>
<td>Higher Education: Understanding the Impact of Legalizing Cannabis</td>
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<td>Kansa C/D</td>
<td>Being an Active and Effective Ally</td>
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<td>Osage A</td>
<td>Prescription Stimulant Medication Misuse Prevention for Peer Education Groups</td>
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<tr>
<td>Osage B/C</td>
<td>Ask a Preventionist: Sharing and Celebrating Campus Violence Prevention Best Practices</td>
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**Meeting of the Minds Welcomes CCHA Members!**

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**BECOME A MEMBER OF THE**

**Higher Education Center**

for Alcohol and Drug Misuse Prevention and Recovery

**Benefits Include:**
- Unlimited use of ScreenU suite of tools
- Campus access to Learning Collaboratives
- Discount to the National Meeting and more!

**Join Us for the 2019 National Meeting on July 29 - August 1 in Columbus, Ohio!**

Learn more at hecaodosu.edu
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<thead>
<tr>
<th>Room</th>
<th>Educational Sessions, Block 1</th>
<th>Educational Sessions, Block 2</th>
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<tbody>
<tr>
<td>Kansa A</td>
<td>This Is: Rape Culture</td>
<td>Shatter the Silence (of Domestic Violence)</td>
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<tr>
<td>Kansa B</td>
<td>Situational Prevention: Including Experiences of Space and Place in Our Work to End Sexual Violence</td>
<td>Re-Framing Relationships: Realistic Strategies for Promoting Healthy Relationships and Ending Abuse</td>
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<td>Kansa C</td>
<td>Hello! Meet my friend, Stress</td>
<td>Smart Phones and College Student Mental Health</td>
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<td>Kansa D</td>
<td>Hiding in Plain Sight</td>
<td>Exploring the Adverse Community Environments of Higher Education</td>
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<td>Kansa E</td>
<td>Use of the Health Belief Model to Increase Flu Vaccination of College Students</td>
<td>Sleep: A National Public Health Priority</td>
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<td>Osage A</td>
<td>Safe Zone</td>
<td>Beliefs and Barriers: Impacts of Mental Health Stigma on Minority Students</td>
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<td>Osage B</td>
<td>‘Communi-versity’: Campus and Community Collaboration to Address Substance Misuse</td>
<td>Effective Alcohol Education for College Students</td>
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<td>Osage C</td>
<td>Addiction Part 1: Understanding the SUD Continuum</td>
<td>Behavioral Economics: Lessons for Collegiate Prevention Specialists?</td>
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<td>Sioux</td>
<td>Impaired Driving: Drinking and Driving; There Are Stupider Things, but It Is a Very Short List!</td>
<td>Fraudulent Identifications: Wait, Who am I Again?</td>
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<td>Wyandot</td>
<td>The Highs and Lows of Collegiate Cannabis Prevention</td>
<td>E-cigarettes, JUUL, Vape and Youth Use Trends and Perceptions</td>
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<td>Boardroom</td>
<td>Roundtable Discussion: Let’s Get Social</td>
<td>Roundtable Discussion: Hiding in Plain Sight Q &amp; A</td>
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<td>Campus Sexual Violence: The Nuances of Response</td>
<td>Sexual Assault Awareness and Prevention Programming on College</td>
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<td>The Pop Culture Paradox: Media Literacy, Advocacy and Sexual</td>
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<td>Screening and Diagnosis of TB on College Campuses</td>
<td>ABC - Achieving Body Confidence</td>
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<td>7:00am-8:15am</td>
<td>Kansa A/B</td>
<td>Do What I Say, Not What I Do: Are We Modeling Self-Care</td>
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<td>8:15am-9:15am</td>
<td>Kansa C</td>
<td>Mental Health on College Campuses: A Closer Look at Eating Disorders</td>
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<td>9:45am-10:45am</td>
<td>Kansa D</td>
<td>Suicide Prevention on College Campuses: Ideas to Move Us Forward</td>
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<td>11:00am-12:00pm</td>
<td>Kansa E</td>
<td>We’re Here: Now What? Developing a Space for Survivors of Interpersonal and Sexual Violence</td>
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<td>Osage A</td>
<td>HORMY the Sex Box</td>
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<td>Osage B</td>
<td>Sexual and Relationship Violence: Using ACHA's First Aid for...</td>
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<td>Osage C</td>
<td>What's with this Alcohol Report? Understanding the Standard Field Sobriety Tests</td>
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<td>Sioux</td>
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<td>Following the Five Roles of a Peer Educator: Building a Peer Education Group on a Non-Traditional Campus</td>
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<td>Boardroom</td>
<td>Roundtable Discussion: Greek Life Issues on Campus</td>
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**asklistenrefer.org** is an online suicide prevention program designed to help individuals prevent suicide by teaching users to:

- Identify people at-risk for suicide
- Recognize the risk factors, protective factors, and warning signs of suicide
- Respond to and get help for people at risk
- Identify local campus resources

The Ask Listen Refer program includes several important elements, including:

- Scope of the Problem
- Prevalence
- Common Pressures
- Risk and Protective Factors and Motives
- Cultural Risk and Protective Factors
- How to Help Sample Conversations and Videos
- Local and Statewide Resources

Ask Listen Refer is anonymous, accessible 24 hours/day, and only takes 15-20 minutes to complete.

To learn more, visit [asklistenrefer.org](http://asklistenrefer.org)

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**MACRO**

Missouri Alliance of Collegiate Recovery Organizations

*Maintaining your recovery in college IS possible!*

**Participating Schools**

- University of Central Missouri
- Washington University in St. Louis
- Missouri State
- Washington University in St. Louis
- University of Missouri

Find a Missouri school that meets your needs at [macro.missouri.edu](http://macro.missouri.edu)

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Visit with our Exhibitors

Ask. Listen. Refer
Ask. Listen. Refer is a free, online suicide prevention training. It helps users identify the warning signs and risk factors of suicide, and learn how to help someone who may be at risk for suicide. Find the training on your campus at asklistenrefer.org! Interested in bringing Ask. Listen. Refer to your campus? Contact us at muwrcasklistenrefer@missouri.edu or at (573) 882-9335.

CHEERS, SMART, Drive Safe. Drive Smart

CHEERS is a statewide program that provides free non-alcoholic drinks to designated drivers! Learn more about recruiting establishments in your community and spreading the word on campus at cheers.missouri.edu.

SMART (State of Missouri Alcohol Responsibility Training) is a free, online responsible beverage service training. It addresses issues such as service to minors, sale or service to intoxicated individuals and more! To find out more about SMART visit smart.missouri.edu.

Drive Safe. Drive Smart. is an educational campaign that seeks to educate Missouri college students about safe driving behaviors. Learn more at drivesafedrivesmart.missouri.edu.

Eating Recovery Center
Eating Recovery Center, a Joint Commission-accredited behavioral hospital, is an international center for eating disorders recovery providing comprehensive treatment for anorexia, bulimia, binge eating disorder and other unspecified eating disorders. Eating Recovery Center offers the full spectrum of eating disorders treatment services for female and male adults, adolescents and children, including Inpatient, Residential, Partial Hospitalization and Outpatient programs.

Insight Behavioral Health Centers provide specialized treatment for mood, anxiety, and trauma-related disorders at multiple locations across the nation. Accredited by the Joint Commission and led by a nationally recognized team of experts across multiple behavioral healthcare disciplines, Insight leverages comprehensive, evidence-based treatment approaches to support adults, adolescents and families suffering from mood, anxiety, and trauma-related disorders. Recognizing that each individual has unique recovery needs, we offer several levels of care in multiple locations, including Residential, Partial Hospitalization and Intensive Outpatient programs.

Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery
HECAOD provides tools, training, and resources to campus professionals working to address collegiate substance misuse across the continuum. Learn more about our web-based SBIRT program, ScreenU, our free webinars and e-newsletter, and annual conference at hecaod.osu.edu.

MACRO
MACRO, the Missouri Alliance of Collegiate Recovery Organizations, is the first organization of its kind in the state of Missouri to create a statewide network for growing and enhancing collegiate recovery support services. Our mission is to unite collegiate recovery efforts across the state and to be a top resource for Missouri schools as they build their own recovery support organizations. In doing so, we hope to increase the capacity of colleges and universities in Missouri to address recovery on their campuses, and in their communities. MACRO is currently housed at the University of Missouri - Columbia. It is operated by Missouri Partners in Prevention (PIP), with support from the Missouri Department of Mental Health.
McCallum Place Eating Disorder Centers
McCallum Place Eating Disorder Centers, located in Kansas City and St. Louis, offer compassionate eating disorder treatment to individuals of any gender, starting at the age of 10. Residential treatment, partial hospitalization, intensive outpatient program and transitional living provide a full continuum of treatment options for children, adolescents, adults and athletes.

Missouri Coalition Against Domestic & Sexual Violence
Since 1980, MCADSV has been the statewide leader of individuals and organizations working to end rape and abuse in Missouri. Today, the mission of the Missouri Coalition Against Domestic and Sexual Violence remains focused on the work to unite Missourians with a shared value that rape and abuse must end. We advance this through our core services: research, education, alliance, public policy.

Opioid Response Network - STR-TA
The State Targeted Response Technical Assistance Consortium (STR-TA), a grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), was created to provide education and training at a local level to provide evidence-based practices in the prevention, treatment and recovery of opioid use disorders. In response, the American Academy of Addiction Psychiatry and a large coalition of national professional organizations was awarded the grant to lead this STR-TA initiative and created the Opioid Response Network. This network provides local training and education free of charge for specific needs at a community level to address this health crisis. The Opioid Response Network team stands ready to assist you.

Partners in Prevention
Partners in Prevention is Missouri’s higher education substance abuse consortium dedicated to creating healthy and safe college campuses. The coalition is comprised of 21 public and private college and university campuses across the state. Campus judicial officials, law enforcement, and campus prevention professionals are encouraged to take part in both their local coalition efforts and the statewide Partners in Prevention coalition. The unique composition brings together different perspectives on health promotion and prevention efforts. Since the beginning of our coalition, we have focused on preventing high-risk and underage drinking among Missouri’s college students and addressing other problematic health behaviors such as high risk driving behaviors and problem gambling. In addition, we also provide support and services to campuses across the state to prevent suicide on campus and support positive mental health among college students. Members of the Partners in Prevention coalition meet monthly for training and network opportunities and host the statewide prevention conference, Meeting of the Minds.

Point and Click Solutions, Inc.
Point and Click Solutions has the leading Integrated Scheduling, Billing, Electronic Health Record and Patient Web Portal System for student health and counseling services. The Practice Management and Electronic Medical Record components are designed to work together as one seamless entity. Our systems feature university registration interfaces and are optimized for the unique needs of student health and counseling services. Point and Click Solutions is known for products that have tremendous power and capabilities, while maintaining simple, intuitive user interfaces that require minimal training. These products, coupled with our outstanding support services, provide one of the best solutions available today for college health and counseling services.
Not familiar with project CHEERS? It’s a program that rewards the designated driver in a group by giving them free non-alcoholic drinks!

Your role in participating in CHEERS is easy! All you have to do is make sure DDs don’t get charged for non-alcoholic drinks. It’s THAT simple!

A couple of FAQs we get that might help you out:

What is a designated driver?
A Designated Driver is someone who consumes no alcohol at all - not even one drink.

Does a customer have to be 21 to participate in CHEERS?
No, if the customer is able to enter the establishment, they can participate and receive free non-alcoholic drinks. However, your establishment’s policy on who can enter still stands - if minors are prohibited, they are still not allowed to get in just because they’re the DD.

Thanks for participating in cheers!
If you have questions, visit cheers.missouri.edu, email cheers@missouri.edu, or call (573) 882-9335.

Jackie Kibler, Ph.D.
Well-Being Speaker & Researcher, Suicide Prevention Trainer, Consultant

For the past 15 years, Dr. Jackie Kibler has been one of the leading motivational speakers nationally and internationally addressing wellness initiatives including how to be mentally healthy and how to control stress and anxiety. Her research, consultation experience and direct work with youth and those working with youth allow her to add relevant examples and content to her presentations. She has served as a faculty member in psychology throughout her professional career, developing and presenting curricula to undergraduate and graduate students.

Learn more at jackiekibler.com
Waiting for your session to start? Find some words!

ALLY
ATHLETES
CHEERS
COALITION
COLLEGE

EDUCATION
FRIENDS
KANSA
LEARNING
MACRO
MEETING

OSAGE
PREVENTION
RECOVERY
SIOUX
WYANDOT
Meeting of the Minds 2019 has gone mobile!

Get the app on your mobile device now, for free.

https://guidebook.com/g/momkc19/

1. Visit the above URL on your device

2. Tap the “download” button to get the free Guidebook app

3. Open Guidebook and look for the guide:
   Meeting of the Minds 2019