

PARTNERS IN PREVENTION  
**RESEARCH BRIEFS**

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**VOLUME 5**

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Missouri's higher education substance abuse consortium

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*Funded by the Missouri Department of Mental Health, Division of Behavioral Health*

# Bystander Interventions to Reduce Violence

As Missouri's consortium dedicated to preventing higher education substance abuse, Partners in Prevention (PIP) promotes healthy behaviors on college campuses. PIP implements the Missouri Assessment of College Health and Behaviors (MACHB), previously referred to as the Missouri College Health and Behavior Survey, in order to gain a better understanding of health behaviors and experiences on campuses across Missouri. The survey also gathers information on bystanders that witness sexually coercive and abusive behaviors on Missouri college campuses. A bystander can be described as someone who witnesses or is aware of a harmful situation that is happening to someone else. They can either choose to intervene (helpful bystander) or ignore the problem (hurtful bystander)<sup>1</sup>. The MACHB includes questions that allow students to report their own experiences with bystander interventions, whether or not they choose to intervene, and resources they may utilize to help the situation. Further, bystander interventions have been reported as one of the most promising prevention strategies to reduce violence on college campuses.<sup>2</sup>

## Discussion

In the MACHB, which gathers comprehensive data from 21 colleges and universities across Missouri, three questions were utilized to gather information about the likelihood of student bystander intervention on campus (How likely are you to: Tell someone if I heard what sounded like yelling or fighting through my residence hall/apartment walls, speak up and express concern if I heard a stranger talking about coercing someone to have sex, or speak up and express concern if I heard a friend talking about coercing someone to have sex). Approximately 48% of surveyed individuals would tell someone about fighting overheard through apartment/residential hall walls. Further, 78% of individuals would intervene if they witnessed their friend coercing an individual to have sex, and 62% if someone was coercing a stranger.

National research indicates students consistently perceived that helpful bystander intentions of others is lower than it actually is. Students perceived 55% of peers would choose to intervene; whereas 81% of students report they would be a helpful bystander<sup>1</sup>. These misperceptions can create barriers towards bystander interventions due to fears of violating social norms.



81% of students would be a helpful bystander.

## Resources and Programs for Intervention

The majority of students (64%) who would intervene stated they would reach out to another student for help with the situation, 19% would go to the police, and 5% would choose the Health/Wellness/Counseling Center for support.

Individuals that choose not to intervene in hostile situations most commonly attribute it to their inherent personality traits, such as being shy or disliking conflict. In order to encourage these individuals to become involved, several programs have been developed to promote bystander intervention, such as Green Dot, Step UP!, and STOP SV. One in particular, Green Dot, has developed methods to intervene if one is shy or nervous to approach the situation directly. This training suggest<sup>3</sup> different means to

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be a helpful bystander; Direct, Delegate or Distract. Taking individual action to intervene and prevent or stop the harm would be considered a Direct approach. Another option would be to Delegate<sup>3</sup>. Delegate differs from directly approaching a situation by requesting or assisting other individuals to diffuse a situation. An example would be finding friends of the individual in danger or by contacting the authorities for assistance. Finally, students can also use the Distract method, which entails redirecting focus away from the situation in a manner that stops or reduces

chances of harm. A common example is telling the individual causing harm that their car is being towed in order for the situation to be averted<sup>3</sup>. Many college campuses around the country are beginning to encourage students to complete bystander intervention training. The intervention programs may be a key role in reducing violence on campus and creating a safe environment for students<sup>2</sup>. **For more information on Green Dot, please refer to their website: [www.livethegreendot.com](http://www.livethegreendot.com).**

<sup>1</sup>Insight Report. (2010). EverFi. Retrieved from [http://pip.missouri.edu/docs/briefs/PIP\\_4\\_11.pdf](http://pip.missouri.edu/docs/briefs/PIP_4_11.pdf)

<sup>2</sup>White House Task Force to Protect Students from Sexual Assault. (April, 2014). Retrieved from <https://www.notalone.gov/assets/report.pdf>

<sup>3</sup>Green Dot. (2010). Retrieved from [https://www.livethegreendot.com/gd\\_research\\_science.html](https://www.livethegreendot.com/gd_research_science.html)

Contact Partners in Prevention at (573) 884-7551. Report prepared by Shannon Braida, Dan Reilly, and Wendy Walden, Partners in Prevention Research & Evaluation Staff, in consultation with the Prevention Staff in the RSVP Center at the University of Missouri.

### The three D's of Green Dot

**Direct. Take action.**

**Delegate. Request help.**

**Distract. Remove focus.**

# Students in Recovery

As Missouri's consortium in preventing higher education substance abuse, Partners in Prevention (PIP) promotes healthy behaviors on college campuses. PIP implements the Missouri Assessment of College Health Behaviors (MACHB) survey, previously referred to as the Missouri College Health and Behavior Survey, in order to gain a better understanding of health behaviors and experiences on campuses across Missouri. Several questions were added to the 2016 MACHB that target students whom identify themselves as sober and in recovery.

## Prevalence

Approximately 4% of students across Missouri identify themselves as sober and in recovery, with an additional 3% reporting "prefer not to respond" (PNR). PNR may take on a different significance with the tradition or anonymity philosophies practiced by some recovery approaches. Thus, between 4% to 7% of Missouri college students report being in recovery from an alcohol or drug addiction.

This year the MACHB included additional questions for students in recovery focusing on the recovery resources available and the general campus environment. Initial findings indicate that students who are sober and in recovery were less likely to choose 'friends', and more likely to select 'no one' than the general student population when seeking help and support. Conversely, students who have experienced substance abuse or dependency have a higher rate of seeking assistance from the University Counseling Center (15%) or an inpatient psychiatric facility (4%) for treatment. Students in recovery also had significantly lower stress levels in the past two weeks (67%) compared to the general population (74%) when choices of stressed /overwhelmed/stress is unbearable are listed.

Currently, there are seven active recovery programs at PIP campuses. Most of the programs have begun within the past two years. State-wide, individuals that indicated they are sober and in recovery had a low participation rate in collegiate recovery programs. When assessing campuses that have established on-

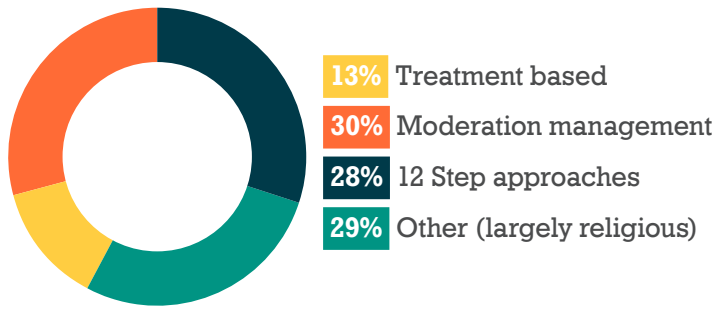
campus recovery programs, only 21% of students who identify as sober and in recovery have utilized these services. This may be due to the novelty of recovery programs and lack of awareness across campus. For students who participated in the on-campus recovery program, the levels of stress in the past two weeks was lower (53%) compared to individuals in recovery that were not participating (69%). Further, when indicating a sense of belonging on campus, students in recovery who participating in the on-campus recovery program had higher selections of 'agree' and 'strongly agree' (52%) than individuals who did not participate (43%).



**21% of students identify as sober and in recovery have utilized recovery programming**

There are a variety of popular treatment modalities that are utilized for substance dependency. The results were varying for students who identified as sober and in recovery about which method they preferred, with 30% indicating moderation management, 28% indicating 12 Step approaches, and 13% selecting treatment based. A large portion of students (29%) selected 'Other' with open text responses indicating a majority of students utilizing religion or religious-based treatments for their recovery process.

## Students who identified as sober and in recovery preferred the following methods

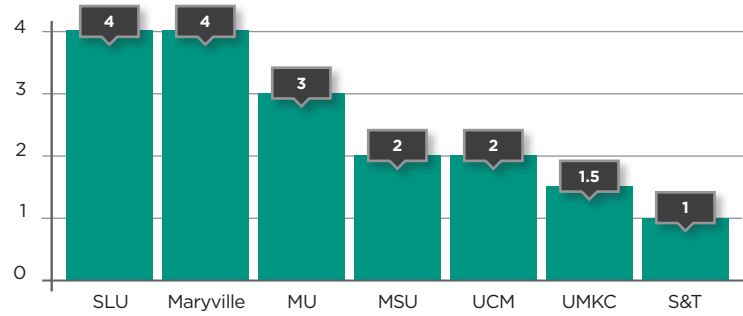


## Campus Recovery Communities

The Missouri Alliance of Collegiate Recovery Organization (MACRO), works with several Missouri colleges and universities to establish recovery programs for college students. MACRO's 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, MACRO, hopes to increase the capacity of colleges and universities to support recovery in

their communities and on their campus. To date, seven schools have implemented recovery programs on campus. Over the last year, one new collegiate recovery organization was added to MACRO, and there are two other campuses currently working to establish a program. **For more information about MACRO's services, visit [macro.missouri.edu](http://macro.missouri.edu).**

## Number of years participating schools have had a recovery program



Contact Partners in Prevention at (573) 884-7551.  
Report prepared by Shannon Braida, L.M. Daily, and Adam Dietrich, Partners in Prevention Research Staff at the University of Missouri. Data prepared by Dong Ding.

# Alcohol Use Amongst the LGBQQ Population

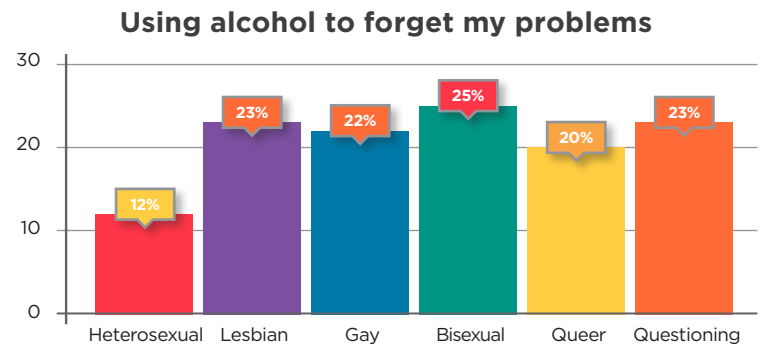
As Missouri's consortium in preventing higher education substance abuse, Partners in Prevention (PIP) promotes healthy behaviors on college campuses. PIP implements the Missouri Assessment of College Health Behaviors (MACHB), previously referred to as the Missouri College Health and Behavior Survey, in order to gain a better understanding of health behaviors and experiences on campuses across Missouri. This brief will focus on alcohol use of students, primarily those whom identify as LGBQQ. Students who identified as transgender are not included in this brief, unless they also reported their sexual orientation as LGBQQ. As sexual orientation and gender are different constructs, the stressors and experiences of the transgender student population cannot be conflated with those of LGBQQ student population.

## Discussion

It is commonly recognized that marginalized groups, such as LGBQQ (Lesbian, Gay, Bisexual, Queer, and Questioning) individuals, tend to have a high rate of substance use and abuse.<sup>1</sup> This may be due to chronic stress from discrimination that lead to substance use and other mental and physical health consequences.<sup>1</sup> Utilizing data from the MACHB, significant differences amongst alcohol and drug consumption between the LGBQQ population and heteronormative individuals on college campuses are visible. For example, 8% of heterosexual college students across Missouri began drinking at age 14 or before, whereas the rate for LGBQQ individuals is much higher. Individuals that identify as lesbian and bisexual reported 17%, gay individuals reported 11%, and queer students indicated 15%. Further, the MACHB allows students to indicate their reasoning for consuming alcohol on a regular basis. One selection is, "In order to forget my problems", which is significantly higher in individuals whom are LGBQQ. 12% of heterosexual students reported this as their reasoning, while it is nearly double for all LGBQQ populations (lesbian-23%, gay-22%, bisexual-25%, queer-20%, and questioning-23%).

As seen in the August PIP brief, students in recovery account for approximately 7% of the Missouri college campus population. When considering LGBQQ individuals, this number is higher for bisexual (10%), questioning (9%), and queer (8%) individuals. The number for gay and lesbian students is around 6%, which is still slightly higher than heterosexual (5%) college students in Missouri. This information allows campuses to recognize the importance of providing

treatment options for students in recovery, with a special focus on marginalized groups on campus.



## Summary

Due to the consistently higher rates of alcohol consumption from individuals who identify as LGBQQ, campuses across Missouri should develop programs that address responsible drinking behaviors. Further, based on the sense of belonging questions on the MACHB, LGBQQ students indicated that they do not feel like a member of the campus at the same level as heterosexual individuals. For instance, 65% of heterosexual students reported feeling as though they are a member of campus, whereas lesbian (54%), bisexual (60%), and questioning (50%) students reported far lower rates of belonging. In response to the large number of students who report drinking in order to forget their problems, programs could focus on appropriate coping skills and other ways to allow LGBQQ individuals to feel a higher sense of belonging on campus.

<sup>1</sup> Ahern, J., Stuber, J., & Galea, S. (2007). Stigma, discrimination and the health of illicit drug users. *Drug and alcohol dependence*, 88(2), 188-196.

Contact Partners in Prevention at (573) 884-7551. Report prepared by Shannon Braidia and L.M. Daily, Partners in Prevention Evaluation Staff at the University of Missouri. In consultation with the coordinator of the MU LGBTQ Center, Sean Olmstead.

**For more information, visit [pip.missouri.edu](http://pip.missouri.edu)**

# Marijuana

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges in Missouri with the mission of building safe and healthy campuses. PIP gathers data from the Missouri Assessment of College and Health Behaviors (MACHB) survey in order to assess high-risk behaviors occurring amongst college students. Data from the MACHB can be utilized to gain an understanding of programs that are currently established to inform individuals about marijuana use as well as the use of other drugs on college and university campuses.

## Discussion

According to the National Epidemiological Study of Alcohol Use and Related Disorders, it was found that adults who reported marijuana use during the first wave of the survey were more likely than non-users to develop an alcohol use disorder within 3 years. It was also found that marijuana users who already had an alcohol use disorder at the outset were at greater risk of their alcohol use disorder worsening (1). While marijuana is not the only substance that is correlated to users experimenting additionally with other substances, the ability for it to do so makes it critical for college and universities to continue to provide ongoing education about it.

## Prevalence

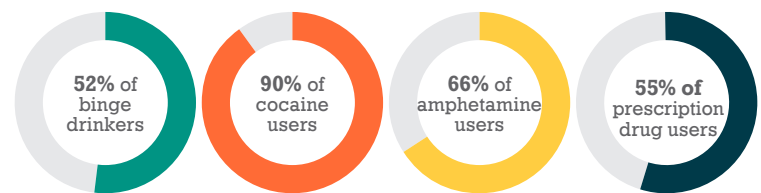
According to data recorded from the 2016 MACHB Survey, 24% of Missouri college students have reported using marijuana at least once in the past year. Most of the students who are using also reported that when they used marijuana it was done at a friend's house or social gathering (67%), in a car (46%), or in an apartment or house (46%). While campus is not the primary location for marijuana use to take place, it is still important that faculty and staff all play a role in helping to educate students about marijuana use so they can make better informed choices.

## Marijuana in Conjunction with Other Drugs

Data collected from the 2016 MACHB also notes that 52% of students that have binge drank (5+ drinks in a 2

hour period) in the last year have also used marijuana in the last year as well. 90% of students who have used cocaine in the last year have used marijuana and 66% of students who have used amphetamines in the last year have also used marijuana. However, 55% of students who are using prescription drugs are using marijuana at least once in the past year.

### Marijuana in Conjunction with Other Drugs



## PIP Resources

The following links are for brochures and fact sheets that contain more information about marijuana use, side effects, and other material concerning marijuana and drug use. These can be used for educational use by any PIP institution.

- [pip.missouri.edu/Marijuana](http://pip.missouri.edu/Marijuana)
- [pip.missouri.edu/docs/PDFs/Marijuana.pdf](http://pip.missouri.edu/docs/PDFs/Marijuana.pdf)
- [pip.missouri.edu/docs/PDFs/Parents.pdf](http://pip.missouri.edu/docs/PDFs/Parents.pdf)

<sup>1</sup> Weinberger AH, Platt J, Goodwin RD. Is cannabis use associated with an increased risk of onset and persistence of alcohol use disorders? A three-year prospective study among adults in the United States. *Drug Alcohol Depend.* February 2016. doi:10.1016/j.drugalcdep.2016.01.014.

Contact Partners in Prevention at (573) 884-7551. Report prepared by Alyssa Johnson, Adam Dietrich, and the Partners in Prevention Evaluation Staff at the University of Missouri. Data prepared by Dong Ding.

# Social Norms

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges and universities in Missouri with the mission of building safe and healthy campuses. PIP tracks efforts to reduce high-risk behaviors with trend data gathered through the annual implementation of the Missouri Assessment of College Health Behaviors (MACHB) survey. It is common on college campuses for students to miscalculate the frequency and severity of other student's high-risk behaviors. Thus, social norm questions have been added to the MACHB in order to assess perceived versus actual behavior on campus amongst students.

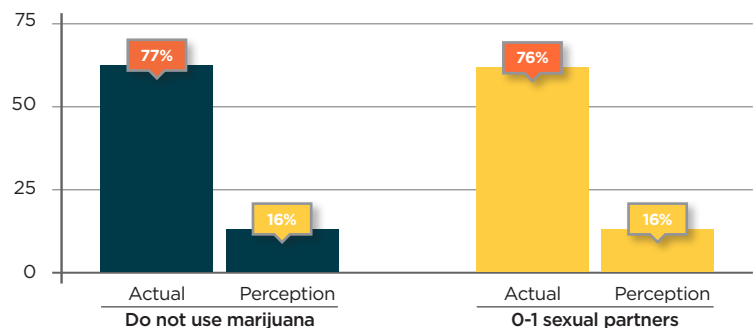
## Discussion

There are several sections on the MACHB that review social norms on campus. Three of the most concerning topics on the MACHB are alcohol consumption on a typical night, illicit drug use, and sexual health due to the large gap between perceived and actual behaviors amid college students. When referring to sexual health, 76% of individuals indicated that they have had 0 or 1 sexual partners in the past year. However, when asked how many sexual partners they believed other students have had; only 16% selected 0 or 1. Conversely, 55% believed their fellow peers had 3 or more partners in the past year, whereas the actual amount reported is 14%.

Further, for marijuana usage, approximately 77% of students did not use over the past year. However, students completing the survey indicated that they believe only 16% of their fellow peers have not used marijuana in the past year. When indicating misuse of prescription drugs, 17% indicating using prescription drugs 1 or more times, whereas participants rated 75% of 'typical students' to abuse prescription drugs at least once over the past year.

The MACHB allows students to indicate their average intake of alcohol on a typical night of drinking. Students rated themselves as having around 2.6 drinks in a night, while contrarily rating others on campus much higher; friends at 4 drinks, typical students at 4.4 drinks, and fraternity/sorority members at an overwhelming 6.3 drinks.

**Perception vs. Reality**



**Average Drinks on a Typical Night**



## Summary

Currently, several campaigns across Missouri are speaking out about misperceived social norms on campus, and how they may be impacting the harmful behaviors of college students. Posters and graphics demonstrating accurate data have become a common method of explaining social norms on campus in order to validate the frequent misconceptions that many students have towards fellow peers. **For more information, please visit [pip.missouri.edu/sn.html](http://pip.missouri.edu/sn.html).**

Contact Partners in Prevention at (573) 884-7551.  
 Report prepared by Shannon Braida and L.M. Daily, Partners in Prevention Evaluation Staff at the University of Missouri.



# Anxiety, Stress, and Suicide

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges in Missouri with the mission of building safe and healthy campuses. PIP gathers data from the Missouri Assessment of College and Health Behaviors (MACHB) survey in order to assess high-risk behaviors occurring amongst college students. Data from the MACHB can be utilized to better understand how and why students are contemplating dying by suicide.

## Discussion

According to the Center for Disease Control (CDC), suicide is the second highest cause of death in individuals ages 15-24. This indicates that college students are in a particularly high risk group when it comes to dying by suicide. It is critical for college administrators, faculty, staff, and students to understand how to assist students who are contemplating suicide so that students are able to get the assistance they need.

## Prevalence

According to the Missouri Assessment of College Health and Behavior (MACHB), 17% of Missouri college students contemplated suicide in the past year and 2% of students attempted suicide in the past year. Ages of these students ranged from 18-25 years or older, but the most significant ages that students were contemplating suicide were 18 (22%) and 23 (23%). However, the average number of students contemplating suicide that fell into the range of ages 19-22 was approximately 17%.

## Relation to Anxiety and Stress

According to the MACHB, 47% of Missouri college students reported having anxiety in the last year. Of the students who reported having suicidal thoughts, 76% of them also said that they experienced anxiety. 58% of students who reported facing a considerable or great deal of stress concerning their personal lives also experienced suicidal thoughts. This means more than half of students who have contemplated suicide are facing a great deal of stress in their personal lives. 45% of the students who reported having suicidal thoughts also reported facing a considerable or great deal of stress concerning its impact on their

academics. Almost half of students who are having suicidal thoughts can also be struggling academically when they may or may not have done so before.



Of the students who reported having suicidal thoughts, **76% of them also said that they experienced anxiety.**

## Programs and Education

### Ask. Listen. Refer.

Ask. Listen. Refer. is an online suicide prevention training tool that is accessible by students, staff, and faculty for free through Partners in Prevention. It is an introductory suicide prevention training program that can help users learn the basics of suicide prevention and provides resources specific to Missouri. **The training can be accessed at [www.asklistenrefer.org](http://www.asklistenrefer.org).**

### RESPOND Training

While RESPOND training is not offered specifically through Partners in Prevention, it is a recommended training for PIP institutions. It is an 8 hour, in person training empowering participants to recognize and effectively support and refer a person experiencing a mental health challenge or crisis. **If you are interested in more information about this training, contact us at [www.pip.missouri.edu](http://www.pip.missouri.edu).**

Contact Partners in Prevention at (573) 884-7551.

Report prepared by Alyssa Johnson & Luke Daily, as well as the Partners in Prevention Evaluation Staff at the University of Missouri.

For more information, visit [pip.missouri.edu](http://pip.missouri.edu)

*Funded by the Missouri Department of Mental Health, Division of Behavioral Health*

# Underage Drinking

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges in Missouri with the mission of building safe and healthy campuses. PIP gathers data from the Missouri Assessment of College Health Behaviors (MACHB) survey in order to assess high-risk behaviors occurring among college students. Data from the MACHB can be utilized to gain an understanding of programs that are currently established to inform individuals about the prevalence of underage drinking.

## Discussion

According to a comprehensive article detailing underage student drinking habits, about half of the alcohol consumed at four year colleges is consumed by students under the legal drinking age of 21.<sup>1</sup> It is important to understand why underage students are drinking to create effective prevention efforts, and to lower the overall binge-drinking and alcohol consumption rate. Efforts on campus can also lessen the incidences of students harming themselves and others from the use of alcohol.

## Prevalence

According to data from the 2016 MACHB, about 49% of underage students had consumed alcohol least one time in the past 30 days, with 8% of underage drinkers choosing to drink 10-20 of those 30 days. Binge-drinking (consuming 5+ drinks over a two hour period anytime within the previous two weeks) among underage drinkers is also an issue on college campuses. Approximately 24% of underage students in Missouri reported binge-drinking.

The survey identified that underage students consume alcohol most frequently at a social gathering/friend's house (77%) and where they live (39%). The results are similar when focusing on pre-partying; with 47% indicating pre-partying at a social gathering/friend's house and 26% indicating drinking at their own residence. Further, students stated they were able to access alcohol most frequently from an over 21 year old friend (46%), using a fake ID (9%), going to a place where they know IDs are not checked (9%), or from fraternity or sorority houses (7%). Of the 9% of underage drinkers whom

reported utilizing a fake ID, 59% indicated they have never been denied while purchasing alcohol.

## Why Underage Students Are Drinking

I want to have fun with friends	84%
I want to relax	49%
I like how it makes me feel	36%
To get drunk	33%
It doesn't negatively affect my academics	24%
To escape/so I can forget my problems	16%
I have nothing better to do	11%
Alcohol is always readily available	8%
There won't be any negative consequences	5%

When prompted to indicate reasons for drinking, nearly 84% of underage drinkers chose 'I want to have fun with friends'. Other popular answers were; 'I want to relax (49%)' and 'I like how it makes me feel (36%)'. As seen in the PIP Social Norm brief ([pip.missouri.edu/docs/briefs/PIP\\_5\\_5.pdf](http://pip.missouri.edu/docs/briefs/PIP_5_5.pdf)), there is a large misconception with the frequency of alcohol consumption and the amount of drinks typical students have while they drink. It can be inferred that college students may perceive drinking to be the 'norm' and the typical way to meet new people and spend quality time with friends. This may suggest the need for educating college students on safe drinking behaviors and the influence of social norms.

1 Wechsler, H., Lee, J. E., Nelson, T. F., & Kuo, M. (2002). Underage college students' drinking behavior, access to alcohol, and the influence of deterrence policies: Findings from the Harvard School of Public Health College Alcohol Study. *Journal of American College Health*, 50(5), 223-236.

Contact Partners in Prevention at (573) 884-7551.  
 Report prepared by Alyssa Johnson & Shannon Braid, Partners in Prevention Evaluation Staff at the University of Missouri.

# Alcohol-Impaired Driving

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges in Missouri with the mission of building safe and healthy campuses. PIP gathers data from the Missouri Assessment of College Health Behaviors (MACHB) survey in order to assess high-risk behaviors occurring amongst college students. Data from the MACHB can be utilized to gain an understanding of programs that are currently established to inform individuals about the consequences of impaired driving.

## Discussion

According to the Center for Disease Control (CDC), 2% of Missouri drivers have reported that they have driven while intoxicated.<sup>1</sup> In 2014, there were 5,976 alcohol-related crashes in the state of Missouri; 189 of which were fatal; resulting in 205 deaths caused by intoxicated driving.<sup>2</sup> Research continues to demonstrate the ongoing issue of impaired driving and the importance of educating individuals about the possible consequences that may occur from their actions.

## Prevalence

While the majority of college students in Missouri reported no past impaired driving, the possible consequences of driving while under the influences are severe, which promotes the necessity of eliminating the risk.

### Students Who Reported Drinking and Driving

<b>0 times</b>	<b>79%</b>
1 time	7%
2 times	5%
3-5 times	5%
6-9 times	2%
10 or more times	2%

According to the 2016 MACHB survey, approximately 21% of students reported driving a motor vehicle after consuming alcohol in the past year. The range of students who reported drinking and driving was

from 7% to 34% across all PIP institutions. A small percentage of students reported driving after drinking one (7%) or two (5%) times in the past year. However, 4% of students who reported drinking and driving did so 6 or more times. Of the students who reported drinking and driving, less than 1% of them reported facing consequences such as receiving a DUI/DWI.

## Designated Drivers

A promising approach to lower the incidences of driving under the influence is to utilize designated drivers. The MACHB allows students to identify what they believe it means to be a designated driver. 85% believe it is someone who has not had any alcoholic beverages, 15% define it as someone who has had a couple of alcoholic beverages, and 1% stated it is the least intoxicated person in the group. Further, only 48% of Missouri students reported that they always utilize a designated driver when partying, and 52% of the time that driver is a friend or acquaintance. Several campuses have developed strategies to increase the number of designated drivers for undergraduate students.



**85% of Missouri college students define a Designated Driver as somebody who has not had any alcoholic beverages.**

# Programs

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## CHEERS

CHEERS was designed to increase the number of designated drivers throughout the state of Missouri. The program allows participating bars, restaurants, and nightclubs to provide free non-alcoholic beverages to the designated driver in a group of two or more. Establishment owners across Missouri have been invited to join CHEERS in order to create a safer environment while drinking. Find us online at [cheers.missouri.edu](http://cheers.missouri.edu) or on Facebook @projectcheers.

## Drive Safe, Drive Smart

The Missouri Department of Transportation and colleges involved in PIP are working to promote safe driving amid college students in the state of Missouri. DSDS is a campaign that works to reach students through social media, tabling events, and online educational materials. The main goal of DSDS is to encourage students to make smart decisions behind the wheel and to be active bystanders when others are driving. Currently, DSDS has billboard campaigns throughout the state that encourage individuals to designate a responsible texter and a sober driver. Find us online at [drivesafedrivesmart.missouri.edu](http://drivesafedrivesmart.missouri.edu) or on Facebook @modrivesafedrivesmart.

## SMART and SMART Live

The State of Missouri Alcohol Responsibility Training (SMART) is a free, interactive, web-based responsible beverage service program available to those who own or work for any Missouri establishment licensed to sell

alcohol. The training focuses on recognition of fake ID's, acceptable forms of identification, prevention of service to minors and intoxicated individuals, and more. Users who pass the training exam gain a certification that is valid for 2 years. To access the online training visit [smart.missouri.edu](http://smart.missouri.edu).

SMART Live is an in-person version of the training, held in 4 locations throughout Missouri. The next SMART Live training will be held April 5, 2017 in Platte County - registration required, [smart.missouri.edu/live](http://smart.missouri.edu/live).

## Law Enforcement Trainings

PIP works with surrounding community law enforcement officers to ensure that they are receiving trainings regarding subjects like alcohol-impaired driving. Trainings are available at this year's regional conference, Meeting of the Minds, in Kansas City, Missouri. Scholarships for public safety/law enforcement officials who work to prevent impaired driving and underage drinking and enforce underage drinking laws are invited to apply. Registration available at [mom.missouri.edu](http://mom.missouri.edu).

<sup>1</sup>Center for Disease Control (2013). Sobering Facts: Drunk Driving in Missouri. Retrieved from: [https://www.cdc.gov/motorvehiclesafety/pdf/impaired\\_driving/drunk\\_driving\\_in\\_mo.pdf](https://www.cdc.gov/motorvehiclesafety/pdf/impaired_driving/drunk_driving_in_mo.pdf)

<sup>2</sup>Missouri State Highway Patrol Statistical Analysis Center (2016). Crashes by Alcohol Involvement. Retrieved from: [http://www.mshp.dps.missouri.gov/MSHPWeb/SAC/crash\\_data\\_alcohol\\_960grid.html](http://www.mshp.dps.missouri.gov/MSHPWeb/SAC/crash_data_alcohol_960grid.html)

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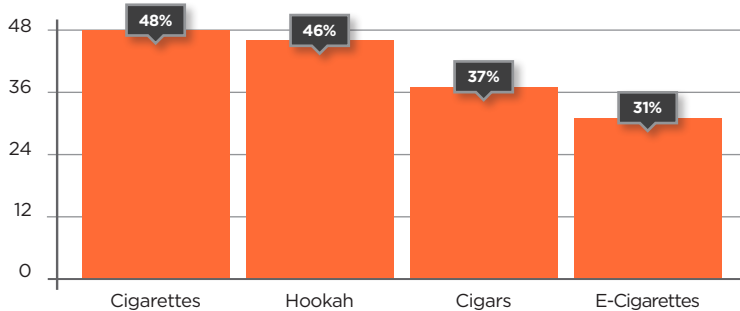
# Tobacco Use on Missouri College Campuses

Missouri Partners in Prevention (PIP) implements the Missouri Assessment of College Health Behaviors (MACHB) each year to monitor student behaviors and perceptions on a variety of health and safety topics, including tobacco use and policy. Of the 21 campuses that are part of the PIP consortium, 14 are tobacco-free, 5 are smoke-free, and 2 have somewhat restrictive policies, meaning they may only have indoor policies or designated outdoor smoking areas available on campus.

## Prevalence

Across Missouri, use of tobacco products continues to be prevalent among college students. For example, 34% have indicated utilizing a tobacco product within the past year. Among those students, the most popular products are cigarettes (48%), followed by hookah (46%), cigars (37%), and electronic cigarettes (31%). Further, 92% of students whom have used tobacco indicated utilizing multiple tobacco products within the past year.

**Tobacco Products Used Among Smokers**



When referring to frequency of use, a significant amount of students whom have smoked in the past year (48%) indicated they have used cigarettes a few times a year. 38% of students reported smoking cigarettes at least once per week, and 26% stated they smoke cigarettes every day. Another widespread tobacco product is electronic cigarettes (E-cigarettes/E-cigs). E-cigs are battery-powered handheld devices that vaporize a flavored aerosol<sup>1</sup>. They typically contain nicotine, propylene glycol, and a variety of other flavorings (they can come without nicotine as well)<sup>1</sup>. Due to the novelty of electronic cigarettes, there is limited data about possible short-and long-term

health effects<sup>1</sup>. However, due to the uncertainty of the chemical consumption in each product, the U.S. Surgeon General has determined that e-cigarettes can expose users to several possibly harmful chemicals<sup>2</sup>. According to the MACHB, electronic cigarette use over the past year was as follows; 59% of students reported using a few times a year, 16% a few times a month, 7% 1-2 times a week, and 14% indicated using electronic cigarettes on a daily basis.

A large majority of students (78%) believe their university should have smoke-free outdoor university areas. This number has typically increased over the years, with only 58% indicating smoke-free outdoor areas in 2012. However, this number was at 80% in 2015, thus has slightly decreased on the 2016 MACHB.

## Resources for Smoking Cessation

There are several resources across Missouri to address smoking cessation on college campuses. For example, Partners in Prevention (PIP) and the Wellness Resource Center at the University of Missouri, with support from the Department of Mental Health (Division of Alcohol and Drug Abuse), are able to support PIP schools that wish to participate with the following services:

### Cessation Training

PIP provides a 3-4 hour training for cessation coaches. It covers paperwork, dosing of nicotine replacement therapy, and coaching strategies for cessation consumers. The training also provides a copy of the Tobacco Dependence Treatment handbook if a campus is interested in implementing cessation services.

**For more information, visit [pip.missouri.edu](http://pip.missouri.edu)**

*Funded by the Missouri Department of Mental Health, Division of Behavioral Health*

## Nicotine Replacement Therapy

NRT (nicotine gum, lozenges, and patches) can be provided to campuses to assist individuals whom are interested in quitting to sustain a better quit attempt.

## Brochures

There are quitting brochures which can be provided and customized for specific campuses. They include cessation information, locations for services, and contact information for tobacco cessation options on campus. If interested in ordering a brochure, order forms can be found at [pip.missouri.edu/brochures.html](http://pip.missouri.edu/brochures.html)



## Quit Kits

Quit kits are utilized to assist clients when attempting to quit. They include sugar-free gum, stress balls, lip balm, sunflower seeds, and come in a nylon drawstring backpack. All items include some type of cessation messaging, such as the 4 D's of quitting (Delay, Distract, Drink water, and Deep breathing).

## Other Resources

The state quitline, [1-800-QUIT-NOW](http://1-800-QUIT-NOW), is a free resource that is currently providing two weeks of free nicotine patches to callers. Additionally, they have phone or text support that they can provide to individuals who would appreciate weekly messages related to cessation.

Contact Partners in Prevention at (573) 884-7551. Report prepared by Shannon Braida & Dong Ding, Partners in Prevention Evaluation Staff at the University of Missouri, with assistance from the University of Missouri Tobacco Coordinator, Tiffany Bowman.

<sup>1</sup>American Lung Association. (December 8th, 2016). Smoking facts. E-cigarettes and lung health. Retrieved from <http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html?referrer=https://www.google.com/>

<sup>2</sup>U.S. Department of Health and Human Services. (2016). E-cigarette use among youth and young adults: A report of the surgeon general.

For more information, visit [pip.missouri.edu](http://pip.missouri.edu)

Funded by the Missouri Department of Mental Health, Division of Behavioral Health

# Health Behaviors of Greek College Students

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges in Missouri with the mission of building safe and healthy campuses. PIP gathers data from the Missouri Assessment of College Health Behaviors (MACHB) in order to assess risk among college students. Data from the MACHB can be utilized to gain a better understanding of student choices and assist in program development to best address student environments. The survey inquires if students participate in Greek organizations (IFC, PHA, NPHC, and Social Greek Organizations). Based on self-reports, 15% of students at Missouri campuses reported involvement in Greek organizations in the 2016 survey. There is quite a range of Greek participation by institution. The campus with the highest Greek participation had a rate of 46%. The campus with the lowest Greek participation, has no students involved in Greek organizations.

## Greek Alcohol and Marijuana Use

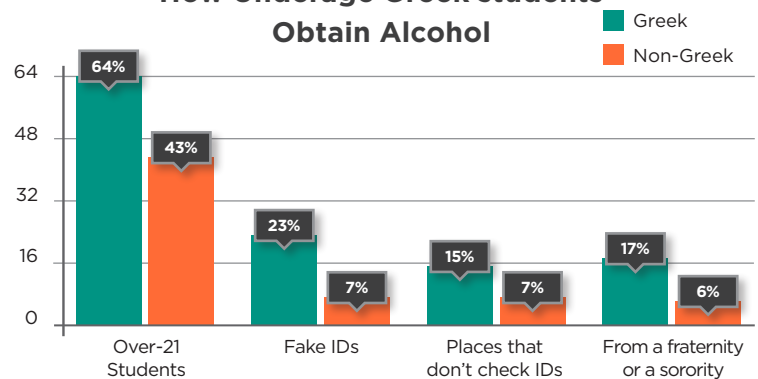
Ninety-two percent (92%) of Greek students responded that they have consumed alcohol in the past year compared to 72% of non-Greek students. Forty-nine percent (49%) of Greek students reported “binge” drinking, defined as having 5 or more drinks in a 2 hour period at least once in the past two weeks, compared to 20% of non-Greek students.

	Greek	Non-Greek
<b>Consumed alcohol in the past year</b>	92%	72%
<b>Binge drinking rate</b>	49%	20%

Differences were also observed when comparing students under the legal drinking age of 21. Eighty-nine percent (89%) of underage Greek students reported drinking in the past year compared to 63% of non-Greek students. Additionally, 47% of Greek underage students reported binge drinking in the past year compared to 20% of non-Greek underage students.

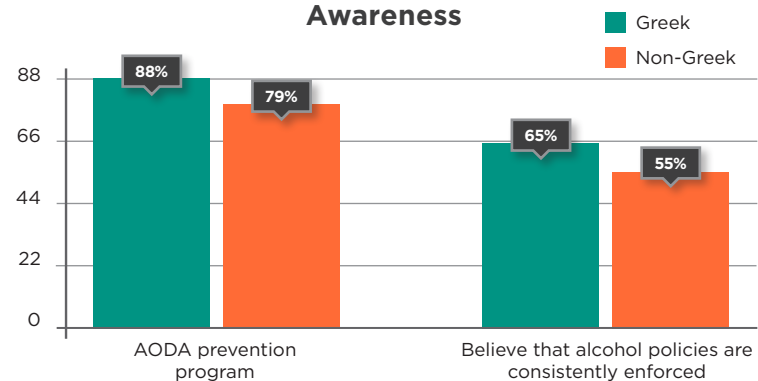
The most common ways for underage Greek students to obtain alcohol were from friends of legal drinking age (64 % vs. 43 % non-Greek), fake IDs (23 % vs. 7% non-Greek) or going to places that did not check IDs (15% vs. 7% non-Greek).

**How Underage Greek students Obtain Alcohol**



While Greek students reported drinking at higher levels and having more access to alcohol, they were also more aware that their campus had alcohol and drug prevention programs and policies.

**Awareness**



Greek students also report more marijuana smoking in the past year than non-Greek students. (Greek 40% vs. Non-Greek 22%). However, only 13% of Greek

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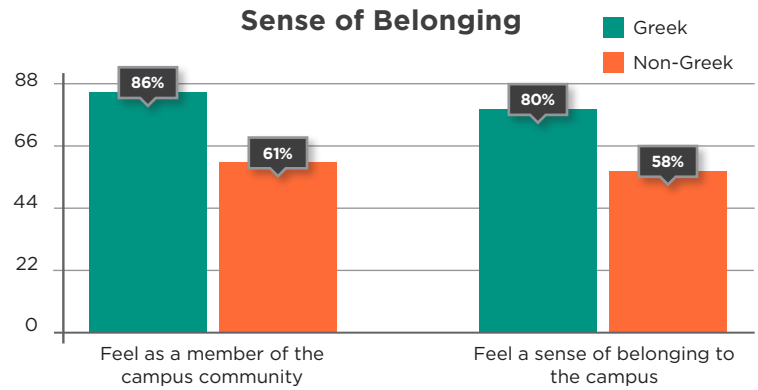
students who reported using marijuana in the past year indicated that they used marijuana at Greek houses.

## Mental Health

Greek and non-Greek students reported similar levels of stress, with approximately 28% reporting overwhelming or unbearable stress within the past two weeks. Both groups reported academics as the most common source of stress (93% for Greek students and 87% for non-Greek students). Differences emerged for other sources of stress based on Greek affiliation. Greek students reported a much higher rate of stress from organization involvement and responsibilities (46%) than non-Greek students (17%). Greek students also reported greater levels of stress associated with roommates (23%) than non-Greek students (15%). While Greek students may be experiencing more stress, they stated they were more likely to have someone to talk to about their stress (97%) compared to non-Greek students (88%).

## Sense of Belonging

Greek students report having greater levels of connection with campus. Greek students were more likely to see themselves as a member of the campus community (86%) and feel a greater sense of belongingness to campus (80%) than non-Greek students (61% and 58% respectively).



Contact Partners in Prevention at (573) 884-7551.  
Report prepared by Dong Ding & Dan Reilly, Partners in Prevention Evaluation Staff at the University of Missouri.



# Tobacco Use Among LGBQQ College Students

It is commonly recognized that marginalized groups, such as LGBQQ (Lesbian, Gay, Bisexual, Queer, and Questioning) individuals, tend to have a higher rate of substance use<sup>2</sup>. However, relatively little empirical research has been conducted specifically regarding tobacco use among LGBQQ individuals. This brief will focus on tobacco use of college students, primarily those whom identify as LGBQQ. Students whom identify as transgender are not included in this brief, unless they also reported their sexual orientation as LGBQQ. As sexual orientation and gender are different constructs, the stressors and experiences of the transgender student population cannot be conflated with those of the LGBQQ student population.

## Tobacco Use Rates

According to Kerr, Ding, and Chaya (2014), ever-in-lifetime tobacco use among a large sample of U.S. college students demonstrated significant differences dependent upon sexual orientation. For example, among heterosexual males, lifetime tobacco use was 50%, whereas gay and bisexual men indicated 53% and 60%, respectively. Even larger discrepancies were demonstrated among women; with heterosexual women indicating 39%, lesbian women reporting 56%, and bisexual women with 63% ever-in-lifetime tobacco use.

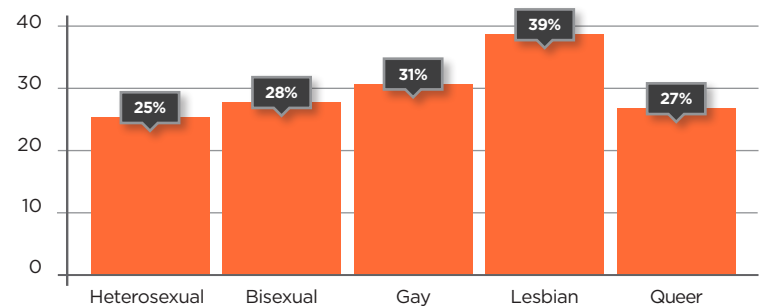
There are several reasons that may account for tobacco use differences between heterosexual and LGBQQ individuals. For instance, stressors related to discrimination, actual and perceived anti-LGBT violence, and lack of social support may influence higher rates of tobacco use<sup>2</sup>.

Additionally, there may be barriers to receiving cessation services. Dependent on location, there may be limited access to culturally informed tobacco cessation programs and quality health care that can properly address LGBQQ-specific concerns<sup>2</sup>. It is important to note that LGBQQ individuals who are low-income, racial/ethnic minorities, residents of rural areas, younger in age, and/or have lower education levels are at a heightened risk of previously stated risks and barriers.

## Missouri Assessment of College Health Behaviors (MACHB) Results

According to the MACHB, use of tobacco products is typically higher among LGBQQ students. For example, 16% of heterosexual students indicated using a cigarette within the past year, whereas bisexual (29%), gay (25%), lesbian (32%), queer (21%), and questioning (20%) students reported higher rates. When focusing on frequency of use, 25% of heterosexual students who have used tobacco in the past year indicated smoking cigarettes on a daily basis. However, bisexual, gay, lesbian, and queer students indicated an overall higher rate of daily cigarette use (28%, 31%, 39%, and 27%, respectively).

### Frequency of Heterosexual, Bisexual, Gay, Lesbian, & Queer Student Daily Cigarette Use



Another emerging tobacco product is electronic cigarettes (E-cigarettes/E-cigs). E-cigs are battery-powered handheld devices that vaporize a flavored aerosol<sup>3</sup>. They typically contain nicotine, propylene glycol, and a variety of other flavorings (they can come without nicotine as well). Due to the novelty of these new products, there is more to learn about

possible short-and long-term health effects. As a result of the uncertainty of the chemical consumption in each product, the U.S. Surgeon General has determined that E-cigarettes can expose users to several possibly harmful chemicals<sup>3</sup>. Students in the LGBQQ community are utilizing E-cigs at higher rates than their heteronormative student counterparts. For instance, 10% of heterosexual tobacco users reported using an E-cig in the past year, whereas bisexual (16%), gay (13%), lesbian (17%), queer (18%), and questioning (17%) Missouri students are reporting significantly higher use.

Stress and discrimination are strongly correlated in LGBQQ members utilizing tobacco<sup>2</sup>. Thus, it is important to note that LGBQQ students indicated that they do not feel like members of their campus at the same level as heterosexual individuals. For instance, 65% of heterosexual students reported feeling as though they are a member of campus, whereas lesbian (54%), bisexual (60%), and questioning (50%) students reported lower rates of belonging. Further, on the 2016 MACHB, 46% of heterosexual students reported having anxiety, whereas bisexual (64%), gay (63%), lesbian (55%), queer (75%), and questioning (61%) students indicated higher levels of anxiety. This is similar for major depression; bisexual (46%), gay (43%), lesbian (41%), queer (59%), and questioning (48%) students reported more than double the rate of heterosexual students (20%). Therefore, it is important to provide adequate resources to LGBQQ individuals, create safe spaces on our campuses, and train campus employees in cultural competency.

## Resources for Smoking Cessation

There are several resources across Missouri to address smoking cessation on college campuses. For example, Partners in Prevention (PIP) and the Wellness Resource Center at the University of Missouri, with support from the Department of Mental Health (Division of Alcohol and Drug Abuse), are able to support PIP schools that wish to participate with the following services:

### Cessation Training

PIP provides a 3-4 hour training for cessation coaches. It covers paperwork, dosing of nicotine replacement therapy, and coaching strategies for cessation

consumers. The training also provides a copy of the Tobacco Dependence Treatment handbook if a campus is interested in implementing cessation services.

### Nicotine Replacement Therapy

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### Brochures

There are quitting brochures which can be provided and customized for specific campuses. They include cessation information, locations for services, and contact information for tobacco cessation options on campus. If interested in ordering a brochure, order forms can be found at [pip.missouri.edu/brochures.html](http://pip.missouri.edu/brochures.html)



### Quit Kits

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### Other Resources

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<sup>1</sup> Kerr, D. L., Ding, K., & Chaya, J. (2014). Substance use of lesbian, gay, bisexual and heterosexual college students. *American journal of health behavior*, 38(6), 951-962.

<sup>2</sup> Sell, R. L., & Dunn, P. M. (2008). Inclusion of lesbian, gay, bisexual and transgender people in tobacco use-related surveillance and epidemiological research. *Journal of LGBT Health Research*, 4(1), 27-42.

<sup>3</sup> U.S. Department of Health and Human Services. (2016). E-cigarette use among youth and young adults: A report of the surgeon general

Contact Partners in Prevention at (573) 884-7551. Reported prepared by Shannon N. Braid, Wellness Resource Center Evaluation Staff. Data prepared by Dong Ding.

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# Clery Act Reporting

The Jeanne Clery Disclosure of Campus Security Policy and Crime Statistics Act (Clery Act) requires colleges and universities to report campus crime data, support victims of violence, and publicly outline the policies and procedures they have put into place to improve campus safety<sup>1</sup>. This brief will focus on 2015 data from the 21 campuses that make up the coalition Missouri Partners in Prevention. Missouri Partners in Prevention is a higher education substance abuse consortium dedicated to creating healthy and safe college campuses.

## Disclose Crime Statistics

Institutions must disclose crime statistics for incidents that occur on campus, in unobstructed public areas immediately adjacent to or running through the campus and at certain non-campus facilities. The Clery Act requires reporting of crimes in 4 major categories, some with significant sub-categories and conditions:

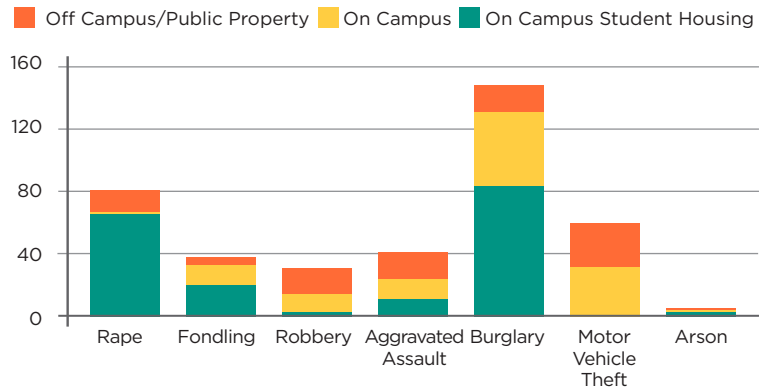
- Criminal Offenses
- VAWA Related Offenses
- Hate Crimes
- Arrests & Referrals

## Clery Geography

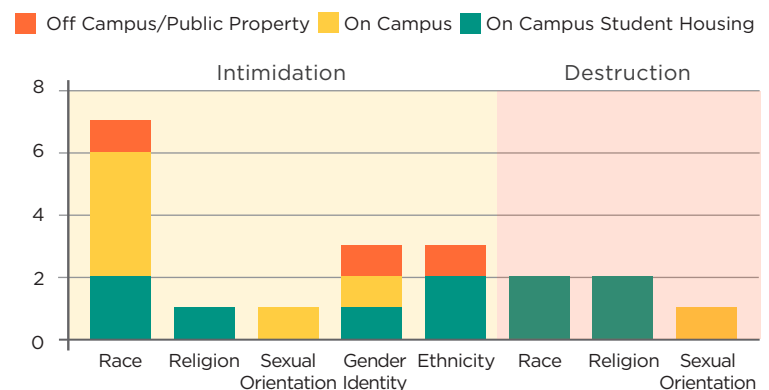
The Clery Act defines 4 different locations for crime statistic reporting On-Campus, On-Campus Housing (subcategory of On-Campus property), Non-Campus Property, and Public Property. For more information on the specifics of these locations, visit [clerycenter.org](http://clerycenter.org)

## Discussion

A variety of criminal offenses are reportable under the Clery Act, but those that are present on Missouri PIP campuses include rape, fondling, robbery, aggravated assault, burglary, motor vehicle theft, and arson. Burglary is the most commonly committed criminal offense (149 total), followed by rape (81), then motor vehicle theft (60). Criminal offenses were more likely to happen on campus than off campus or on public property near the college or university. Additionally, a high proportion of the on campus offenses were committed within on campus student housing.



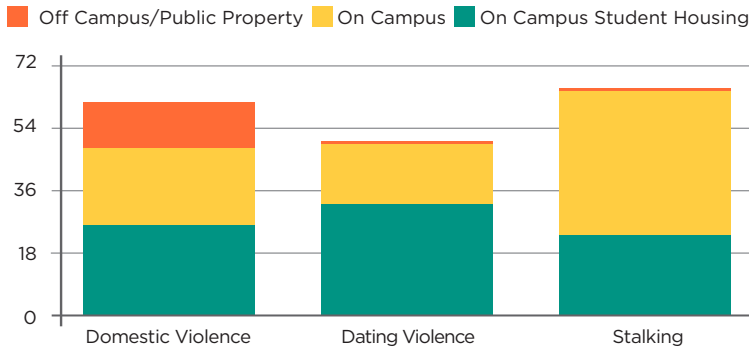
Hate crimes are also reportable offenses included in the Clery Act. A hate crime is defined as a criminal offense that is motivated by bias (e.g. racial or sexual bias)<sup>2</sup>. Hate crimes cover all manner of offenses, but the crimes committed on PIP campuses fall into two categories- intimidation (15 total) and destruction/damage/vandalism of property (5). Instances of intimidation were more common than destruction, with race-related intimidation being the highest. Destruction due to race and religion were equal. While the rates of hate crimes were not high, they do pose a particular threat to our students as they are targeted based on identities that are part of who they are, and which cannot be changed.



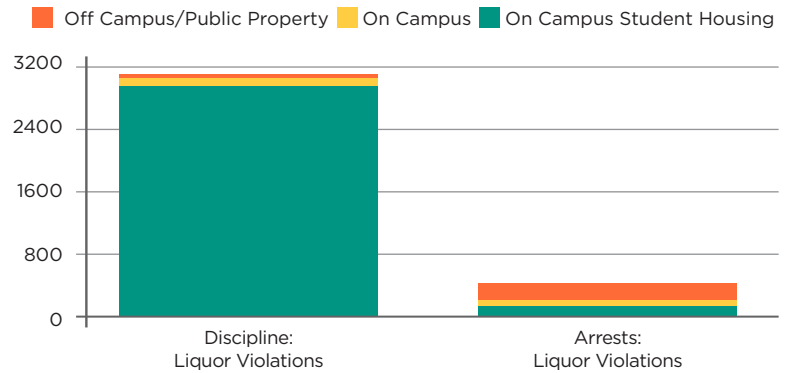
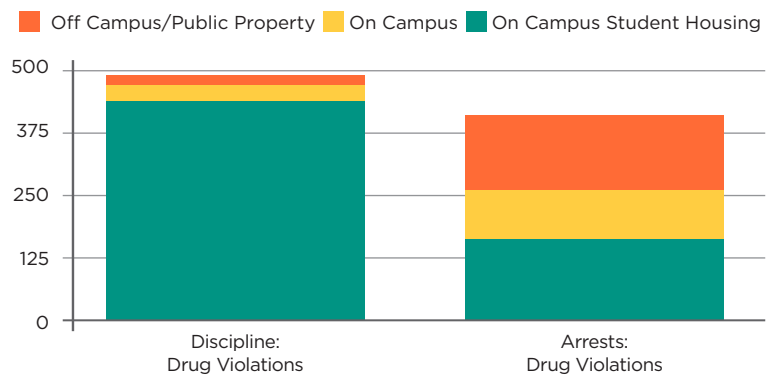
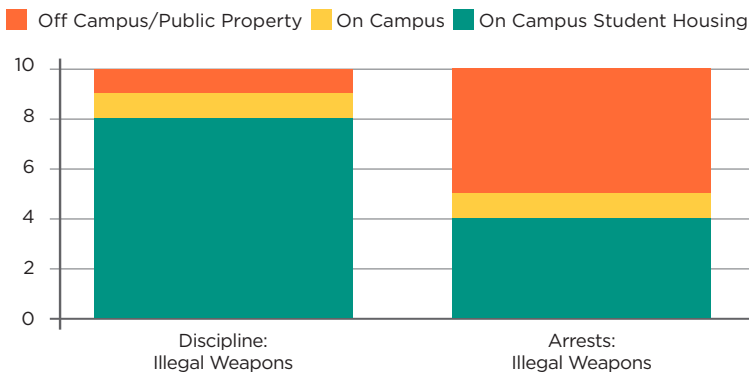
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The Violence Against Women Act (VAWA) was updated in 2013 and amendments to the Clery Act expand the rights afforded to campus survivors of sexual assault, domestic violence, dating violence, and stalking<sup>3</sup>. Sexual assaults are included above under criminal offenses, but the other offenses are listed here. Stalking makes up the highest number of offenses (65 total), with domestic violence (61) and dating violence (50) at almost equal rates. As with the other categories, offenses were more likely to happen on campus, with high rates in student housing as well.



Disciplinary acts and arrests included in the Clery Act are for illegal weapons possession, drug law violations, and liquor law violations. Disciplinary liquor law violations greatly exceeded those for drug violations and illegal weapons possession (3107, 491 and 10 respectively). However, arrests for drug law violations (411) were almost equal to arrests for liquor law violations (429) while arrests for illegal weapons possession were much lower (10). As with other categories, these offenses occurred more often on campus, though arrests off campus and on public property were almost as likely as on campus arrests.



## Summary

Crime incidents happen on campuses and to our students, which emphasizes the work that must be done to prevent crime and keep students safe. Data from the Clery Act can help us understand the scope of the problem, where crime occurs, and what the best ways are to combat it. It is also an important tool to show that crime is taken seriously and is well reported, and indicates to survivors that their experiences are recognized. Missouri colleges and universities should strive to develop policies, procedures, and practices that ensure proper handling and reporting of crime incidents, which is to their benefit. Campus specific data can be viewed at [ope.ed.gov/campusafety/#](https://ope.ed.gov/campusafety/#)

<sup>1</sup>Clery Center - Policy and resources (<https://clerycenter.org/policy-resources/>)

<sup>2</sup>The Handbook for Campus Safety and Security Reporting: 2016 edition (<https://www2.ed.gov/admins/lead/safety/handbook.pdf>)

<sup>3</sup>Clery Center - Policy and resources - VAWA (<https://clerycenter.org/policy-resources/vawa/>)

Contact Partners in Prevention at (573) 884-7551.  
Report prepared by Margo Leitschuh, Partners in Prevention Communications Coordinator. Data prepared by Robert Clay, Clery Act Coordinator, Lincoln University.

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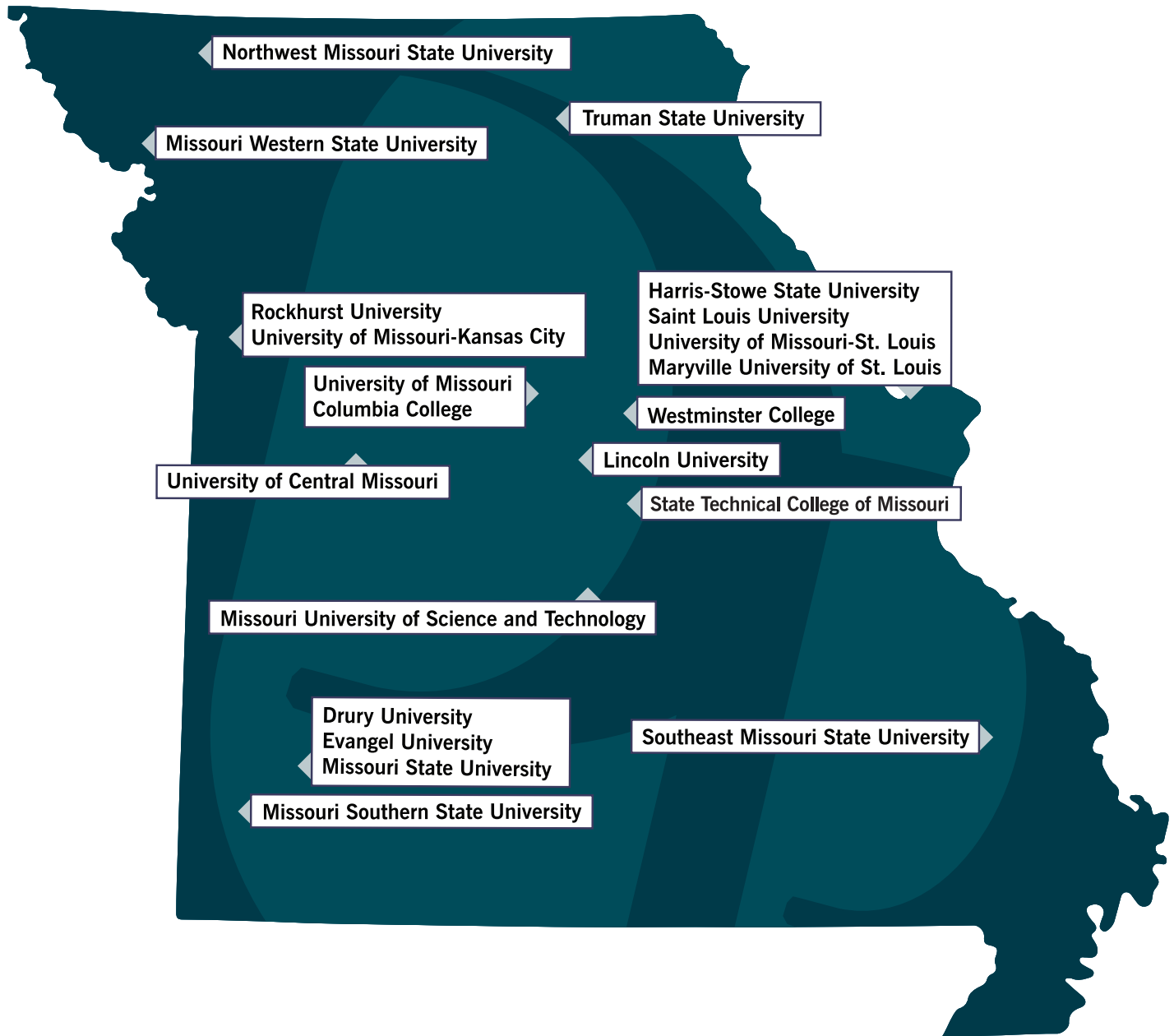
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## Partners in Prevention Member Campus Locations

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Missouri's higher education substance abuse consortium

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**For more information, visit [pip.missouri.edu](http://pip.missouri.edu)**

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