

PARTNERS IN PREVENTION
RESEARCH BRIEFS

VOLUME 1
2012 - 2013



Missouri's higher education substance abuse consortium

FOR MORE INFORMATION, VISIT [HTTP://PIP.MISSOURI.EDU](http://pip.missouri.edu)

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Fall 2013

Since 2000, Partners in Prevention (PIP) has been Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses. Focused on preventing high-risk and underage drinking among Missouri's college students, PIP also addresses other problematic health behaviors such as high risk driving behaviors and problem gambling. In addition, PIP provides support and services to campuses across the state to prevent suicide on campus and support positive mental health among college students.

National research in college prevention is clear; a campus prevention effort that is evidence-based, comprehensive and has support from campus administrators is the most effective strategy to reduce high risk and underage drinking and the associated negative consequences among college students. Since our inception, PIP has provided training, technical assistance, funding, and support to Missouri campuses to implement evidenced-based programs.

Last year, PIP provided the Missouri higher education community with a series of eighteen research briefs. Each month your campus received a brief about the health and safety behaviors of Missouri college students, in areas of high risk drinking, tobacco use, and driving behaviors. Also included were the health behaviors of subpopulations of students, such as students under the age of 21, those at public universities, and students who identify as lesbian, gay, bisexual, or queer. In addition, the briefs provided information about current work being implemented in Missouri to address risky health behaviors.

We hope that these briefs assisted your understanding of the key issues facing our students, as well as how Partners in Prevention and your campus are working to create a healthier and safer campus community. If you have questions about the work of the professionals on your campus affiliated with PIP, please contact your PIP representative identified at the end of this booklet. We once again thank you for your continued support, and encourage you to be vocal, visible, and visionary on issues related to alcohol, drugs, and mental health on campus.

Your Partner,



*Joan Masters, M.Ed., MACSAPP
Senior Coordinator, Missouri Partners in Prevention*

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VOLUME 1



Missouri's higher education substance abuse consortium

FOR MORE INFORMATION, VISIT [HTTP://PIP.MISSOURI.EDU](http://pip.missouri.edu)

INTRODUCTION TO MISSOURI'S HIGHER EDUCATION SUBSTANCE ABUSE CONSORTIUM

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.

CAMPUS PARTNERS:

- University prevention professionals
- University student conduct professionals
- University and community police and public safety officers
- Undergraduate student volunteers
- Graduate student assistants
- Community business owners
- University administration

FUNDING PARTNERS:

- Missouri Department of Mental Health, Division of Alcohol and Drug Abuse
- Missouri Department of Transportation, Division of Highway Safety
- Missouri Department of Mental Health, Youth Suicide Prevention Project
- US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Garrett Lee Smith Campus Suicide Prevention Grant

BACKGROUND

Founded in 2000, Partners in Prevention (PIP) strives to curb high-risk drinking among college students in the state of Missouri. PIP has championed remarkable changes in student health behavior on Missouri campuses. Institutions have developed the capacity on their campuses to address binge drinking through the development of strategic plans and sustained campus-community coalitions. PIP is comprehensive, influential, and effective as documented by long-term evidence of success on both the statewide and local levels.

Each year PIP implements the Missouri College Health Behavior Survey (MCHBS) to gauge health behaviors and knowledge of students. The MCHBS is an online, anonymous survey covering issues related to college student health given to a random sample of students at 21 Missouri colleges and universities. Each year the data is used to design campus prevention programming and provide local data for tracking purposes. Members of PIP use social norming efforts to change perceptions of high-risk drinking among students. In addition to on-campus efforts, PIP uses MCHBS results in community outreach and statewide efforts such as grant applications and policy discussions.

HEALTHY DECISION APPROACHES

PIP uses evidence-based programs that yield results, focusing on four approaches to promote healthy decisions with alcohol. The four approaches are prevention education, social norming, harm reduction programs and environmental management. PIP also works with statewide programs that focus on smoking cessation, safe driving, gambling abuse prevention and suicide prevention.

Social norming campaigns use school-specific student data to change perceived norms regarding alcohol use. Students self-report their involvement in various subpopulations in the demographic section of the survey. Later, students are asked about their perception of drinking in those same subpopulations on their campus. Analysis consistently reveals that students over-perceive other students' level of high-risk behavior (e.g., fraternities/sororities, athletes, 'typical student', etc). By correcting students' misperceptions of what is "normal", students can feel more comfortable drinking less by understanding they are within the campus norms.

The MCHBS covers a wide variety of topics, with alcohol use being the most in-depth. In addition, illegal and prescription drug use and tobacco use are examined.

CONTINUED 

PARTNERS IN PREVENTION MEMBER-SCHOOLS MISSOURI COLLEGE HEALTH BEHAVIOR RESULTS	2007* (n=2763)	2012** (n=4021)
STUDENTS YOUNGER THAN 21		
Consumed alcohol in the past 30 days	62%	53%
Drove after drinking in the past year	26%	17%
Did poorly on a test or assignment in the past year due to alcohol use	17%	10%

*2007 data includes 12 public institutions **2012 data includes 21 public and private institutions

Students' stress and suicidal behavior are explored through a series of questions measuring their help seeking behaviors. New in 2011, the MCHBS started examining intimate partner violence and sexual assault.

CHANGE IN BEHAVIORS

The above table shows data from all respondents under the age of 21, including non-drinkers. Decreases are apparent in the negative behaviors represented in the table. Most notably, there was a 41% reduction in students doing poorly on a test or assignment as a result of their drinking. The MCHBS examines not only drinking behaviors that can result in legal consequences, but also behaviors that can reduce a student's academic success.

In addition to negative behaviors, the MCHBS investigates reasons why students reduce or avoid drinking. One series of questions posed by the MCHBS details positive behaviors exhibited while drinking, including reducing alcohol intake and creating a support system of monitoring their friends. In 2012, 81% of students monitored their drink location, 78% ate before or during drinking, and 58% avoided keeping up or out-drinking others (percentages found by combining 'Usually' and 'Always' responses to the questions).

EMERGING TRENDS

The MCHBS is used to detect emerging trends in drug use, as well as measure change in behaviors longitudinally. In 2012, measurements were taken

regarding e-cigarettes, K2, and bath salts. By gauging student use in emerging drug trends the information can be used in initial policy discussions to prevent widespread use. Longitudinal measurements of alcohol and drug trends are also used in grant applications.

THE FUTURE OF PIP

In association with a grant from SAMSHA's Garrett Lee Smith Campus Grant project, PIP has begun to implement a comprehensive suicide prevention effort at member campuses over the next two years for high risk populations including lesbian, gay and bisexual students and military family members and veterans. After programming is first solidified at the University of Missouri, the PIP coalition will expand this programming onto college campuses across the state, integrating lessons learned from initial experiences in implementation and administration.

CONTACT US

Partners in Prevention would like to become your source of information about Missouri college student health behaviors. To learn more about PIP, please visit our website at <http://pip.missouri.edu> or contact Joan Masters, PIP Senior Coordinator, by email at mastersj@missouri.edu or by phone at 573-884-7551.

Report prepared by Partners in Prevention Research and Evaluation Staff

MISSOURI PARTNERS IN PREVENTION, MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY

Partners in Prevention (PIP) has served as the Missouri higher education alcohol prevention consortium since 2000. Consisting of 21 public and private colleges and universities, the members of PIP focus on lowering college student underage and high-risk drinking, impaired driving, and other risky health behaviors. In order to achieve healthier and safer campus communities, lower the high-risk and underage alcohol use rates, campuses implement strategic plans for prevention which include evidence-based strategies. These evidence-based strategies include educational efforts, social norming campaigns, policy review and enforcement, and the implementation of approaches to address the riskiest drinkers on campus. To identify progress of our goals, and to obtain data for program implementation, PIP created the Missouri College Health Behavior Survey (MCHBS). The survey, modeled after the CORE Alcohol and Drug Survey, is an annual, online survey implemented each spring semester since 2007. Questions on the MCHBS assess alcohol and drug prevalence, negative consequences associated with drinking and protective behaviors among college students. In addition, the survey measures other health behaviors such as tobacco use, gambling, and risky driving behaviors along with a measure of mental health concerns.

PARTNERS IN PREVENTION SCHOOLS:

- Columbia College
- Drury University
- Evangel University
- Harris-Stowe State University
- Lincoln University
- Linn State Technical College
- Maryville University
- Missouri University of Science & Technology
- Missouri Southern State University
- Missouri State University
- Missouri Western State University
- Northwest Missouri State University
- Rockhurst University
- Southeast Missouri State University
- Saint Louis University
- Truman State University
- University of Central Missouri
- University of Missouri
- University of Missouri-Kansas City
- University of Missouri-St. Louis
- Westminster College

IMPLEMENTING THE MCHBS

Once Institutional Review Board approval is gained on each campus, a random sample of approximately 25% of student email addresses is obtained based on the most recent enrollment information. Samples are typically requested from the campus Registrar's Office. Research indicates that females are more likely to respond to campus-based surveys, so the samples are stratified, 60% male to 40% female. Exceptions are applied to campuses with a disproportionate male enrollment.

Most campuses implement the survey over a 2-3 week period in February or March. Reminder emails are sent to students who have not yet chosen to participate. Approximately 20% of the students complete the survey for each campus, representing a random sample of roughly 5% of the total student population. Twenty percent (20%) return rates are consistent with national averages of campus-based alcohol prevalence surveys. Research supports that a random selection of 5% of the population is sufficient to provide appropriate reflections of the campus population.

While a 5% return rate may appear low, it is consistent with most national opinion polls. A typical sample size for Gallup is around 1,000 adults from across the country, and their results are generalized (± 4 points) to the country as a whole (over 230 million Americans). As stated by Gallup: "Broadly speaking, the actual number of people that need to be interviewed for a given sample is to some degree less important than the soundness of the fundamental equal probability of selection principle" (Gallup, 2010). Essentially, by randomly selecting students, and conducting the survey with fidelity, the results obtained from 5% of the population are generalizable to the student body. In the 2012 implementation of the MCHBS, the overall response rate for the PIP21 schools was 25%. This indicates that the MCHBS was able to capture over 6% of the student population at our 21 colleges and universities in Missouri.

Contact Partners in Prevention at (573) 884-7551
Report prepared by Kathleen Anderson, Partners in Prevention
Research & Evaluation Staff

TREND DATA AMONG STUDENTS ATTENDING PUBLIC UNIVERSITIES IN MISSOURI, 2007-2012

The results below show changes in behavior due to alcohol use among students enrolled in 13 publicly funded universities in Missouri from 2007 to 2012. All results are taken from the Missouri College Health Behavior Survey (MCHBS). The MCHBS is an online, anonymous survey of college student health behaviors currently implemented at 21 Missouri colleges and universities.

CHANGES IN RISKY ALCOHOL BEHAVIORS among underage Missouri College Students, 2007-2012	2007 (n=2763)	2012 (n=2970)	% REDUCTION*
STUDENTS YOUNGER THAN 21			
Consumed alcohol in the past year	74%	72%	3%
Engaged in binge drinking (5+ drinks in 2-hour period)	35%	28%	23%
Engaged in binge drinking (5+ drinks in one sitting)	31%	27%	13%
Experienced a blackout or memory loss due to alcohol	28%	29%	4%
Hurt or injured due to alcohol use	14%	13%	14%
Drove after drinking	26%	17%	38%
Drank at bars	15%	9%	40%

*Percent reduction found using the percent difference formula: (2007 Percentage - 2012 Percentage) / 2007 Percentage

DISCUSSION

While it is highly encouraging to see significant and meaningful reductions in alcohol consequences among underage Missouri students, the interesting question is ‘why do these reductions in consequences coincide with relatively mild reductions in overall use?’ One possible explanation could be the reduction in underage students who drank at bars from 2007 to 2012. This 40% decrease is substantial and matches the reduction in students who drove after drinking. Whether or not this reduction in underage students who drank at bars is related to these other consequence reductions will require further analysis. Additionally, future analysis will assess possible causes for the reduction in underage drinking at bars. A possible explanation could be the availability of more programs such as the State of Missouri Alcohol Responsibility Training (SMART) program. SMART is targeted at educating bar staff on how and why they should avoid serving underage individuals. In addition, 2007-2012 was a time when these schools would have been more able to access funding for law enforcement

operations through a specialized law enforcement grant program. All of these possible explanations will require further analysis. For now, **we are encouraged that high-risk underage drinking has decreased on these campuses, and risky consequences among underage students have decreased drastically in a relatively short period of time.**

SUMMARY

Among students at all Partners in Prevention’s public university campuses, underage drinking and underage binge drinking have decreased since 2007. While this is encouraging, the decreases in consequences among underage students at these universities are even more promising. Reductions in underage students who were injured due to alcohol use or drove after drinking have both decreased by double digits since the implementation of the MCHBS.

Contact Partners in Prevention at (573) 884-7551
Report prepared by Partners in Prevention Research & Evaluation Staff

INVOLVEMENT, ACADEMICS AND ALCOHOL AMONG MISSOURI COLLEGE STUDENTS

Involvement is often touted as a central component in students' retention, academics, and ability to create a sense of belonging on campus. Colleges encourage students to get involved in campus organizations with the expectation students will learn life lessons that are not always available within the classroom, and to further develop skills that will serve them in their life after graduation. The following data is taken from the Missouri College Health Behavior Survey, an annual survey implemented at 21 college and universities in Missouri. This data examines differences in academics and alcohol usage of involved and non-involved Missouri college students.

	INVOLVED IN 0 ORGANIZATIONS (n=3015)	INVOLVED IN 1 ORGANIZATION (n=2584)	INVOLVED IN 2+ ORGANIZATIONS (n=3552)
Average GPA	3.17	3.28	3.42
Stress interfered with academic obligations	17%	14%	15%
Stress source - academics/school	71%	78%	82%
Stress source - outside organizations	3%	15%	32%
Binge drinking - consumed 5+ drinks in 2-hour period (<i>past two weeks</i>)	20%	28%	32%
Performed poorly on test/assignment due to alcohol	9%	11%	12%
Missed class due to alcohol consumption	14%	19%	21%
Experienced blackout/memory loss due to alcohol consumption	21%	30%	33%
Use a designated driver (usually/always)	59%	64%	71%
Choose to drink less due to academic obligations	34%	45%	54%

DISCUSSION

There is a remarkable difference in the average GPA of students involved in more than one organization as compared to those not involved in any organizations. This 0.25 point difference in the average GPA helps to support the academic reasons for students to become involved when entering a higher education institution. Surprisingly, students' level of stress across levels of involvement doesn't appear to vary, although the source of stress does vary. 32% of students involved in more than one organization reported experiencing stress from outside organization responsibilities, as opposed to 15% of students only involved in one organization. Stress from school or academics also appear to increase as involvement increases. However, these more involved students also have a higher average GPA, so the increased attention and stress towards academics may be a source of positive stress.

The binge drinking rate increases substantially as involvement increases, with an 12% point difference between those with no involvement and those with involvement in more than one organization (20% to

32%, respectively). Students involved in more than one organization also appear to experience more negative consequences due to alcohol consumption. Ultimately, the findings indicate students who are highly involved are also engaging in higher risk behaviors. However, when examining protective strategies, involved students use a designated driver more often, and report higher percentages of drinking less on occasions when they have academic obligations the following day.

SUMMARY

Differing levels of involvement seem to still play a role in grade point averages, and highly involved students appear to be primed for high-risk drinking prevention efforts. An increase in efforts aimed at student organizations as a whole may result in some behavior change with this substantial portion of the campus population.

Contact Partners in Prevention at (573) 884-7551
Report prepared by Kathleen Anderson, Partners in Prevention Research & Evaluation Staff

MISSOURI COLLEGE STUDENT MENTAL HEALTH 2012

The results below will provide insight to the mental health concerns among students at 21 universities and colleges in Missouri. Results are from the 2012 Missouri College Health Behavior Survey (MCHBS). The MCHBS is an online, anonymous survey covering issues related to college student health implemented at 21 Missouri campuses.

MENTAL HEALTH ISSUES PERCENTAGE OF STUDENTS EXPERIENCED IN THE PAST YEAR:	2012 (n=9151)
Any mental health concern	45%
Anxiety	33%
Sleep issues	15%
Suicidal thoughts	14%
Depression	13%
Eating disorders	5%
Self-injury	4%
Alcohol abuse/dependence	3%
Suicide attempt	1%
Other experiences affecting student mental health	
Abusive relationship	3%
Sexual assault	1%

DISCUSSION

More than half of Missouri college students have experienced a mental health concern in the past year, with anxiety, sleep issues, and depression being the most common concerns. Each of these concerns is a risk factor for suicide, and 14% of Missouri college students have experienced suicidal thoughts in the past year.

The MCHBS data shows that 31% of students who experience suicidal thoughts and behaviors seek assistance. Fifty-three percent (53%) of those students initially seek help from friends or family, while 35% of students initially seek services from a university counseling center. With 53% of students seeking help from friends or family as a first resource, it is important that friends and family understand how to recognize the risk factors for suicide and how to respond appropriately. With the appropriate response, college students can be directed to a university counseling center or another professional for assistance.

Data from the MCHBS indicates a need for early mental health intervention among Missouri's college students.

To address this need, Partners in Prevention offers an online suicide prevention education program, called Ask Listen Refer. This program is designed to help individuals recognize the risk factors and warning signs of suicide and respond appropriately. This 15-20 minute interactive training program can be found at AskListenRefer.org.

SUMMARY

Our data collection indicates a high need for mental health prevention efforts at Missouri campuses. Encouraging students, faculty and staff to learn more about mental health and how to respond to those who need assistance is a first step in improving the mental health of Missouri college students.



Contact Partners in Prevention at (573) 884-7551
 Report prepared by Heather Hoeflicker, Partners in Prevention Staff
 Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

TOBACCO PRODUCTS & MISSOURI COLLEGE STUDENTS

The following data is taken from the Missouri College Health Behavior Survey (MCHBS), an annual survey implemented at 21 college and universities in Missouri. The MCHBS asks students about their use of a variety of tobacco products, including hookah, e-cigarettes and tobacco cigarettes. Students are asked to report all tobacco products used in the past year, and the two tables below attempt to paint a complete picture of tobacco product usage. On the left, is the self-reported frequency of tobacco products conveyed by PIP students. The table on the right shows that of these students reporting tobacco usage, nearly half of them report using more than one type of tobacco product. The poly use of tobacco causes the first table to not add to 100%, but instead captures all tobacco use by students.

TOBACCO PRODUCTS USED (Past Year)	PIP21 ALL STUDENTS (n=9151)
Cigarettes	18%
Hookah	14%
Cigars	12%
Smokeless	5%
E-Cigarettes	3%
Pipes	2%
None	57%

NUMBER OF PRODUCTS USED (Past Year)	PIP21 TOBACCO USERS* (n=2760)
1	54%
2	26%
3	12%
4	5%
5+	3%

* Percentages are taken from students reporting to have used at least one tobacco product in the past year.

DISCUSSION

The most common forms of tobacco usage by students are cigarettes and hookah use (18% and 14%, respectively). Fifty-seven percent (57%) of students reported not using any tobacco products in the past year. Of those who smoke cigarettes, 31% would be defined as 'regular smokers' (smoking everyday), with an additional 7% who reported smoking 3-6 times per week. Approximately half (52%) of Missouri students who used cigarettes in the past year reported a quit attempt since entering college.

Hookah usage in the past year was reported by 14% of students, with an overwhelming majority (80%) using only a few times a year. Smokeless forms of tobacco (e.g., chew, spit, dip) were used by 5% of the students surveyed, but nearly half of those users (47%) used it at least weekly.

Poly use of tobacco, defined as using more than one type of tobacco product in the past year, was reported by 46% of all tobacco users. The table above shows the

percentages of students who reported using at least one type of tobacco product. Of the students who reported using two or more types of tobacco (n=1279), 78% of them smoked cigarettes and 67% smoked hookah in the past year. Other frequencies of tobacco types fell in the same order of usage as statewide percentages (cigars 62%, smokeless 28%, e-cigarettes 18%, followed by pipes 16%).

SUMMARY

As many campuses consider the move towards a smoke free or tobacco free environments, it is important to realize the prevalence of tobacco usage on each campus. Statewide, only 18% of college students report using cigarettes in the past year, while a majority of students report not using any tobacco products.

Contact Partners in Prevention at (573) 884-7551

Report prepared by Kathleen Anderson, Partners in Prevention Staff

Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

NON-MEDICAL USE OF PRESCRIPTION DRUGS AMONG MISSOURI COLLEGE STUDENTS

Partners in Prevention (PIP) 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 colleges and universities in Missouri. Campus conduct officials, law enforcement, and campus prevention professionals take part in local coalitions and the statewide PIP coalition. The unique composition brings together different perspectives on prevention efforts.

Statewide Non-Medical Use of Prescription Drugs

According to the Missouri Department of Mental Health, drug-related deaths have risen in the state due to increased use of heroin and prescription pain medication among young adults (2011). Missouri data from the National Household Survey, identifies the college-age group (18 to 25 years) accounting for the highest prevalence of non-medical prescription drug use. Twelve percent (12%) of 18 to 25 year olds reported non-medical prescription drug use, compared to 6% for those 12-17 years old and 3% for adults older than 26 years (SAMHSA, 2011).

College Non-Medical Use of Prescription Drugs

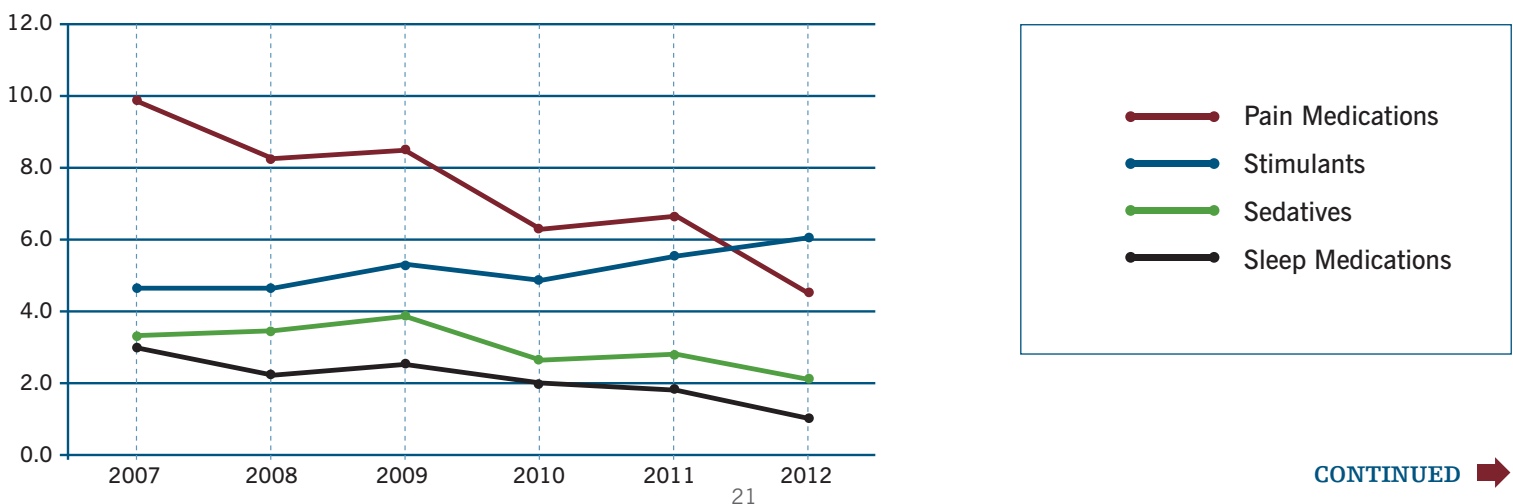
To identify concerns and measure progress, Partners in Prevention (PIP) created the Missouri College Health Behavior Survey (MCHBS). The online survey has been implemented each spring since 2007. The survey assesses student substance use, consequences and protective behaviors among the 21 participating campuses.

According to the 2012 MCHBS, the most frequently reported substances used by Missouri college students in the past year were alcohol (79%), tobacco products (43%) and marijuana (21%). Nine percent (9%) of Missouri college students reported using prescription drugs without physician consent. The most common prescription drugs used were stimulants (6%) and pain medications (5%). These were followed by sedatives or anxiety medications (3%) and sleeping medications (1%).

REPORTED USE IN THE PAST YEAR		EXAMPLES
Any Non-Medical Prescription Drug Use	9%	
Stimulants	6%	Dexedrine, Adderall, Ritalin, Concerta
Pain Medications	5%	Vicodin, OxyCotin, Codeine, Demerol, Morphine
Sedatives/Anxiety	3%	Barbituates, Valium, Librium, Xanax, Ativan, Klonopin
Sleeping Medications	1%	Ambien, Halcion, Restoril

Statewide Trends

Since implementation of the MCHBS survey, we have observed changes in prescription drug use. The most notable change includes a reduction in pain medication use from 10% in 2007 down to 5% in 2012. Stimulant use has increased from 4.6% in 2007 to 6% in 2012.



Student Reasons for Use

The most common reason for prescription drug use by our students was to improve performance. Students also reported prescription drug use to alleviate negative feelings, enhance experiences, have a good time, facilitate sleep and assist with weight loss. Interestingly, only 2% of students reported using prescription drugs to “fit in”.

IMPORTANCE OF USE (Important + Very Important)		ENDORSEMENT
Improve Performance	Improve Academics	45%
	Increased Energy	41%
Alleviate Negative Feelings	Reduce Pain	36%
	Stress Reduction	30%
Enhancement Experiences	Mood Enhancement	26%
	To Have a Good Time	21%
Other	Sleep Aids	24%
	Weight Loss	8%
	To Fit In	2%

Perceived Consequences of Use

For the most part, students did not perceive negative consequences associated with their use of prescription medications. When queried about perceived problems or concerns associated with use, no more than 4% reported these negative consequences. Conversely, about a quarter of the students reported positive consequences of improved academic performance (27%) and pain reduction (26%).

CONSEQUENCES OF USE (Quite a bit + To a Great Extent)		ENDORSEMENT
Perceived Negative Consequences	Lower Psychological Well-Being	4%
	Strained Relationships with Family/Friends	4%
	Poor Physical Health	3%
	Academic Problems	3%
	Financial Problems	3%
	Legal Troubles	1%
	Employment Problems	1%
Perceived Positive Consequences	Reduced Pain	26%
	Improved Academic Performance	27%

DISCUSSION

We still have much to learn about use trends, prescription drug availability and the specific negative consequences associated with non-medical prescription drug use. While we have observed a marked decrease in pain medication use, the Missouri Department of Health has identified pain medication use as contributing to increased drug-related deaths within our state.

Missouri college students who use prescription drugs endorse perceived effects of improved performance, alleviation of negative consequences and mood enhancement. Conversely, students are not reporting the negative consequences typically associated with non-medical prescription drug use.

SUMMARY

As members of our Statewide Partners in Prevention coalition, it is imperative that we continue to gather quantitative and qualitative data from our students on the use of all substances and their associated negative consequences. As we have seen from our work with alcohol prevention, if we continue to work collectively, we can significantly improve health and reduce risk for our students.

Contact Partners in Prevention at (573) 884-7551

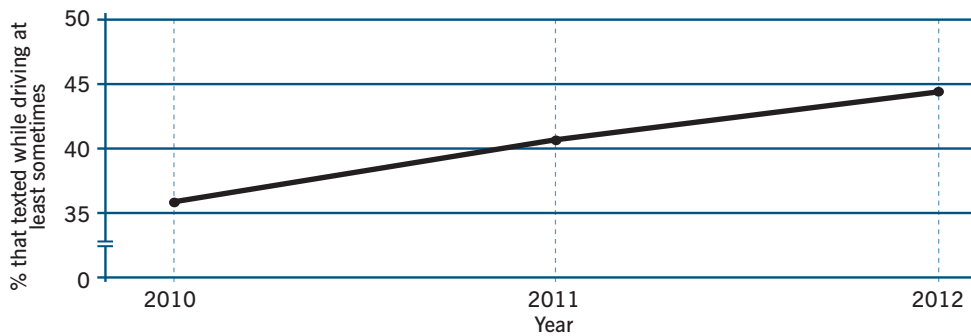
Report prepared by Dan Reilly, Prevention & Research Coordinator | Partners in Prevention
Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

TEXTING AND DRIVING AMONG MISSOURI COLLEGE STUDENTS

Partners in Prevention, a coalition of 21 colleges and universities across the state, is dedicated to reducing high-risk behaviors among Missouri college students. One of the ways that students put themselves at risk is using their cell phones while driving.

Texting while driving encompasses the three main types of distraction – visual, manual and cognitive. It also reduces the driver's focus from the road more frequently and for longer periods of time than other distractions, which makes it more dangerous than many other forms of driver inattention (National Highway Traffic Safety Administration).

Results from the Missouri College Health Behavior Survey (MCHBS) indicate frequent and increasing rates of texting and driving behaviors among Missouri's college students. Partners in Prevention implements this online survey annually at 21 colleges and universities across the state.



The reported percentages are of students reporting texting while driving "Sometimes", "Most of the time", and "Always".

If these trends continue, in 2013 one out of every two will be engaging in this behavior.

DISCUSSION

According to a December 2011 survey measuring cell phone use and distracted driving conducted by the National Highway Traffic Safety Administration, 6% of all respondents (ages 18-34) had been in a crash in the past year. When looking specifically at young drivers (ages 18-20), 17% had been involved in a crash, which was the highest rate compared to all other age groups. Young drivers also reported the highest level of phone involvement (13%) compared to the entire surveyed population (6%).

While certain traffic safety behaviors - such as safety belt usage - of Missouri College Students has improved in recent years, the texting and driving rates among students has increased significantly since PIP began measuring these issues on the MCHBS in 2007. When it comes to Missouri's usage rates, the MCHBS shows that as of 2012, 44% of students are text messaging while driving at least sometimes. Missouri has seen a growth of 22% in texting and driving rates over the past three years, and if the current trend continues, approximately one out of every two Missouri college students will be engaging in this dangerous behavior in 2013. Since

traffic crashes are the leading cause of death among individuals aged 15 to 20, and distracted driving-related crashes have increased to 11% of all traffic fatalities, it is a topic that should be addressed among college students. Partners in Prevention has resources available to help campuses address texting and driving as well as other traffic safety issues through the Drive Safe. Drive Smart. program, funded by the Missouri Department of Transportation's Highway Safety Division.

SUMMARY

Research on the topic indicates a growing problem with texting-related behaviors and traffic crashes, particularly among young drivers. If the recent rate of growth continues, beginning the conversation about texting while driving on Missouri campuses and implementing education on safe driving behaviors is a first step in changing the mindset of our young drivers.

Contact Partners in Prevention at (573) 884-7551

Report prepared by Jessica Schlosser, Partners in Prevention Staff

Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

MISSOURI COLLEGE STUDENTS AND SUICIDE

Partners in Prevention is a statewide coalition dedicated to creating healthy and safe college campuses in Missouri. The coalition is comprised of 21 public and private colleges and universities across the state. Partners in Prevention focuses on reducing high-risk behaviors, such as substance abuse, as well as promoting positive mental health among Missouri college students. Since 2005, Partners in Prevention has been funded by a grant from the Missouri Department of Mental Health, Missouri Suicide Prevention Project to address college student mental health and increase suicide prevention at Missouri's campuses.

Suicide is a leading cause of death among college-age youth (National Center for Injury Prevention and Control, 2011). Due to the alarming number of college-age students nationwide who die by suicide each year (1100), Partners in Prevention has incorporated questions related to suicide on the Missouri College Health Behavior Survey (MCHBS). The 2012 MCHBS data indicates that 14% of students report suicidal thoughts in the 12 months prior to the survey.

EXPERIENCED SUICIDAL THOUGHTS IN PAST 12 MONTHS	
Suicidal thoughts—All Students	14%
Female / Male	14% / 14%
LGBQ (Lesbian, Gay, Bisexual, Queer) / Heterosexual	36% / 11%
Thought of Transferring	23%
International Student	12%
Former Service Member / Present Service Member	14% / 13%
Eligible for Pell Grant	14%
Race/Ethnicity	
Asian	16%
White	13%
African American or Black	12%
Hispanic/Latino(a)	15%

Survey data also indicates a majority of students are most comfortable discussing those thoughts with a friend (63%). These results support the need for students and peers to be trained through bystander suicide prevention programs.

WHO DO YOU FEEL YOU CAN GO TO ON CAMPUS WHEN PERSONAL CONCERNS ARISE? (TOP THREE RESPONSES)*	
Friends/peers	63%
University Counseling Center	22%
Faculty/Professor	18%

WHO DO YOU FEEL YOU CAN GO TO OFF CAMPUS WHEN PERSONAL CONCERNS ARISE? (TOP THREE RESPONSES)*	
Friends/peers	69%
Parents	63%
Sibling/extended family	43%

*Charts above reflect data from the 2012 MCHBS Survey, n=9151.

CONTINUED 

Furthermore, a Partners in Prevention campus found that many students obtain their information about suicide and/or depression on the internet (32%)**, which suggests that valuable suicide prevention resources need to be available in a web-based format.

HOW DO YOU OBTAIN INFORMATION WHEN PERSONAL CONCERNS ARISE?	
Internet	32%
Books/magazines	11%
Mental health professionals	12%
Family members	9%
Peers	7%
Media	7%
Facebook	4%
Professors	2%

**University of Missouri Wellness Survey 2011, n=942

SUMMARY

To address the need for suicide prevention among college-age youth, Partners in Prevention has implemented Ask Listen Refer (ALR). The program is an online suicide prevention training tool that takes about 20 minutes to complete. The program addresses the need to educate students, faculty, and staff about suicide prevention, and also addresses the need to have suicide prevention resources in an online format. The goal of this program is to educate students, faculty and staff on how to ASK if someone is thinking about suicide, LISTEN to their response and REFER them to a professional.

As of January 2013, 31 Missouri campuses utilize the program and 8,136 students, faculty and staff have completed the training. Four out-of-state campuses also use the program. ALR participants are assessed for knowledge of risk factors, protective factors and warning signs of suicide, prior to the training and 3, 6 and 12 months later. Results are promising for college suicide prevention, with scores indicating statistically significant improvement in knowledge of several factors related to suicide ($t=87.404$, $p < 0.000$), pretest ($M=21.32$, $SD=3.46$) to posttest ($M=25.95$, $SD=3.57$).

Due to the success of Ask Listen Refer on college and university campuses, the program has been made more

widely available as Missouri Ask Listen Refer (MO ALR). MO ALR has been available since November 2011, and is open to anyone who wants to learn how to help a person in need. MO ALR is helpful for parents, community organizations, high school students and staff, etc. Missouri Ask Listen Refer addresses the need for suicide prevention throughout the state by educating individuals on how to recognize and respond to warning signs of suicide. In addition to this education, the program provides helpful resources found in Missouri.



Ask Listen Refer can be accessed at
www.asklistenrefer.org

Missouri Ask Listen Refer can be accessed at
www.moasklistenrefer.org

Contact Partners in Prevention at (573) 884-7551
 Report prepared by Heather Hoeflicker, Partners in Prevention Staff
 Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

MISSOURI STUDENT VETERANS AND SENSE OF BELONGING ON CAMPUS

In September 2011, Partners in Prevention was awarded the Garrett Lee Smith Suicide Prevention Grant from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA). This federal grant was designated to address suicide prevention at colleges across the state of Missouri, especially among identified at-risk populations, such as student veterans. The Missouri College Student Veteran Assessment was created to learn more about the engagement, help seeking behaviors and experiences of student veterans on Missouri's college and university campuses. Implemented in the fall of 2012 at six Missouri campuses*, the MCSVA has provided valuable insight into some of the experiences our student veterans face during their academic careers. A highlight of the results (n=267) related to student veteran engagement and belonging on campus can be found below.

SENSE OF BELONGING	STUDENT VETERANS (n=267)
I see myself as a part of the campus community	41%
I feel a sense of belonging to the campus community	41%
I wish I was more connected on campus	51%
I am able to relate to my non-Veteran peers inside/outside the classroom	71%
I feel welcomed on campus by faculty and staff	78%
I feel welcomed on campus by students	61%
I've thought about leaving my university in the past year	27%

DISCUSSION

As the table above suggests, student engagement and belonging produces a range of results from our student veterans. It is encouraging that 78% of these students feel welcomed on campus by faculty and 71% report being able to relate to their non-Veteran peers in and out of the classroom. Over half of student veterans feel welcomed by students (61%) on campus, demonstrating the six participating campuses have a welcoming culture for student veterans.

However, only 41% of students see themselves as a part of the campus community and feel a sense of belongingness on campus. Additionally, 51% wish they were more connected and 27% of student-veterans have thought about leaving their university in the past year. These responses provide divergent views from the reported responses concerning sense of connectedness to campus.

SUMMARY

While many of the responses are encouraging, the data still suggests that there is work to be done to

increase engagement and sense of belonging for student veterans. With 51% of respondents wishing they were more connected to campus, there is plenty of room for implementing programs and activities which foster increased connectedness and involvement on our campuses.

In an effort to provide technical assistance to campuses who are working to support student veterans at their institutions, Partners in Prevention recently held a networking meeting from representatives at campuses from across the state. The group met to discuss issues such as the implementation of Veterans Centers and veteran student groups as well as resources to support positive mental health for student veterans on campus. In addition to the on-going networking, Partners in Prevention has also begun sharing resources for supporting student veterans at the website, <http://suicide.missouri.edu>.

Report prepared by Kathleen Anderson, Partners in Prevention Research & Evaluation Staff

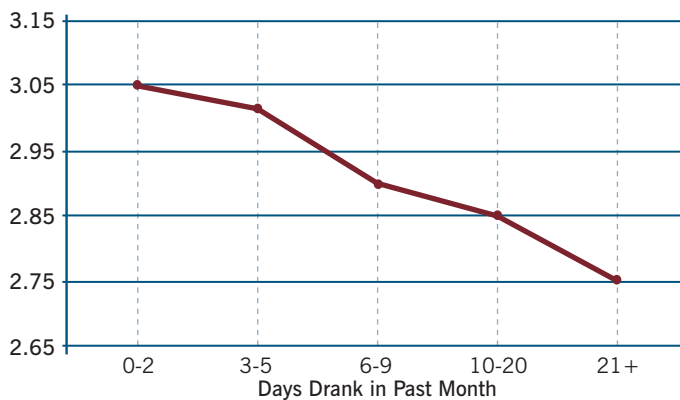
Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

**Six participating campuses were Evangel University, Missouri Southern State University, Northwest Missouri State University, Southeast Missouri State University, University of Missouri, and the University of Missouri-St. Louis.*

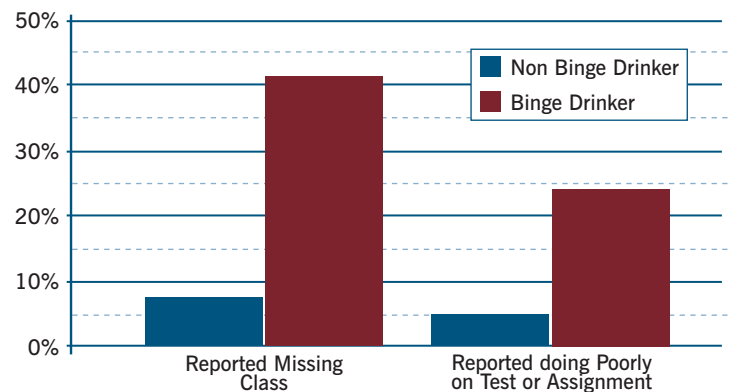
ACADEMIC EFFECTS OF STUDENT DRINKING

Partners in Prevention is a statewide coalition dedicated to creating healthy and safe college campuses in Missouri. The coalition is comprised of 21 public and private colleges and universities across the state. Partners in Prevention focuses on reducing high-risk behaviors, and tracks such progress through the implementation of the Missouri College Health Behavior Survey (MCHBS). The MCHBS is implemented annually in the spring, and allows for examination of some academic consequences of drinking.

GPA and Days Drank in Past Month



Class Missed Due to Alcohol Use



DISCUSSION

As represented in the line graph above, there is a clear relationship between grade point average and the number of reported days students consumed alcohol in the past month. As the number of days increases, the GPA appears to decrease, resulting in a negative relationship. Students who report 0 to 2 days drinking per month reported earning a GPA of approximately 3.05 on a 4.0 scale. Students who report drinking 21 or more days per month reported GPAs of approximately 2.75. While it is possible that students may misreport GPAs in the positive direction, our data clearly indicates a linear trend representing alcohol's negative impact on academic performance.

The MCHBS also assesses student drinking levels. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as consuming 5 or more drinks in about 2 hours, which classifies 27% of students at PIP schools as binge drinkers. As shown in the chart above, 45% of binge drinkers report missing

class following, or as a result of, alcohol consumption in the past year, compared to only 8% of non-binge drinkers. Likewise, 26% of binge drinkers reported performing poorly on a test or assignment following, or as a result of, alcohol consumption in the past year, compared to 5% of non-binge drinkers.

SUMMARY

Even though there is still much to learn about alcohol consumption and its effects on academics, data from the MCHBS clearly shows high-risk drinking behavior negatively influences student success. This would suggest that a reduction in frequency of consumption and risky drinking behaviors would have a positive impact on student's academic success. Key collaborators in this effort include academic administrators, retention professionals, and faculty at colleges and universities.

Report prepared by Dan Reilly, Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

UNDERAGE STUDENTS ACCESSING ALCOHOL: TREND DATA FROM PUBLIC UNIVERSITIES, 2007-2012

Started in 2000, Partners in Prevention (PIP) is a statewide coalition tasked with reducing risky behaviors among college students, in part by improving college environments. In 2005, campus communities across the state began implementing laws and policies in their communities which educate servers and sellers of alcohol about the consequences of serving to underage patrons or patrons who provide alcohol to minors. Since 2007, Partners in Prevention campuses have implemented evidenced-based strategies in their communities which hold students accountable for off-campus behavior and educate students about making safer choices when socializing off campus. Trend data is available from the Missouri College Health Behavior Survey that shows how environment and access to alcohol has changed on these campuses.

CHANGES IN RISKY ALCOHOL BEHAVIORS <i>Students Younger than 21</i>	2007 <i>n=2763</i>	2010 <i>n=2598</i>	2012 <i>n=2925</i>	Net % Change* 2007-2012
Drank at bars/restaurants	15%	11%	9%	40%
Drank at a private party/off campus residence	59%	46%	42%	29%
Drank at a social Greek house	12%	14%	15%	-25%
Drank in a residence hall	7%	4%	6%	14%
Given alcohol by someone over 21	57%	45%	44%	23%
Used a fake I.D.	7%	6%	6%	14%
Given alcohol by a family member	14%	9%	8%	43%
Get alcohol from people they know who work in a bar or restaurant	10%	6%	5%	50%
Go where I.D.'s are not checked	15%	9%	8%	47%

*Percent change found using the percent difference formula: (2007 Percentage - 2012 Percentage) / 2007 Percentage

DISCUSSION

Among students at 12 publicly funded institutions of higher education in Missouri, underage access in nearly all environments and across all access methods has decreased from 2007 to 2012. Perhaps the most encouraging results relate to the most common access environments and strategies used by underage students. The most common place for an underage student to drink alcohol has traditionally been at private parties or off campus social gatherings. From 2007 to 2010, this fell from 59% to 46%, a 22% decrease. Additionally, in 2012 it fell to 42%, producing a net percentage decrease of 29% since 2007. Also, the most common method used to obtain alcohol by an underage individual has always been from a friend over the age of 21. This likewise fell from 57% to 45% to 44% in six years, a 23% difference. Underage students drinking at bars and restaurants decreased 40%, the largest decrease in this category. Related, underage students accessing alcohol from someone they know at a bar or restaurant decreased 50%, resulting in the largest decrease in access locations. The only increase in access

appears to be from those underage students drinking in social Greek houses, increasing slightly from 12% to 15% since 2007.

SUMMARY

These data are highly encouraging. Decreases were seen across the board of underage students drinking at bars, private parties and residence halls. Decreases were also seen in all methods used by underage students to access alcohol. This indicates that campus initiatives to lower this risky behavior have been successful. The only increase occurred among underage drinking at social Greek houses. The fact that overall underage drinking in the PIP12 has decreased in this period should come as no surprise, but the fact that underage drinking at social Greek houses has increased, even slightly, while an overall decrease has occurred, indicates a concern to be addressed within campus strategic plans for prevention.

Report prepared by Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

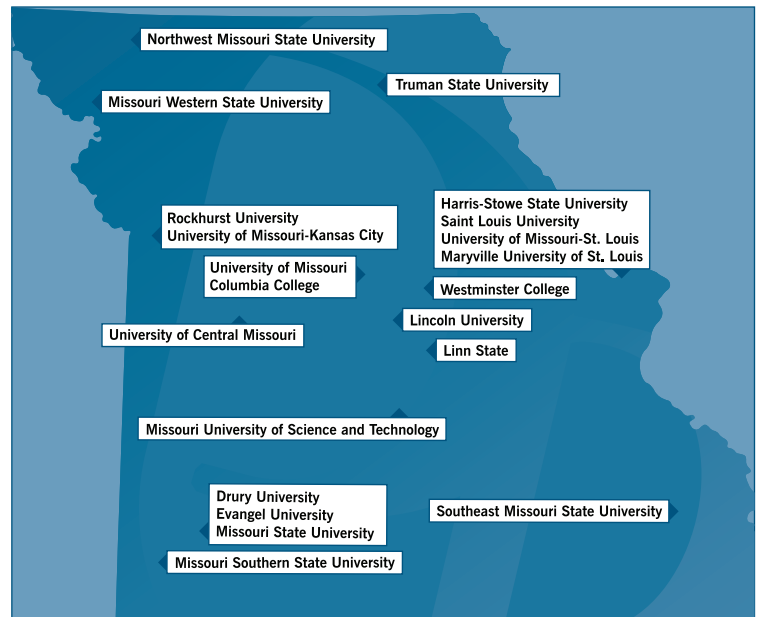
CAMPUS MEMBERSHIP IN PARTNERS IN PREVENTION

Founded in 2000, Partners in Prevention strives to create healthier environments for college students in the state of Missouri. Guidance and assistance from Partners in Prevention has helped institutions develop the capacity on their campuses to address risky health behaviors through the development of strategic plans and sustained campus-community coalitions. PIP is comprehensive, influential, and effective, as documented by long-term evidence of success on both the statewide and local levels. Each year, PIP asks for feedback and evaluations from each member campus anonymously through an online survey.

MEMBERSHIP BENEFITS

Partners in Prevention members represent many areas on campus, from Administrators and Health/Prevention Specialists, to Judicial Affairs Officers and Law Enforcement Professionals. Diversity in membership encourages variety in prevention approaches which allows campuses to address specific needs. From the most recent Coalition Evaluation conducted in 2012 (n=35), over 95% of respondents felt as if they work well as a part of the PIP group, are strongly committed to PIP, and have a strong sense of pride in PIP's accomplishments. Partners in Prevention has also helped to increase the awareness of resources for alcohol and drug prevention programming (80%) and suicide prevention programming (71%) resources on individual campuses. PIP has also provided skills in designing and implementing programs (66%), building a campus/community coalition (69%) and skills in changing local policies to reduce alcohol and drug use (40%). Additionally, members also credited PIP with increasing their knowledge of the risk and protective factors for various problems and how different problems may have common risk factors and causes (69% each, respectively).

Even with these gains in knowledge, skills and awareness, the benefit reported most frequently was providing training opportunities they would not have otherwise attended, received ideas for new programs and efforts, and the financial support from PIP's various grants. Some of the areas of PIP that were frequently reported as 'somewhat satisfying' by PIP members included the time demands for traveling, the PIP website, and training topics available. These three topics were taken under consideration, and resulted in more conference calls (instead of in-person meetings), the unveiling of a new website (in progress), and additional input on topics to be covered.



EVALUATION

PIP works to provide opportunities for feedback and constructive ideas for improvement, in an attempt to serve our campuses to the best of our abilities. **Located at pip.missouri.edu/research/ you will find our current improvement effort. We would appreciate any feedback you would like to offer concerning the data briefs you have been receiving, including possible future topics, improvements on dissemination, and critiques of past content.** This link will be an ongoing and open, so feel free to provide feedback at any time. As always, PIP would like to become your source of information about Missouri college student health behaviors. To learn more about PIP, please visit our website at <http://pip.missouri.edu> or contact Joan Masters, PIP Senior Coordinator, by email at mastersj@missouri.edu or by phone at 573-884-7551.

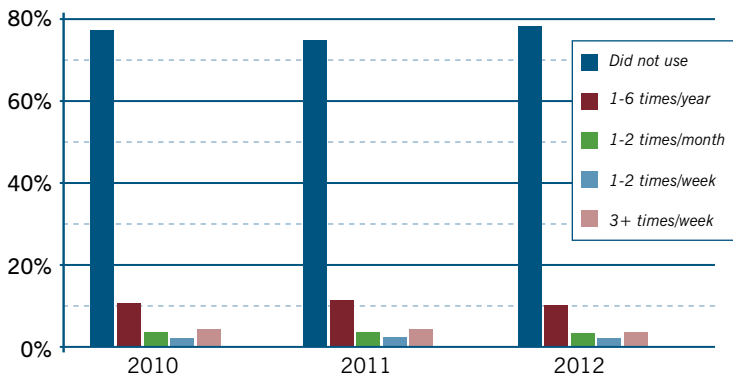
Report prepared by Kathleen Anderson, Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

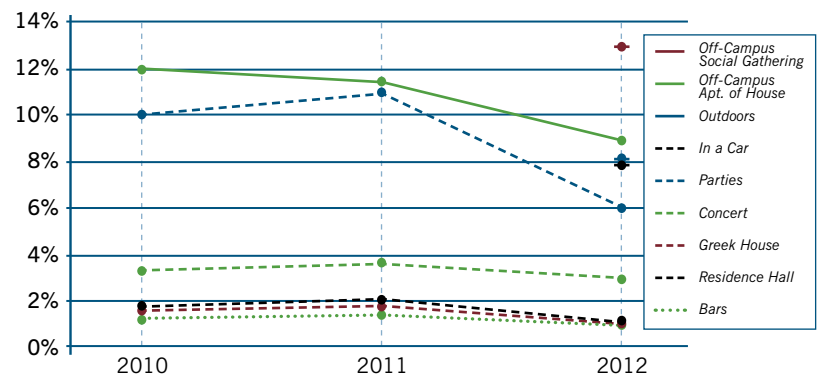
MARIJUANA & MISSOURI COLLEGE STUDENTS

The following data is taken from the Partners in Prevention, Missouri College Health Behavior Survey (MCHBS). Partners in Prevention is Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses, currently consisting of 21 colleges and universities. The survey is implemented annually at the participating campuses. The survey inquires about various student health behaviors, including the frequency and location of marijuana use. The table and chart below provide reported locations and rates of student marijuana use.

Marijuana Use



Location of Marijuana Use



DISCUSSION

Student reported frequency of marijuana use has remained relatively stable over the past three years. Nearly 80% of students report not using marijuana in the past year. Of the 20% of students who reported using marijuana, more than half report using only 1-6 times in the past year. Approximately 4% report using once or twice a month, around 2% report using 1-2 times per week and about 5% report using marijuana three or more times per week.

The survey also inquired about where students used marijuana. The most common locations reported were at off-campus apartments or houses and parties. Since 2010, there appears to be a reduction in marijuana use in these locations.

In 2012, additional location options for reported marijuana use were added to the survey including: social gatherings or friends house (off-campus), outdoors and in a car. Approximately 13% of students reported using marijuana at social gatherings or at a friend's house (off-

campus), and 8% of students reported using marijuana outdoors or in a car.

SUMMARY

The data provides a promising picture of our statewide marijuana use. For the past three years, nearly 80% of our students report not using marijuana and the percentage of students who reported using marijuana three or more times in the past week has not exceeded 5%. As campuses look towards implementing environmental management strategies, it appears the majority of the marijuana smoking behaviors are occurring at off-campus living locations and social gatherings. Partners in Prevention looks forward to the results of the 2013 survey, which will provide information on student perceptions of marijuana use. This data may provide insights on interventions to correct misperceptions of student use through social marketing and education campaigns.

Report prepared by Dan Reilly, Partners in Prevention Research & Evaluation Staff

Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

MENTAL HEALTH AMONG SELF-IDENTIFIED LGBQQ COLLEGE STUDENTS

Partners in Prevention has been awarded a Garrett Lee Smith Suicide Prevention Grant from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA). This federal grant was designated to address suicide prevention on college campuses across the state of Missouri, especially among identified at-risk populations, such as members of the LGBQQ community. For the purposes of this brief, members of the LGBQQ community are students who reported their sexual orientation as Lesbian, Gay, Bisexual, Queer or Questioning on the Missouri College Health Behavior Survey (MCHBS). Students who identified their gender as transgender were not included in this grouping, unless they identified their sexual orientation as LGBQQ on the MCHBS. The MCHBS is implemented online at 21 institutions of higher education across the state of Missouri in order to measure students' health behaviors.

PAST YEAR EXPERIENCES	LGBQQ-Identified Students 2011 n=534	Non-LGBQQ Identified Students 2011 n=7970	LGBQQ-Identified Students 2012 n=585	Non-LGBQQ Identified Students 2012 n=8151
Experienced any mental health issue/stressor	61%	44%	62%	44%
Experienced major depression	26%	12%	28%	12%
Had suicidal thoughts	32%	12%	36%	12%
Were in an abusive relationship	7%	3%	6%	3%
Reported self-injury (not suicidal behavior)	11%	4%	8%	3%
Experienced alcohol abuse or dependency	7%	3%	6%	3%
Attempted suicide	3%	1%	5%	1%
Reported bipolar disorder	7%	2%	7%	2%
Experienced a sexual assault	4%	1%	3%	1%

DISCUSSION

Across the board, students who identify as LGBQQ are more likely to experience a mental health issue or stressor. Nearly 3 out of every 4 have experienced at least one stressor listed above in the past year. These issues include personal issues (depression, suicide ideation), interpersonal issues (sexual assault, abusive relationships) and issues with acute risk of danger (self-injury, suicide attempts).

Correlation, however, is not the same as causation. It is important to critically examine the circumstances within LGBQQ students lives to better understand why they are experiencing higher rates of mental health concerns. Some of these concerns can stem from community-specific issues, such as media misrepresentation, family of origin stress, social discrimination and oppression, coming out issues, stereotyping and general

misunderstanding. Many LGBQQ students feel a lack of support in their communities, which can result in the increase of mental health concerns.

SUMMARY

As the table shows, the percentages within subpopulations has stayed relatively steady in the past two years, however, the differences between populations is a cause for concern. The data indicates a population of college students in mental health distress. LGBQQ students are in need of effective interventions, referral services and promotion of positive mental health on all of Missouri's college campuses.

*Report prepared by Partners in Prevention Research & Evaluation Staff in consultation with Struby Struble, LGBTQ Resource Center Coordinator at the University of Missouri
Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse*

MISSOURI COLLEGE STUDENTS & ILLEGAL DRUG USE

The following data is taken from the Missouri College Health Behavior Survey (MCHBS), an annual survey implemented at 21 college and universities in Missouri. The MCHBS covers a variety of topics, including asking students about frequency of illegal substance use. The table below provides reported use rates of the most commonly used illegal drugs by Missouri's college students.

Reported Past Year Use of Illicit and Illegal Substances

SUBSTANCE	Did not use	1-6 times per year	1-2 times per month	1-2 times per week	3 or more times per week
Bath Salts*	99.0%	0.6%	0.2%	0.1%	0.1%
K2**	96.8%	2.5%	0.4%	0.2%	0.2%
Cocaine	97.6%	2.0%	0.3%	0.1%	0.1%
Methamphetamine	99.2%	0.5%	0.1%	0.1%	0.1%
Inhalants	99.8%	0.8%	0.2%	0.1%	0.1%
Club Drugs***	97.2%	2.3%	0.3%	0.1%	0.2%

Bath Salts** is the "street name" for a family of designer drugs which have effects similar to amphetamines. Their white crystals resemble legal bath salts, but are chemically different from actual bath salts. *K2** is the informal name for synthetic cannabis, a psychoactive designer drug derived from natural herbs sprayed with synthetic chemicals that, when consumed, allegedly mimic the effects of marijuana. ***Students were asked if they used any "**Club drugs**" within the past year. Specific examples provided included ecstasy and MDMA.

DISCUSSION

In an attempt to keep the survey to a reasonable length, students were asked about using different illegal substances in different years. In 2011 cocaine, methamphetamines and inhalants were assessed. K2 and Bath Salts were addressed in the 2012 survey.

Students were asked: "In the past year, how often have you used the following drugs?" The data indicates that a small percentage of students use illegal substances. Based on the survey, 96% of students report not using any of these substances. The most frequently used illicit drugs were K2, club drugs and cocaine. None of these substances were reported to be used by more than 3% of the students in the past year.

Negative Consequences and Illegal Substance Use

Negative consequences as a result of alcohol use were compared among students who did and did not report illegal drug use. These consequences included experiencing hangovers, committing policy violations, being hurt or injured, needing medical attention, drinking and driving, sexual assault, poor academic performance, missing class or blacking out. When comparing students who report any illegal drug use to those who do not, illegal drug users were more likely to experience negative consequences.

CONSEQUENCE	No Illegal Substance Use	Reported Illegal Substance Use
Drove under Influence (of alcohol)	3%	17%
Rode with Someone under the Influence (of alcohol)	3%	17%
Blackout	3%	22%
Risky Sexual Behavior	3%	30%
Reported any negative consequences due to alcohol use	4%	14%

SUMMARY

The majority of students are making healthy and safe choices; however, concern is still warranted. A small percentage of students use potentially dangerous and illegal substances. This use is associated with much higher levels of negative consequences. Future implementations of the Missouri College Health Behavior Survey will continue to monitor these trends.

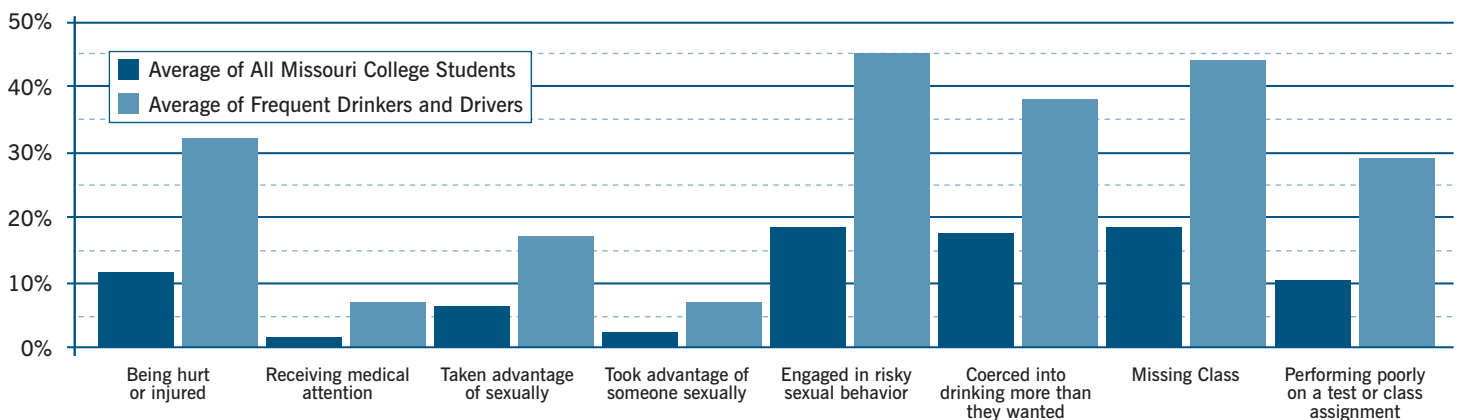
Report prepared by Dan Reilly, Partners in Prevention Research and Evaluation Staff

Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

A PICTURE OF FREQUENT DRINKERS AND DRIVERS

Partners in Prevention is a statewide coalition dedicated to creating healthy and safe college campuses in Missouri. The coalition is comprised of 21 public and private colleges and universities across the state. Partners in Prevention focuses on reducing high-risk behaviors, and tracks such progress through the implementation of the Missouri College Health Behavior Survey (MCHBS). The MCHBS is implemented annually in the spring, and allows for examination of some of the consequences of drinking and driving as well as the characteristics of those who choose to engage in this behavior. The chart below depicts the differences in consequences between the average Missouri college student and those students who report frequently driving after drinking.

Comparison of Statewide Average and Frequent Drinkers and Drivers



DISCUSSION

For the purpose of this discussion, frequent drinkers and drivers are defined as those students who indicated that they had driven a vehicle after drinking three or more times over the past year. According to the 2012 MCHBS, those who drove a vehicle after drinking were primarily upperclassmen (72% were at least in their 3rd year in school). While 78% of all Missouri college students ‘correctly’ identify a designated driver as someone who has consumed no alcoholic beverages, only 46% of those who frequently drank and drove defined a designated driver as such.

The MCHBS also indicates that Missouri college students who frequently drive after drinking experience significantly higher rates of negative consequences than the average Missouri college student. As the table above shows, those who report drinking and driving frequently also report being hurt or injured, receiving medical attention, being taken advantage of sexually, taking advantage of someone else sexually, engaging in

risky sexual behavior, being coerced into drinking more than they wanted, missing class, and performing poorly on a test or class assignment at rates more than double than the average Missouri college student experiences as a result of drinking.

SUMMARY

The majority of Missouri college students are making good choices in terms of their alcohol use as it relates to drinking and driving, but a significant number choose to drink and drive with frequency. Additionally, as a result of their drinking, those who drink and drive are experiencing a much higher rate of negative consequences of drinking. Campuses should continue to reach out to their students, particularly upperclassmen, about responsible alcohol use, the availability of sober ride programs or taxi services, and the potential negative impacts of alcohol consumption and drinking and driving behavior.

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 Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

GAMBLING BEHAVIORS OF MISSOURI COLLEGE STUDENTS

Partners in Prevention (PIP) is Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses, by lowering college student underage and high-risk drinking, impaired driving, and other risky health behaviors. Progress of these goals is monitored through the Missouri College Health Behavior Survey (MCHBS) implemented by campuses annually each spring. In addition to providing insight into risky health behaviors, the MCHBS also examines students' non-health related behaviors such as gambling and driving behaviors. The following data from the 2012 MCHBS illustrates distinct differences between students who abstain from gambling, gamble occasionally, and those who are frequent gamblers.

	NON-GAMBLERS (n=5736)	OCCASIONAL GAMBLERS (n=2107)	FREQUENT GAMBLERS (n=198)
Experienced 1-2 Mental Health Stressors	37%	36%	32%
Experienced 3+ Mental Health Stressors	15%	13%	24%
Experienced any Mental Health Stressor	52%	49%	56%
Suicidal Ideation or Attempts	14%	11%	16%

**Non-gamblers defined as students who have not gambled in past year; Occasional Gamblers defined as those who reported gambling less than 1-2 times per month; Frequent Gamblers defined as those who gamble more than once per week.*

DISCUSSION

According to the 2012 MCBHS, the majority of Missouri college students (71%) do not participate in gambling activities. The MCHBS defines these gambling activities as: any kind of poker or other card games for money; games in casinos; sports gambling with friends, coworkers or bookies; gambling on fantasy sports; gambling with the stock market; participation in the lottery; or video machines. Of those that do gamble, 72% report doing so less than six times per year.

However, when examining the differences between those who gamble in a healthy, occasional manner, and those who gamble frequently, we see stark differences in the mental health of those college students. Fifty-six percent (56%) of frequent gamblers report experiencing a mental health stressor in the past year (such as depression, chronic sleep issues, anxiety, etc.) as compared to 49% of occasional gamblers. The prevalence of frequent gamblers who reported experiencing three or more of these mental health stressors is almost twice as much as the frequency reported by occasional gamblers (24% and 13%, respectively). Perhaps the most troubling finding is the percentage of students experiencing suicidal ideation

or attempting suicide; 16% of frequent gamblers report thinking about suicide or attempting suicide, compared to 11% of occasional gamblers.

SUMMARY

While it is important to note that a majority of students are not engaging in frequent gambling, students who engage in this problematic behavior may be in need of additional mental health support. As a group of students, frequent gamblers may be hard to identify and campuses can find it difficult to provide services to this population. However, resources exist in Missouri to assist campuses in their work to provide outreach to problem gamblers. One such resource provided by PIP is found at gambling.missouri.edu. This site includes fact sheets about gambling and information for parents and educators. Suggestions for institutions to address problem gambling include incorporating gambling information in orientation programs and working with the campus counseling center. Additional resources can be found at www.888betsoff.com. For further information, please contact the Partners in Prevention staff.

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Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse

MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY FACT SHEET

Partners in Prevention is Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses. The Partners in Prevention Coalition is comprised of 21 public and private college and university campuses across the state. First implemented in 2007 by Partners in Prevention, the Missouri College Health Behavior Survey (MCHBS) is designed to understand the role of alcohol, drugs (illegal and prescription), mental health issues, and gambling on student health and wellness. The survey also provides information regarding attitudes, perceptions of other student's behaviors, campus and community laws, and policies. The MCHBS is administered online every Spring semester to undergraduate students at all coalition campuses across the state. The Partners in Prevention Coalition helps to implement and analyze the data collected from the survey, which in turn is used to design a variety of programming at participating colleges and universities.

MCHBS EXAMINES A VARIETY OF HEALTH BEHAVIORS

Tobacco use

What types of tobacco products do students use? Have students tried to quit, and if so, by what means?

- » Questions in this section identify what type of tobacco products are being used, how often, and in what settings or situations. These questions also seek to identify the age of first use, the role of tobacco as a social behavior, attempts to quit (how, when and why), perceptions of health consequences, and the feelings of students about having a smoke free campus policy. This section focuses not only on cigarette use, but a range of tobacco products including smokeless tobacco, hookah, and E-cigarettes.

Illicit substance abuse

How often have students used or abused illicit substances and prescription drugs? Where do they commonly engage in substance abuse?

- » The survey seeks to understand the abuse of illicit substances in the context of social behavior and determine the consequences of substance abuse as they relate to social, personal, and academic concerns. This section surveys which substances are being abused, how often, by (or with) whom and where such abuse occurs. Includes a wide range of questions targeting specific commonly abused substances (cocaine, methamphetamine, inhalants, ecstasy, heroin, amphetamine, prescription drugs, marijuana, and bath salts).

Alcohol use and abuse

Do students use a designated driver or other protective behavior strategies? Have they encountered legal problems or trouble with campus administrators? Roughly 70 questions on the survey focus on targeting alcohol use and abuse on campus.

- » Questions in this section of the survey concern how students consume alcohol, where they drink, the direct and indirect consequences of their drinking on academic and social life, how they obtain alcohol (if they are minors), frequency of alcohol use, drinking behavior, and reasons for drinking or abstaining. This section also includes information on how much students consume, binge drinking behavior, and protective behavior strategies students employ such as using a designated driver.

Sense of community and belonging

Do students feel connected to the campus community? Have they considered leaving the University? Do they have a sense of belonging to the campus?

- » These questions gauge the feelings of students as they understand their place within the campus community and how such would affect other behaviors.

CONTINUED 

Sexual Behavior

What role do drugs and alcohol play in students sexual behavior and experiences?

- » Identifies the role of alcohol and drugs in sexual behavior and elicits information about possible abusive relationships and unwanted sexual contact.

Driving Safety

Do students text or wear their seatbelt while they drive? Do they often speed or drive while they are drowsy?

- » The survey studies the behaviors of students while driving. Questions seek to understand the frequency of engagement in a variety of safety behaviors that include texting, speeding, driving distracted, and other driving behaviors.

Perceptions of prevention and policy on campus

Are students aware of the prevention efforts colleges and university are implementing? Do students feel the campus is concerned about alcohol and drug prevention? Do they feel such policies are enforced effectively and consistently?

- » This portion helps to understand the awareness of the prevention efforts on campus.

Gambling

How many times a year do you gamble?

- » Survey questions attempt to understand the frequency of gambling and what types of gambling are occurring as well as addressing the causes and consequences of gambling. These questions address specific types of gambling, such as casino gambling, sports betting, and card games.

RESPONSE RATES AND DATA GENERALIZATIONS

Approximately 20% of the students complete the survey for each campus, representing a random sample of roughly 5% of the total student population. Twenty percent (20%) return rates are consistent with national averages of campus-based alcohol prevalence surveys. Research supports that a random selection of 5% of the population is sufficient to provide appropriate reflections of the campus population.

While a 5% return rate may appear low, it is consistent with most national opinion polls. By randomly selecting students, and conducting the survey with fidelity, the results obtained from 5% of the population are generalizable to the student body. In the 2013 implementation of the MCHBS, the overall response rate for the PIP21 schools was 20%. This indicates that the MCHBS was able to capture over 5% of the student population at our 21 colleges and universities in Missouri.

CONTACT US

To learn more about this survey, Partners in Prevention, or any of the other resources that may be available, please contact Evan Ramsey at 573-884-8253 or G202 MU Student Center, Columbia, Missouri, 65211.

Stress, Well-being and Mental Health

To what extent has stress interfered with students academic life?

- » This portion examines varying aspects of mental health. It includes the impact of stress on academic and personal lives of students, thoughts and attempts of suicide, student utilization of campus resources and services (for health and well-being), as well as identifying a large scope of behaviors and incidents that include but are not limited to sexual assault, eating disorders, depression, and alcohol abuse.

Perceptions of other Students' Health Behaviors

How often do you think the typical student on your campus uses marijuana?

- » Information is collected on student perceptions regarding the frequency and severity of other student's high-risk behaviors. It is common on college campuses for students to over perceive the frequency and severity of other students high-risk behavior including alcohol. Campuses can use this information to create social norms campaigns and measure the impact of these campaigns.

Demographics

The survey includes a large variety of demographic questions to help better understand the surveyed population. Demographic questions range from residence (on-campus, off-campus), student affiliations (Greek, Honors Societies, ROTC, etc.), ethnicity, disability status, sexual orientation, area of major study, and the county of Missouri high school graduation to provide a detailed and definitive understanding of students.

MISSOURI COLLEGE STUDENT VETERAN ASSESSMENT FACT SHEET

Partners in Prevention is Missouri's higher education substance abuse consortium dedicated to creating healthy and safe college campuses. The Partners in Prevention coalition (PIP) is comprised of 21 public and private college and university campuses across the state. First implemented in 2012, the Missouri College Student Veteran Assessment (MCSVA) was designed to better understand the role of health and wellness of student veterans in the campus community. The survey also provides information regarding perceptions of campus and community resources allocated for veterans, as well as analyzing the ease of transition from military service to academic and student life. The MCSVA is currently administered online every fall semester to student veterans at participating coalition campuses across the state. PIP analyzes and reports gathered data back to participating campuses for use in both veteran-specific programming and support services.

THE MCSVA EXAMINES:

Mental Health

What are the major sources of student veterans stress?
What strategies have they adopted to cope with stress?

- » The MCSVA examines the mental health and wellbeing of student veterans from a wide range of topics including Post-Traumatic Stress Disorder, chronic sleep disorders, and major depression. Additionally, the MCSVA seeks to understand the help-seeking behaviors of those coping with these issues and where they have sought assistance, if anywhere.

Sense of Belonging

How connected do student veterans feel on campus? Do they feel welcomed by other students or faculty members?

- » Understanding the relationship between student veterans and their campus community is an integral part of the MCSVA and the problems facing student veterans. Questions ask about both their ease of transition to academic life, their support structure for personal concerns on campus, and whether or not they feel welcomed by both faculty and students.

Demographics

The MCSVA accumulates a large amount of data to best identify participant demographics and allow for better designed programs and resources for student veterans. Among others, these demographics include branch of the military, past deployment status (stateside and abroad), gender, age and years of service.

CONTACT US

To learn more about this survey, Partners in Prevention, or any of the other resources that may be available, please contact Evan Ramsey at 573-884-8253 or G202 MU Student Center, Columbia, Missouri, 65211.

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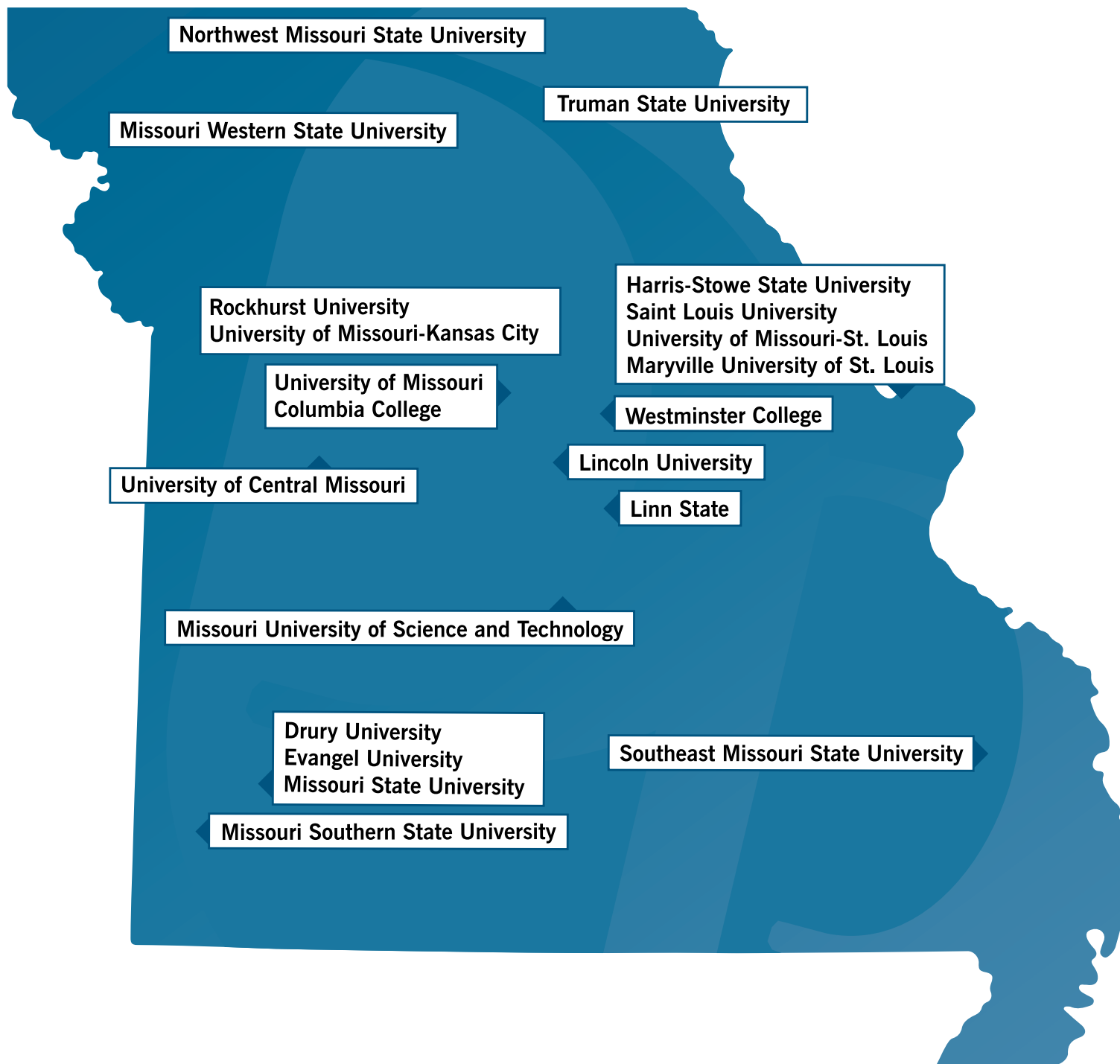
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Missouri's higher education substance abuse consortium

FOR MORE INFORMATION, VISIT [HTTP://PIP.MISSOURI.EDU](http://pip.missouri.edu)