

PARTNERS IN PREVENTION  
**RESEARCH BRIEFS**

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**VOLUME 6**

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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*

# Opioid Use by 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. Each year, PIP implements the MACHB (Missouri Assessment of College Health Behaviors), a statewide survey of college students designed to understand the role of alcohol, drugs (illegal and prescription), mental health issues, and power-based personal violence on student health and wellness. While alcohol, tobacco, and marijuana are the most abused substances among Missouri college students, campuses are expressing rising concerns about the role that opioids- including heroin and prescription pain medications- play in the lives of Missouri college students.

## Extent of the Problem

Opioid use (prescription pain medication and heroin) remains low for college students in Missouri with more students abusing prescription pain medications than using heroin. Prescription misuse is defined by not using your own prescription as prescribed or using a medication without a prescription. As illustrated in the chart below, compared to alcohol, tobacco, and marijuana use rates, heroin and prescription drug rates are fairly low.

Substance use in the past year by Missouri college students (MACHB 2017)	
Used alcohol in the past year	76%
Used marijuana in the past year	30%
Used tobacco products in the past year	27%
Misused prescription pain medication in the past year	4.4%
Used heroin in the past year	0.4%

\*Misuse is defined by not using your own prescription as prescribed or by using a medication without a prescription.

## A Growing Concern

Opioid use in Missouri for the general population is a growing concern. The rate of hospitalizations and emergency department visits due to opioids has increased dramatically in the last decade (137% from 2005 to 2014<sup>1</sup>). An executive order signed July 17, 2017 by Missouri Governor Eric Greitens will create a statewide prescription drug monitoring program.

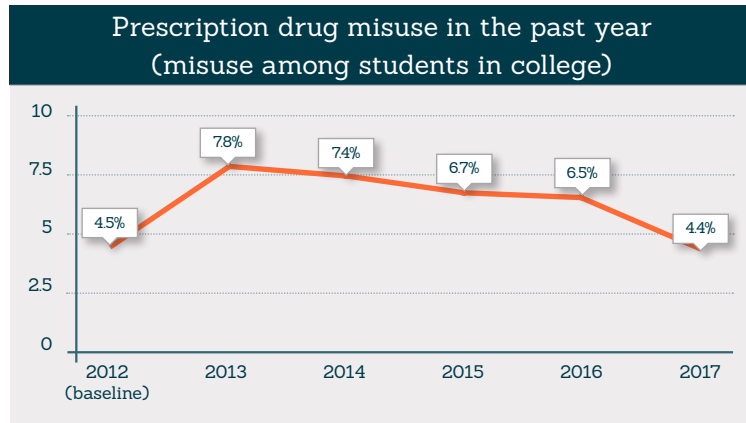
Until this order, Missouri was the only state in the U.S. that did not have such a program. Research now indicates that prescription opioid use may be the precursor to heroin use - nearly half of individuals in 3 recent studies reported using prescription opioids prior to using heroin. Users report switching to heroin because it is cheaper and easier to obtain.<sup>2</sup>

## A Work in Progress

Missouri Partners in Prevention has been educating students about the dangers of prescription pain medications in its MoSafeRx program since 2012 in collaboration with funding from the Missouri Department of Mental Health, Division of Behavioral Health. The MoSafeRx program combines three strategies: educate students on the dangers of prescription drugs, recommend safe alternatives, and provide safe places for students to store or dispose of prescription drugs. The MoSafeRx program has worked with campuses to utilize prescription drug disposal boxes and planned take-back days for opioids and other prescription drugs. In addition, Partners in Prevention has worked with university health centers and pharmacies to understand the consequences of over-prescribing prescription pain medications.

The Mo-HOPE project at the Missouri Institute of Mental Health has provided education to Missouri Partners in Prevention schools and we are working on a partnership to provide naran/naloxone (a prescription medicine that blocks the effects of

opioids and reverses an overdose) to campus first responders such as campus safety, police, and residence halls staff.



## Summary

While there is need for concern regarding opioid misuse in Missouri for the general population,

Missouri college campuses have seen decreased rates in the misuse of prescription pain medications, and heroin use may be low relative to equally dangerous prescription opioid use (around 0.5%). It is likely that users of heroin (or heavy users of prescription pain medications) either do not matriculate at our institutions, or do not remain in school very long. However, it remains important to educate students about the risks of misusing prescription pain medications, provide resources for safe disposal of medications, and provide help for students who may be experiencing addiction or physical dependence.

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

Report compiled 7/14/17 by Joan Masters, Project Director and Margo Leitschuh, Communications Coordinator.

<sup>1</sup>Porth, L. (2015, November). Opioid use in Missouri: Strategy for reduced misuse and abuse. Missouri Hospital Association. <http://www.mhanet.com/mhaimages/opioid/MHABoardRecs.pdf>

<sup>2</sup>National Institute on Drug Abuse. Heroin - How is heroin linked to prescription drug abuse? 2014, November.

# Sexual Violence during Collegiate Internship or Study Abroad Programs

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. Each year, PIP implements the MACHB (Missouri Assessment of College Health Behaviors), a statewide survey of college students designed to understand the role of alcohol, drugs (illegal and prescription), mental health issues, and power-based personal violence on student health and wellness.

## Discussion

18% of Missouri college students report experiencing non-consensual sexual contact in their lifetime, and 6% report experiencing non-consensual sexual contact in the last year. 34% of students indicate that the non-consensual sexual contact occurred while attending their college or university. 3% of students report that the non-consensual sexual contact occurred during a study abroad program and 1% indicate that it occurred during an internship through their

**34% of students indicate that the non-consensual sexual contact occurred while attending their college or university.**

college or university. While these rates are low statewide, on individual campuses students report experiencing non-consensual sexual contact at rates as high as 18% during study abroad and 5% during an internship.

These experiential learning opportunities place our students in environments where they may not recognize that they have access to the same services and resources that they would on campus. Additionally, for internship opportunities, there may be power differentials present that cause students to feel unsure about reporting the non-consensual sexual contact. In both situations students may feel

isolated from their support systems, not know of local resources that could help, and be fearful of reporting the assault (e.g. stigma of sexual assault in a foreign country, fear of termination from the internship).

## Summary

Institutions of higher education should be aware of the rates at which their students experience non-consensual sexual contact during internships or study abroad programs. Resources should be visible and available for students entering these programs so they know that their status as a university student will protect them even while not physically on campus. Faculty and staff should be aware of these

resources, as 45% of students report that they would go to faculty or staff for help. One new resource that will launch in August is the Intern Resource Network. Created in partnership with the Missouri Coalition Against Domestic and Sexual Violence (MCADSV), The Intern Resource Network can be used by campuses across the state to inform their students specifically about sexual harassment in the workplace.

**Faculty and staff should be aware of these resources, as 45% of students report that they would go to faculty or staff for help.**

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## The Intern Resource Network

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According to the Missouri Department of Higher Education, by 2018, approximately 60 percent of all jobs in Missouri will require some form of postsecondary education. Students often seek job-training opportunities to help build their resumes, and many are required to have an internship or externship as a part of their course credits. Additionally, employers look for applicants who have hands-on job experience.

The workforce can be a very different environment than a college campus though, a reality that can leave students vulnerable to an imbalance of power, and resulting actions of sexual harassment and gender-based discrimination. To this end MCADSV wants students to know their full rights under Title IX as they extend to internships and externships. In partnership with Partners in Prevention (PIP), MCADSV has just launched the Intern Resource Network, a web-based resource that will act as a clearinghouse of information for students, campus advisors, and site supervisors.

MCADSV made a concerted effort to address the sexual harassment of students by partnering with PIP to convene a workgroup of campus representatives to address this issue. The workgroup examined what resources currently exist for students and how colleges prepare students for internships/externships. Though colleges offer a variety of prevention programs and support services on campus, it can be difficult for a student to know what resources exist in the larger community. Insight from campus representatives, including students, assisted MCADSV and PIP in developing a resource to promote collaboration between campuses, local domestic & sexual violence organizations, and employers in the public and private sector.

University and college campuses can use the Intern Resource Network as an opportunity to connect with

local domestic & sexual violence organizations. Using the interactive map on the homepage of the website, staff on campus can find the contact information for local domestic & sexual violence organizations, and schedule a meeting to share information on services and prevention programs, as well as discuss the differences in advocate confidentiality and mandatory reporting policies for responsible employees on campus.

Gender-based and sexual harassment policies are inconsistently applied around the state, but the Intern Resource Network can be used as a starting place for best practices. Campuses can use information on the Intern Resource Network to educate students on the dynamics of sexual harassment and discrimination in the workplace, and to enhance leadership opportunities for students to be prepared to engage in organizational change endeavors as they enter the workforce.

MCADSV received initial funding to develop this project through a personal donation by Missouri's U.S. Senator Claire McCaskill, who publicly spoke of being sexually harassed in the Missouri Capital as a student intern and subsequently as an elected legislator. The Women's Foundation of Kansas City then advanced the project with additional funding. To explore the Intern Resource Network visit [www.mointernnetwork.org](http://www.mointernnetwork.org). **For specific questions, contact Matthew Huffman, Prevention Director at MCADSV, by email at [mhuffman@mcadsv.org](mailto:mhuffman@mcadsv.org)**

Contact Partners in Prevention at (573) 884-7551.  
Report compiled 7/24/17 by Joan Masters, Project Director, Matthew Huffman, Prevention Director, MCADSV, and Margo Leitschuh, Communications Coordinator



Intern Resource Network  
Promoting student safety, respect, and equity across Missouri

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

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# Wellbeing of Missouri Transfer Students

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. By examining student stress levels, mental health concerns, and sense of belonging on campus, PIP can track the overall wellbeing of Missouri college students. This brief focuses specifically on the experiences of transfer students by utilizing a battery of questions from the 2016 and 2017 MACHB surveys.

## Overview

On the 2017 MACHB survey, around 25% of Missouri college students indicated that they transferred from a previous institution. Although a large portion (63%) transferred from a two-year institution, 37% were transferring from a four-year college. Of all Missouri students, one quarter (25%) responded that they considered leaving their current campus in the past year. There are several reasons Missouri students consider leaving their institution; lack of friends ranked highest at 39%, followed by not feeling like a member of campus (30%), lack of entertainment in town (28%), lack of money to pay for school (28%), and difficulty keeping up with academics (22%).

## Wellbeing, Mental Health & Stress

Overall, Missouri college transfer students are experiencing similar levels of stress and mental health concerns compared to the general college population. For instance, on the 2016 MACHB, 26% of students were experiencing either a considerable or great deal of stress regarding their academics, and transfer students indicated the same (26%). Further, the ratings for stress levels over the past two weeks were similar; 30% of transfer students and 28% of college students across the state responded that their stress was either overwhelming or unbearable. However, some areas of stress were higher among transfer students; for example, source of stress

from financial concern was indicated by 61% of transfer students, compared to 51% for the general population. Additionally, source of stress from a job was indicated among 46% of transfer students in comparison to 34% for students who did not transfer into their current institution.

There were also areas where transfer students ranked significantly lower. When assessing sources of stress, non-transfer students identified friends (21%), roommates (18%) and time management (52%) highest, compared to transfer students who ranked these areas lower (14%, 9%, and 48%; respectively).

According to mental health data from the 2017 MACHB, transfer students experience slightly higher rates of mental health concerns. For instance, 27% of transfer students have experienced major depression in the past year, whereas this number is slightly lower (24%) for the overall Missouri student population. A similar pattern exists for individuals experiencing anxiety in the past year; 52% of transfer students and 48% of overall students indicated this concern.

## Resources for Stress & Mental Health Concerns

Several on-campus resources were frequently utilized by Missouri college students when faced with personal concerns. For example, a large amount of students' feel comfortable reaching out to faculty

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members (24%) and this number is similar among transfer students (26%). Other common resources include academic advisors (20% among general student population, 21% transfer students) and the University Counseling Center (28% among transfer students, 31% overall Missouri students).

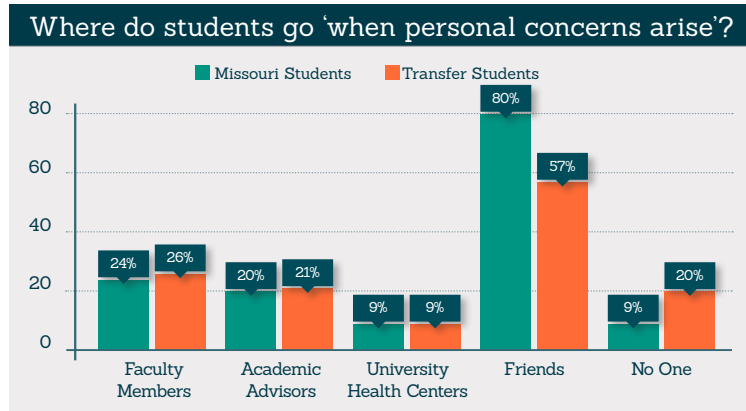
However, there are some resources that vary drastically among transfer students compared to other Missouri college students regarding where they go for assistance. For instance, 80% of students would

reach out to their friends with concerns; whereas this number is drastically lower among transfer students (57%). Further, 20% of transfer students indicated that they would go to 'no one' for assistance with concerns, whereas this number is lower among other students (9%).

## Summary

Transfer students comprise a sizeable number of Missouri college students (25%). Although there are some areas where transfer students differ, the data demonstrates that in many areas there is a similar level of functioning compared with non-transfer students. It is important to provide resources on campus to assist students' sense of belonging, mental health, and overall wellbeing. If your institution would like a campus-specific brief focused on transfer students, please request it at [pip.missouri.edu](http://pip.missouri.edu).

Contact Partners in Prevention at (573) 884-7551.  
Brief prepared by Shannon Braida, Graduate Research Assistant. Data prepared by Dong Ding, Graduate Research Assistant



# Missouri College Student Bystander Behavior

As Missouri's consortium dedicated to preventing higher education substance use, Partners in Prevention (PIP) promotes healthy behaviors on college campuses. PIP implements the Missouri Assessment of College Health Behaviors (MACHB) to gain a better understanding of health behaviors and experiences on campuses across Missouri. Bystander Intervention is a strategy for prevention of various types of violence, including bullying, sexual harassment, sexual assault, and intimate partner violence. The MACHB gathers information on the bystander behavior of college students on Missouri campuses. Specifically, the survey gathers data about students that witness sexually coercive and abusive behaviors. The survey includes questions regarding how likely students are to intervene in possibly hostile situations, where they would seek assistance, and reasons they may choose not to intervene. By providing educational trainings about bystander interventions, colleges across Missouri are hoping to reduce incidences of harmful situations.

## Bystander Interventions to Prevent Violence

According to the MACHB, a majority of college students are willing to intervene in a variety of hostile situations. This number has steadily increased over the years, likely due to bystander intervention training

programs, such as Green Dot or Step Up. For instance, when students are posed with the question, "how likely are you to intervene if you heard what sounded like fighting through my res hall/apartment walls?", approximately 84% indicated they would intervene. Last year, this number across the state was 79%.

Even more impressively, the 'definitely would intervene' selection has risen around 9% from 2016 (26%) to 2017 (35%). This trend continues through other bystander questions; for example, "likeliness to speak up and express concern if I heard a stranger talking about coercing someone to have sex"

The number of college students in Missouri that would intervene has risen over the past year:

In 2016, **79%** said they would intervene if they heard fighting versus **84%** in 2017.

In 2016, **86%** said they would intervene if they heard a stranger talking about coercing someone to have sex versus **92%** in 2017.

prompted 92% of students to indicate they would intervene compared to 86% in 2016.

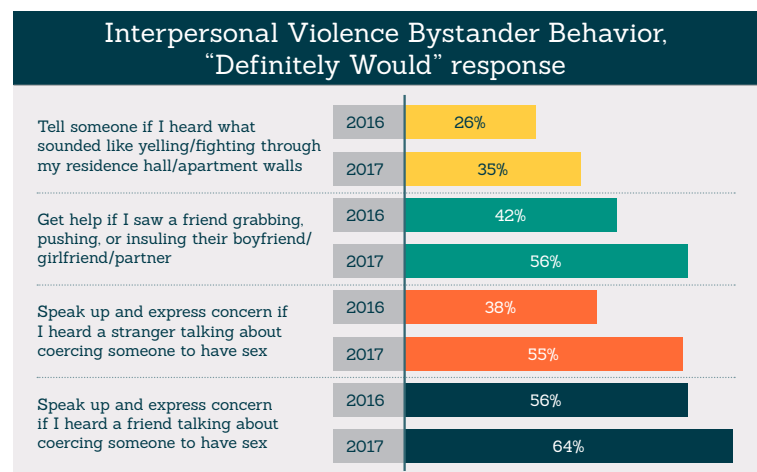


Table 1: The number of students who "definitely would respond" has risen from 2016-2017

## Resources and Barriers to Interventions

When asked where students would seek assistance for situations that elicit intervention, Missouri college students indicated: Friends/Peers (73%), Campus Police (66%), and Campus Staff/Faculty (45%), and Residence life staff (40%) most frequently. Although bystander behaviors are becoming increasingly common among college students, barriers exist that may prevent someone from getting involved. For instance, the MACHB indicates that 'my personality traits would make it hard' (35%), 'fear of looking

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stupid' (30%), 'I could get physically hurt' (24%), and 'I don't think it's a problem' (21%) as the top reasons individuals may not intervene.

Bystander intervention programs, such as Green Dot, suggest multiple ways to be a helpful bystander in their trainings to overcome these barriers. The three D's of Green Dot - **Direct, Delegate, Distract** - encompass a variety of approaches that a

student may use based on their comfort level with the situation. For example, if a student notices two individuals loudly yelling at each other and wishes to intervene before it escalates further, they could; 1) intervene directly by approaching the two individuals, 2) find someone that is a friend of the



two individuals to intervene or 3) Ask one of the individuals for directions to distract them from their current argument.

## Conclusion

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Bystander intervention programs educate students and other members of the campus community about how to engage in a variety of positive bystander behaviors, despite potential barriers to action. By increasing the number of students engaging in behaviors such as intervening or distracting in potentially hostile situations, helping a friend, or referring to campus resources, our Missouri college campuses can achieve healthier outcomes for their communities.

Contact Partners in Prevention at (573) 884-7551.  
Brief prepared by Shannon Braida and Dong Ding, Graduate Research Assistants. Data prepared by Dong Ding, Graduate Research Assistant.

# Frequent Binge-Drinking Behaviors

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. Binge-drinking is a problematic behavior occurring on every Missouri college campus. By examining student binge-drinking rates and negative consequences associated with binge-drinking, campuses across the state can continue to develop policies and programs that will promote the safety and wellbeing of college students.

## National and Statewide Binge-Drinking Rates

Binge-drinking (defined as consuming 5+ drinks over a 2-hour period) has continued to be a hazardous behavior among college students aged 18-24 in the United States<sup>1</sup>. The consequences of binge-drinking are widespread; ranging from receiving lower grades and missing class to assault, motor-vehicle accidents, injury, and death. When assessed nationally, approximately 32% of college students reported binge-drinking over the past 2 weeks<sup>2</sup>. When compared with the 2017 Missouri Assessment of College Health Behaviors (MACHB) results, around 27% of Missouri college students indicated binge-drinking over the past 2 weeks. Although this number is lower than the national average, the Missouri college student binge-drinking rate has increased since 2015. For instance, in 2015 the rate was 24%, with a slight increase to 25% in 2016, and 27% in 2017.

### Binge-drinking:

Consuming  
**5+ drinks**  
over a two  
hour period

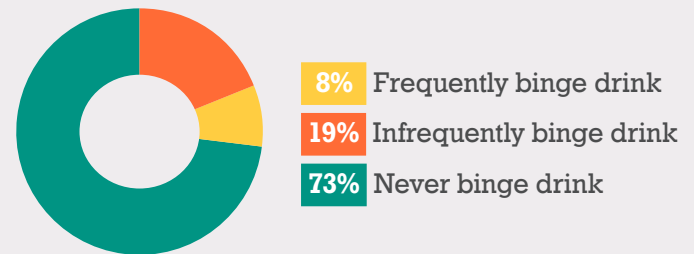
### Frequent binge-drinking:

Binge-drinking  
**3+ times**  
over the past  
two weeks

## Frequent Binge-Drinking Rates

Though frequent binge-drinking drinking can be defined in varying ways, this brief will utilize the following definition: 'binge-drinking 3+ times over the

Binge Drinking Rates



past two weeks<sup>3</sup>. According to the 2017 MACHB, approximately 8% of all Missouri college students surveyed statewide reported in engaging in frequent binge drinking behavior. However, the MACHB data also indicates that of the nearly one-quarter of Missouri college students who binge drink, 1/3 of those students are engaging in frequent binge drinking behaviors. In simpler terms, 1 out of 3 students who binge drink, binge drink 3 or more times in a two week period.

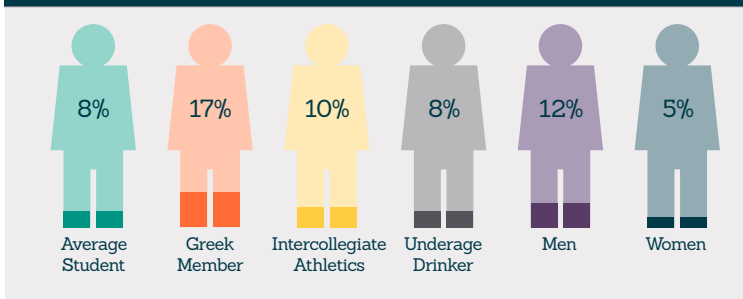
## Frequent Binge-Drinking Subpopulations

When assessing subpopulations, certain groups have a higher likeliness of partaking in frequent binge-drinking. For instance, students' in particular academic majors have higher incidences of frequent binge-drinking: the highest ranking being interdisciplinary studies (18%), business (14%), agriculture (12%), liberal arts/humanities (8%), and journalism (8%). Other populations that demonstrate higher incidences of frequent binge-drinking are Greek members (17%), intercollegiate/varsity athletes (10%), and individuals under the age of

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21 (8%). There also appears to be gender differences in regards to heavy drinking\*. Students that identify as males tend to drink at higher rates than females (12% and 5%, respectively). Finally, year-in-school seems to play a factor in how often college students engage in frequent binge-drinking. The MACHB shows that sophomores (9%) and seniors (10%) have the highest levels of frequent binge-drinking behaviors. Although the precise reasoning for high-risk drinking behaviors cannot be generalized to all college students, the MACHB shows that ‘to relax’, ‘to have fun with friends’, ‘to get drunk’, ‘I like the taste’, and ‘I like how it feels’ to be top indicators.

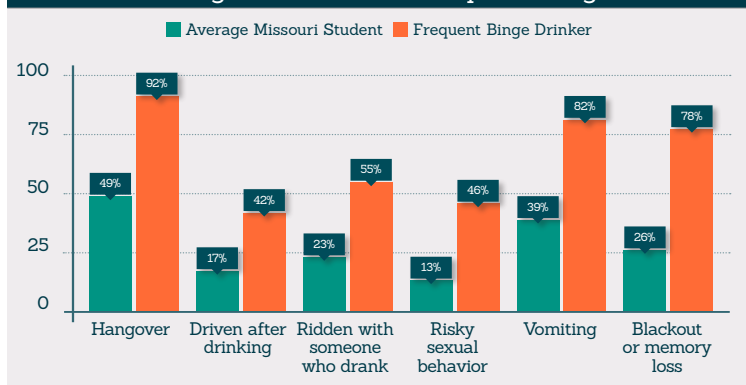
**Frequent Binge Drinking Rates Among Subpopulations of Students**



## Negative Consequences

The MACHB assesses for negative consequences associated with alcohol use within the past year. When focusing on frequent binge-drinkers, negative consequences consistently ranked higher than the average Missouri college student. For instance, 92% of frequent binge-drinkers have experienced a hangover in the past year, 42% have driven after

**Negative Consequences experienced by Average Missouri College Students vs. Frequent Binge Drinkers**



consuming alcohol, 55% rode with someone who had been drinking, 82% have vomited from intoxication, 46% engaged in risky sexual behavior, and 78% experienced a blackout or memory loss from drinking. When viewing the Average Missouri Student vs. Frequent Binge Drinker Negative Consequences table, the differences between a typical Missouri college student and a frequent binge-drinker are drastic.

## Prevention Strategies

According to the National Survey on Drug Use and Health, nine out of 10 people whom are considered heavy drinkers are not considered to have a substance use disorder<sup>4</sup>. This may indicate that the task of lowering the binge-drinking rate is more solvable than initially realized. A combination of education for those students who are abusing alcohol the most dangerously and stricter enforcement of alcohol policies and laws on and off campus may help curb binge and frequent binge drinking rates.

Across Missouri, campuses are utilizing numerous environmental strategies to reduce incidences of high-risk drinking. For instance, several campuses are working with their local community to restrict drink specials, enforce the age-21 drinking age, increase alcohol tax, and mandate students to complete a brief in-person or online intervention tutorial (e.g., BASICS, eCHECKUP, or Alcohol Edu)<sup>5</sup>. Campuses can learn more about prevention strategies to address frequent binge drinking by consulting the NIAAA’s Alcohol Intervention Matrix found at <http://collegedrinkingprevention.gov>.

\*The MACHB allows students to identify gender with the following responses; male, female, transgender, gender queer, self-identify, and prefer not to respond. However, this brief focuses primarily on the experiences of identifying males and females because the small sample size of other responses is not statistically significant.

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

Brief prepared by Shannon Braid, PIP Evaluation Staff. Data prepared by Dong Ding, PIP Evaluation Staff.

### References

- <https://pubs.niaaa.nih.gov/publications/CollegeFactSheet/CollegeFactSheet.pdf>
- <https://www.responsibility.org/college-binge-drinking-statistics/>
- <https://pubs.niaaa.nih.gov/publications/arh283/111-120.htm>
- <https://well.blogs.nytimes.com/2014/11/20/most-heavy-drinkers-are-not-alcoholics-study-finds/>
- <https://www.collegedrinkingprevention.gov/CollegeAIM/EnvironmentalStrategies/default.aspx>

# Help-Seeking Behaviors

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 students' high-risk behaviors and behaviors that promote health and wellness through the annual implementation of the Missouri Assessment of College Health Behaviors (MACHB) survey. By examining student mental health concerns, PIP can track the overall wellbeing of Missouri college students. This brief focuses specifically on the help-seeking behaviors of White/European/Caucasian and African American/Native African students' help-seeking behaviors from 2013 to 2017.

## Improvements in Help-Seeking Behaviors

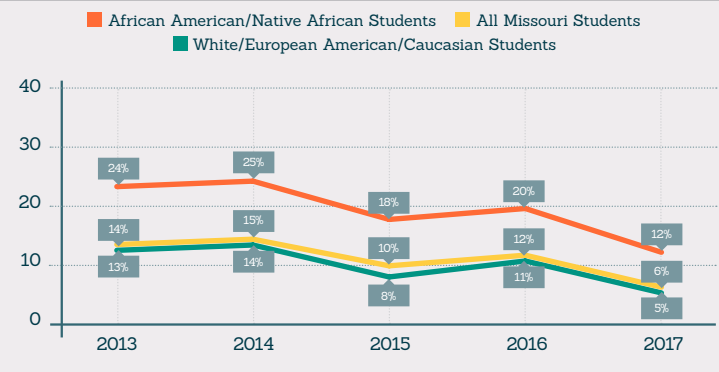
"Help-Seeking Behaviors" refer to the extent to which students feel that they can utilize on and off-campus resources when personal concerns arise. Improvements have been made over the last five years in terms of students' help-seeking behaviors. Of all students who responded to the survey in 2013, only 26% percent felt that they could go to the University Counseling Center whereas in 2017, 48% indicated their University Counseling Center as a place they felt they could seek help. Schools that utilize "Ask Listen Refer", PIP's online suicide prevention training program, provide monthly and quarterly reports that indicate increased student outreach efforts from 2013 to 2017.



Students have also displayed improvements in the rates at which they felt they could seek help from multiple resources. Specifically, in 2013, 14% of all students indicated that they felt they could go to no one on campus when personal concerns arose as opposed to 6.2% in 2017. A majority of students feel they can seek help from friends (83%) and parents (77%).

Although there has been an improvement in help-seeking behaviors among all students over the last five years, **12% of African American Students** still feel that they can go to no one on campus when personal concerns arise as opposed to **5% of white students.**

## % Students Who Feel Like They Can Go to No One on Campus When Personal Concerns Arise



## Disparities in Help-Seeking Behaviors

There is a disparity that exists between African American and White students' help seeking behaviors. This disparity has been a common trend since 2013 when 24% of African American students reported that they felt they could go to no one on campus when personal concerns arose versus 13% of white students. Although there has been an improvement in help-seeking behaviors among all students over the last five years, 12% of African American Students still feel that they can go to no one on campus when personal concerns arise as opposed to 5% of white students. This trend holds true for the rates at which students feel they can utilize the University Counseling Center as a resource with an 11% difference between African American and white students (38% and 49%, respectively). As campuses continue to address the mental health concerns of their student populations, initiatives to target the disparities between populations should be implemented.

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One resource that campuses can use to address this disparity is the Equity in Mental Health Framework, which seeks to support the emotional health and well-being and mental health of students of color ([www.equityinmentalhealth.org](http://www.equityinmentalhealth.org)). The Equity in Mental Health Framework was created by The Steve Fund in partnership with the JED foundation, and outlines ten specific recommendations and implementation strategies for campuses across the United States. These implementation strategies are relevant, and this is evidenced by the supported claims in the PIP data that suggest that African American students are less likely to seek help than their white counterparts. Implementation strategies include the creation of opportunities to engage around national and international issues, and the utilization of culturally relevant programs with a component of data collection to assess effectiveness.

## Summary

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Although students' help seeking feelings have improved across PIP schools over the last five years, there is a racial disparity among our campuses in terms of the extent to which certain groups feel they can seek help from others. The impact of addressing disparities has proven to increase health outcomes for student populations as a whole. In order to continue to improve the mental health and wellness of all Missouri students, campuses can utilize relevant resources such as the Equity in Mental Health Framework.

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

Brief prepared by Erica Braham, PIP Evaluation Staff.

# Substance Impaired Driving

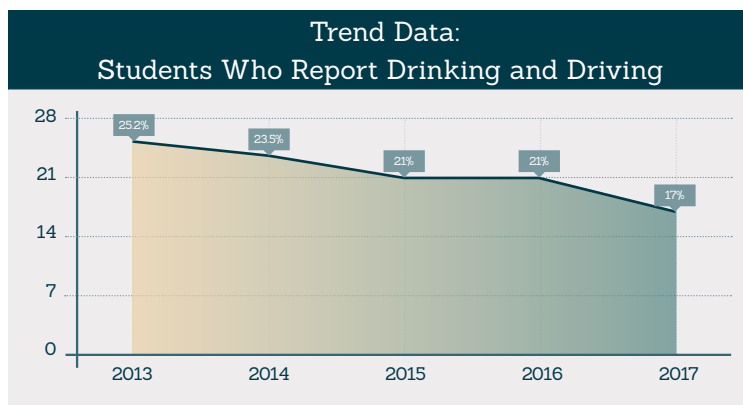
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## Impaired Driving

### Alcohol-Impaired Driving

According to the 2017 MACHB, the majority of Missouri college students (83%) report that they have not driven after consuming alcohol in the past year. Unfortunately, this leaves 17% of students who have driven after drinking at least once in the past year, and only 0.7% of students report being arrested for DUI/DWI.

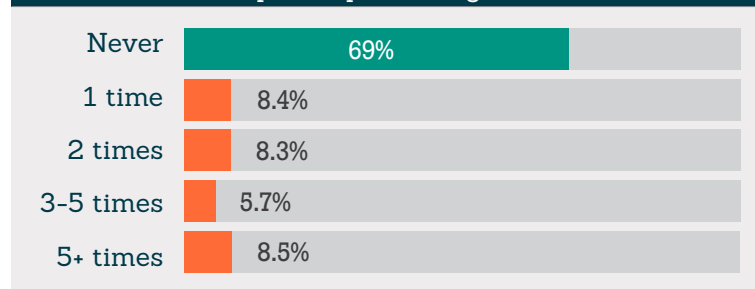
While these data are concerning, the rates of Missouri college students who choose to drink and drive have decreased over the last 5 years. As campuses and communities continue to educate about the dangers of impaired driving, and with the increase in safe ride services, students are able to make better decisions and not drive impaired. With continued education and enforcement, campuses hope to eliminate student drinking and driving.



### Drugged Driving

While alcohol-impaired driving is of primary concern among college students, drug impaired driving is increasingly important to address. Of the 12% of students who have used prescription drugs without a doctor's prescription, 31% report driving after using prescription drugs. While not all medications impair driving, many common prescription drugs can cause reactions that may affect an individual's ability to drive<sup>2</sup>.

#### How often in the past year have you driven after using prescription drugs?



Marijuana impaired driving is becoming increasingly important to address as over half of the states in the U.S. have legalized marijuana for either medical or recreational use<sup>3</sup>. Among Missouri college students, 30% report using marijuana at least once in the past year, and 44% of users report driving after using marijuana at least once in the past year. Additionally, 43% of students who have used marijuana at least once in the past year report that they had used in a car, and 5% of students report that the car was being driven. Our data does not reflect whether the driver of the car was using marijuana while it was being driven.

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

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



# Prevention Initiatives

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## Designated Drivers

Using a designated driver is one of the simplest ways to combat impaired driving. 63% of Missouri college students indicate that they always or almost always use a designated driver, and almost one quarter (23%) of students indicate that if they did not use a designated driver, it was because they walked or stayed where they were drinking. 86% of Missouri college students correctly identify a designated driver as someone who has not had any alcohol. Students indicate that their designated driver is usually a friend, family member, or acquaintance (92%), a service such as Uber or Lyft (43%), or a fraternity or sorority designated driver (27%)\*.

## 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](https://cheers.missouri.edu) or on Facebook @projectcheers.

## Drive Safe, Drive Smart (DSDS)

The Missouri Department of Transportation and colleges involved in PIP are working to promote safe driving among 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 sober driver. Find us online at [drivesafedrivesmart.missouri.edu](https://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 anyone who is a seller or server of alcoholic beverages in the state. 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](https://smart.missouri.edu).

SMART Live is an in-person version of the online training, held in various locations throughout Missouri. To see if a live training will be held near you, visit [smart.missouri.edu/live](https://smart.missouri.edu/live).

## Law Enforcement Trainings

PIP works with surrounding community law enforcement officers to ensure that they are receiving trainings to combat substance 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](https://mom.missouri.edu).

<sup>1</sup>Impaired Driving. SaveMOLives, 2016. Missouri Coalition for Roadway Safety.

<sup>2</sup>U.S. Federal Drug Administration. Driving When You Are Taking Medications. 2013.

<sup>3</sup>Turnbull, David, and James H. Hodge. "Driving under the influence of marijuana: laws and the public's health." Journal of Law, Medicine and Ethics, vol. 45, 2017, pp. 280-83.

\*The question "who was your designated driver?" is select all that apply  
Contact Partners in Prevention at (573) 884-7551.  
Brief prepared 11/15/17 by Margo Leitschuh, Communications Coordinator.  
Data prepared by Dong Ding, Graduate Research Assistant.

Funding for the research and prevention initiatives in this brief are provided by the Missouri Department of Transportation.

Revised June 15, 2018

# Health Behaviors of Missouri Student-Athletes

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 collegiate athletics. In this brief, student-athletes are defined as students who are members of a National Collegiate Athletic Association (NCAA) or National Association of Intercollegiate Athletics (NAIA) sports team on their campus.

## The Student-Athlete Experience

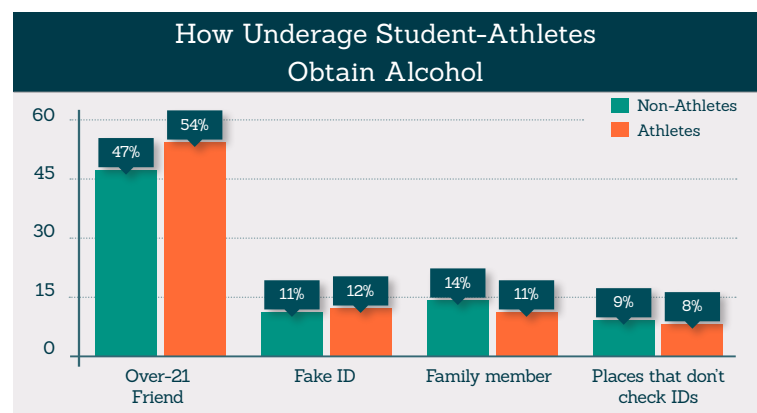
For students who earn the opportunity to compete in the NCAA or NAIA, the college experience is dedicated to both academic and athletic activities. While balancing the physical and mental demands of sport, student-athletes must navigate through similar social and academic journeys that many of their peers experience. Sport-related stressors such as the time commitment to sport, the expectation to perform, and the desire to earn or to maintain an athletic scholarship can also contribute to the student-athlete experience<sup>1</sup>. Despite these additional pressures, student-athletes across Missouri report to have similar health behaviors as their non-student-athlete peers.

## Student-Athlete Alcohol Use

Both seventy-six percent (76%) of student-athletes and non-student-athletes self-reported that they have consumed alcohol in the past year. Thirty-one percent (31%) of student-athletes reported “binge” drinking, defined as having five or more drinks in a two-hour period at least once in the past two weeks, compared to twenty-six percent (26%) of non-student-athletes. Thirty-two percent (32%) of student-athletes and twenty-six percent (26%) of non-student-athletes reported to have experienced a “blackout” or memory loss at least one time in the past year due to drinking.

	Non-Athletes	Athletes
Consumed alcohol in the past year	76%	76%
Binge drinking rate	26%	31%

The most common ways for students under the age of 21 to obtain alcohol is from a friend who is over 21 years old (54% vs. 47% non-student-athletes), a fake ID (12% vs. 11% non-student-athletes), going where IDs do not get checked (7.8% vs. 9.2% non-student-athletes) or having a family member purchase it for them (11% vs. 14% non-student-athletes). For student-athletes who have consumed alcohol in the past year, seventy-seven percent (77%) typically consume alcohol at a social gathering or friend's house. Student-athletes also reported other common places to consume alcohol include bars and restaurants, where they live, and at fraternity or sorority houses.



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

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

## Student-Athlete Well-Being

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Student-athletes and non-student athletes report to have a similar sense of belonging on campus. Fifty percent (50%) of student-athletes and forty-seven percent (47%) of non-student-athletes agree when asked if they feel that they are member of their campus community. Most student-athletes report seeking assistance for their well-being at a university counseling center or from friends and family.

## Prevention Strategies and Resources

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Both the NCAA and NAIA participate in drug education and testing programs and are required to educate student-athletes on the dangers of alcohol, drug, and substance misuse to encourage safe and positive involvement in both school and sport.

The NCAA has a number of programs that engage campuses and their student-athletes in alcohol and substance use prevention. Additional information on the NCAA CHOICES program, the APPLE Institute,

and more NCAA education and prevention programs can be found at [www.ncaa.org/sport-science-institute/alcohol-and-other-recreational-drug-prevention](http://www.ncaa.org/sport-science-institute/alcohol-and-other-recreational-drug-prevention). The NAIA also offers student-athletes courses on alcohol and substance misuse and provides them with resources on mental health and safety. More information on these resources can be found at the NAIA Student-Athlete Wellness Center ([www.naia.org/fls/27900/wellness-center/academy.html](http://www.naia.org/fls/27900/wellness-center/academy.html)).



Campuses around the state and across the nation are working to change campus environments to reduce the prevalence of college drinking. Campuses can learn more about changing the culture of college drinking at [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov).

Contact Partners in Prevention at (573) 884-7551.  
Brief prepared 11/15/17 by Michelle Burns, Graduate Research Assistant.  
Data prepared by Dong Ding, PIP Evaluation Staff.

References  
<sup>1</sup><http://www.ncaa.org/sport-science-institute/mind-body-and-sport-risk-factors-sport-environment>

# Substance Use among Missouri College Students and Intentions to Change

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. Each year, PIP implements the MACHB (Missouri Assessment of College Health Behaviors), a statewide survey of college students designed to understand the role of alcohol, drugs (illegal and prescription), mental health issues, and power-based personal violence on student health and wellness. Some students report behaviors such as binge-drinking (consuming 5 or more drinks in a two hour period), using marijuana, or using tobacco products. However, many students are assessing their need to change behavior and reduce or quit substance use.

## The Transtheoretical Model

The transtheoretical model, often referred to as the stages of change model, conceptualizes the decision-making of an individual and their intention to change a certain behavior.<sup>1</sup> The model consists of 6 stages which indicate a person's willingness and ability to change. The first stage is **pre-contemplation**, where there is no intention to take action and individuals are unaware that their behavior may be problematic. The next stage is **contemplation**, where there is intention to start behavior change and individuals recognize issues with their behavior, but no action is taken. The **determination** (or preparation) stage follows and is when people are ready to take action and begin to make small changes. **Action** is the following stage, where the individual has changed their behavior. **Maintenance** is the next stage, where the behavior change is sustained and individuals work to prevent relapse. **Relapse** is included as the final stage as people may fall into old habits, though it is not an inevitable stage and individuals may remain in the maintenance stage. The stages of the model can be entered and

exited at any point, and may not follow the natural progression from pre-contemplation to relapse.

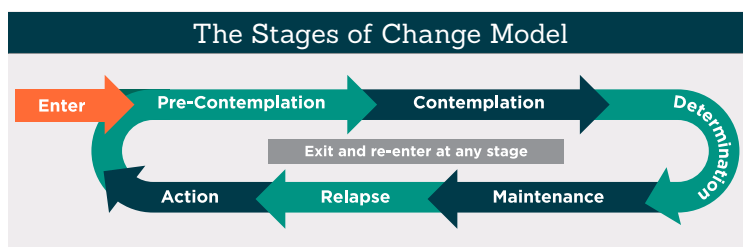
While the MACHB does not include questions on these states of change, there are questions about students' intentions to change behavior, summarizing these stages of change into: thinking about acting in a healthier way, ready to try acting in a healthier way, and currently trying to act in a healthier way.

## Alcohol Use

Of Missouri college students, 76% report consuming alcohol in the past year. Of those students, 27% are currently trying to drink in a healthier and safer way, 4% are ready to try to drink in a healthier and safer way, and 5% are thinking about drinking in a healthier and safer way. While these data are not overwhelming, it does indicate that over 1/3 (36%) of Missouri college students have identified issues with their drinking behaviors and are contemplating or working to change their behavior.

## Marijuana Use

Approximately 30% of Missouri college students report using marijuana at least once in the past year and 3.2% report daily use. Of students who report using marijuana at least once in the past year, 21% are

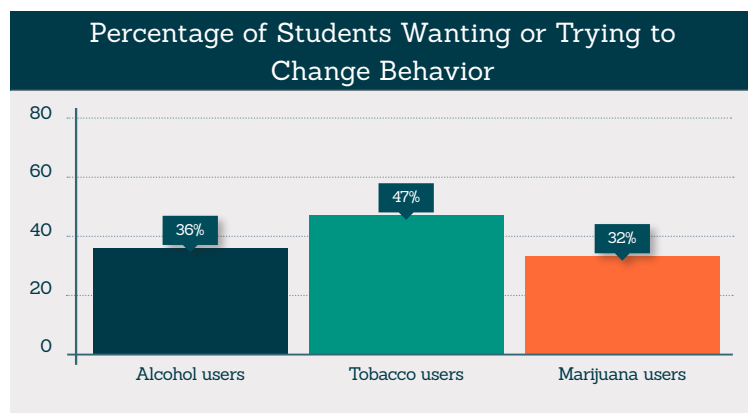


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currently trying to use less or quit, 3.3% are ready to use less or quit, and 7.7% are thinking about using less or quitting. Overall, around 1/3 of students who use marijuana are wanting or trying to use less or quit.. While there may be a perception that marijuana is not addictive, users themselves are identifying problems with use and are working to change their behaviors.

## Tobacco Use

Approximately 27% of Missouri college students report using some form of tobacco in the past year. Of those students, 32% are currently trying to quit or smoke less, 5.2% are ready to try smoking less or quitting and 9.8% of students are thinking about smoking less or quitting. This data indicates that almost ½ (47%) of students who use tobacco are wanting or trying to use less or quit. Additionally, of students who have used tobacco in the past year, 64% have tried quitting since entering college, but most (68%) have not sought assistance with quitting.



## Programs for Support

The data from the MACHB reflects that a significant portion of students are interested in changing their substance use behaviors. Regardless of the stage of change that they may be in, it is important to have programs for support available for those who may seek services. Signage and marketing about cessation services, intervention, and treatment resources let students know where they can go for help. Social norms messaging can also help to normalize behavior change and reshape how students think about their

own substance use, as well as their peers' use. Staff should to be trained in detection and intervention and to be able to refer students to other resources if necessary. For alcohol use, programs such as BASICS (Brief Alcohol Screening and Intervention for College Students), Alcohol eCheckup To Go, and AlcoholEdu can provide students with an objective assessment of their use and tools for moderation management and protective behaviors. Similar brief interventions can be used for marijuana use, and there is also Marijuana eCheckup To Go. PIP also provides resources for tobacco cessation, such as training for staff and cessation items like lozenges, gum, and more.

Additionally, as some students may want to quit using substances and enter recovery, it is important that recovery resources be available, whether on campus or in the community. The Missouri Alliance of Collegiate Recovery Organizations (MACRO) works to establish recovery programs at colleges and universities across the state. MACRO also provides funding for existing groups and hosts a yearly training for students in recovery to become certified peer support specialists. For more information on recovery resources at your campus, visit [macro.missouri.edu](http://macro.missouri.edu).

## Summary

Alcohol and other drug use may be seen as an inevitable or unchangeable part of college life. However, our data indicates that most students choose not to use drugs or tobacco products, and that most students who choose to use alcohol do so in a safe way. It can be easy to become frustrated with students who exhibit high risk behaviors and make decisions that negatively impact themselves and others, but our data indicates that students recognize problems with their substance use and are interested in making changes.

Contact Partners in Prevention at (573) 884-7551.  
Report prepared 1/26/18 by Margo Leitschuh, Communications Coordinator. Data prepared by Dong Ding, Graduate Research Assistant.

References  
<sup>1</sup>The Transtheoretical Model (Stages of Change). Boston University School of Public Health, April 2016.

Revised June 15, 2018

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

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

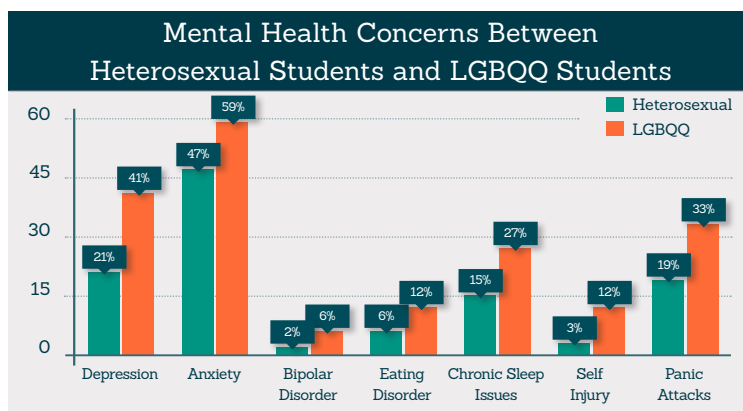


# Mental Health Concerns & Suicidal Ideation among LGBQQ Students

As Missouri's consortium focused on increasing health and safety on college campuses, Partners in Prevention (PIP) works to reduce mental health concerns and thoughts of suicide among college students. PIP implements the Missouri Assessment of College Health Behaviors (MACHB) on an annual basis to gain a better understanding of health behaviors and experiences on campuses across Missouri. This brief will focus on mental health among students, primarily those who identify as LGBQQ (Lesbian, Gay, Bisexual, Queer, and Questioning). 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.

## Mental Health

When assessing mental health concerns among heterosexual students compared to individuals who identified as LGBQQ, the differences are striking. For instance, approximately 21% of heterosexual students indicated experiencing depression in the past year, whereas this number is nearly double (41%) among LGBQQ students across Missouri. This trend remains stable among other mental health concerns such as; anxiety (47% vs. 59%), bipolar disorder (2% vs. 6%), eating disorders (6% vs. 12%), chronic sleep issues (15% vs. 27%), self-injury (3% vs. 12%), and frequency of panic attacks (19% vs. 33%).



The MACHB also prompts students to indicate whether they sought assistance for mental health concerns, and if yes, where they received services. Among heterosexual students, 57% indicated that

they sought services for a mental health concern. However, LGBQQ individuals had a healthier response (61%) in willingness to seek services. Although campuses should aim for this number to be as high as possible, it may a sign that although students are facing a higher amount of mental health issues, a majority of LGBQQ students are more proactive in seeking services to address these concerns.

For individuals that sought services, the University Counseling Center was ranked highest among all students. LGBQQ students also tend to utilize this service at higher rates than their heterosexual counterparts (16% and 11%, respectively). The University Health Center was also utilized at higher rates among LGBQQ students (6% vs 3%), as was an off-campus mental health provider (12% vs 9%). There were a few responses that were significantly lower among LGBQQ students compared to their heterosexual peers, such as a religious/spiritual advisor (2% and 4%, respectively) and assistance from family and friends (37% and 39%, respectively).

## Suicidal Ideation

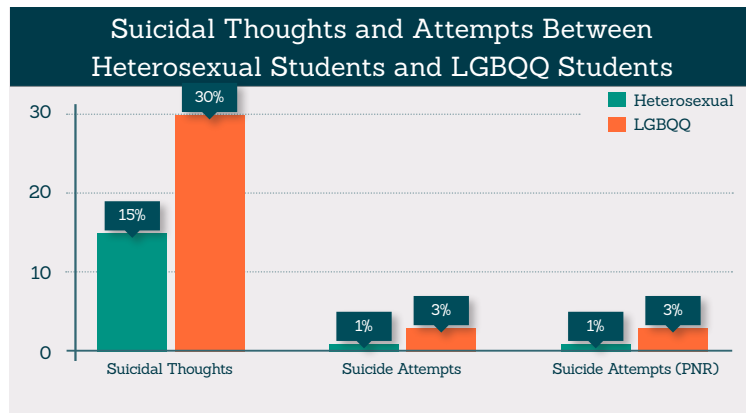
Similar to mental health concerns, rates of suicidal thoughts and attempts among LGBQQ students is nearly doubled compared to heterosexual students on Missouri college campuses. For example, when

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referring to the question, “In the past year, have you had suicidal thoughts?”, 15% of heterosexual students indicated ‘yes’, whereas 30% of LGBTQ students indicated ‘yes’. In regards to suicide attempts, 1% (and 1% indicated ‘prefer not to respond’) of heterosexual students indicated an attempt in the past year, whereas 3% (and 3% indicating ‘prefer not to respond’) of LGBTQ students indicated a past attempt.



There have been programs on campuses across the state that serve to educate and raise awareness about suicide and signs of suicide in fellow peers, such as Ask. Listen. Refer (ALR). ALR is an online suicide prevention training program that educates about the warning signs of suicide among college students, risk and protective factors of suicide, common myths about suicide, how to discuss the topic of suicide with someone who may be at risk, and how to get them help. Participants are given a pre-and post-test to evaluate knowledge, attitudes, and willingness to intervene, and they have the option to take 3 follow-up surveys to assess the use and effectiveness of the program. Although not all campuses require completion of ALR, a large number of PIP campuses now require the ALR training to all students, staff, and faculty members on their campus.

## Resources for Behavioral Health Concerns

If you or a fellow peer are experiencing distress, the following resources can be utilized for prevention & crisis intervention:

### National Suicide Prevention Hotline

- 1-800-273-8255

### Missouri Crisis Line

- 1-888-761-4357 or text HAND to 839863

### Trans Lifeline

- 1-877-565-8860

### LGBT National Youth Talkline (ages 15-25)

- 1-800-246-7743

### LGBT National Hotline

- 1-888-843-4564

### Rainbow Youth Hotline (ages 15-24)

- 1-877-LGBT-YTH

### The Trevor Project

- Phone, chat, and text support for LGBTQ youth, visit [thetrevorproject.org/get-help-now](http://thetrevorproject.org/get-help-now)

### SAFE LGBT Elder Hotline (support for older adults)

- 1-888-234-SAGE

For more information on confidential peer support & crisis lines, please visit [glbthotline.org](http://glbthotline.org).

**April is Campus Pride Month.** For more information on upcoming events and Campus Pride resources, please visit [campuspride.org/cpmonth](http://campuspride.org/cpmonth).

Contact Partners in Prevention at (573) 884-7551.  
Report prepared by Shannon Braida, Graduate Research Assistant. Data prepared by Dong Ding, Graduate Research Assistant.

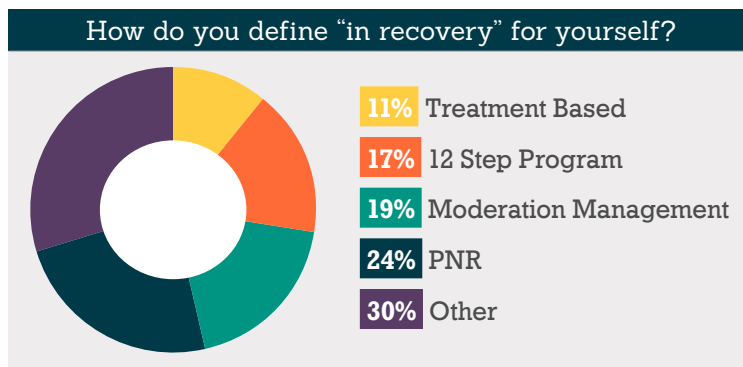
# Students in Recovery

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. Each year, PIP implements the MACHB (Missouri Assessment of College Health Behaviors), a statewide survey of college students designed to understand the role of alcohol, drugs (illegal and prescription), mental health issues, and power-based personal violence on student health and wellness. The MACHB asks students to self-identify if they are in recovery from alcohol or other drug addiction to better understand their experiences and needs on campus.

## Prevalence and Demographics

Data from the 2017 MACHB indicates that approximately 2.4% of Missouri college students identify as sober and in recovery from alcohol or other drug addiction, and an additional 1.6% of students prefer not to respond (PNR). PNR may mean that students live a sober lifestyle but do not adhere to traditional recovery approaches, or that they choose to remain anonymous, which is a key part of some recovery programs. Thus, between 2%- 4% of Missouri college students report being in recovery from alcohol or other drug addiction.

Students in recovery are asked how they define recovery for themselves, and the answers are shown in the chart below. Students who select "other" are prompted to describe the method of recovery, most of which are religious based.



Of students in recovery, over one quarter (28%) indicate that they are 25 years or older. Fifty percent (50%) identify as male, 48% identify as female, and

2% identify as transgender or another gender. Most students in recovery are non-Hispanic/Latino (77%) and identify their race as white (66%).

## Well-being of Students in Recovery

Students in recovery face unique challenges that their peers do not. Alcohol is typically a large part of campus life, and students in recovery may feel excluded or find it difficult to identify other students who do not drink. Fewer students in recovery feel that they are a member of the campus community than their peers (62% vs 70%) and they report higher rates of thoughts of leaving school in the past year (31% vs 24%) and discontinuing education altogether (24% vs 15%). Additionally, maintaining recovery takes daily work and is an added stressor to the rigors of college life.

Students in recovery report higher rates of mental health concerns in every category compared to their peers who are not in recovery. Data also shows that co-occurrence of mental health and substance use disorders are common; approximately 39% of individuals nationwide who have a substance use disorder also report a mental health disorder.<sup>1</sup>

	Major Depression	Eating Disorder	Chronic Sleep Issues	Anxiety	Panic Attacks	Bipolar Disorder
In Recovery	41%	12%	32%	55%	36%	10%
Not in Recovery	24%	3%	17%	49%	21%	2%

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

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

## Collegiate Recovery Communities

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The Missouri Alliance of Collegiate Recovery Organizations (MACRO) works with colleges and universities across the state to help establish recovery programs, provide funding for existing programs, and increase awareness about students in recovery. There are currently 9 recovery programs at colleges and universities across the state. Only 15% of students in recovery indicate that they have participated with their campus's recovery program. This may be due to the novelty of campus recovery programs, or that students have community programs or other treatment available instead. For more information about MACRO's services, visit [macro.missouri.edu](http://macro.missouri.edu).



## Summary

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It is important to recognize that students in recovery exist on college campuses across the state of Missouri. Familiarize yourself with campus and community resources that would be most beneficial to these students so that you are prepared to refer them if necessary. Consider referring students to your campus's collegiate recovery program if one exists, and if you are interested in starting a collegiate recovery program please contact [macro@missouri.edu](mailto:macro@missouri.edu).

Contact Partners in Prevention at (573) 884-7551.  
Report prepared 1/26/18 by Margo Leitschuh, Communications Coordinator. Data prepared by Dong Ding, Graduate Research Assistant.

### References

<sup>1</sup>National Survey on Drug Use and Health, 2014. SAMHSA.

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

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

# Marijuana and Other Illicit Drug Use

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. Each year, PIP implements the MACHB (Missouri Assessment of College Health Behaviors), a statewide survey of college students designed to understand the role of alcohol, drugs (illegal and prescription), mental health issues, and power-based personal violence on student health and wellness. Students are asked to self-report how often they have used marijuana and other illicit drugs in the past year.

## Prevalence

According to the 2017 MACHB, 70% of Missouri college students have not used marijuana in the past year. Of the students who have used marijuana at least once in the past year, over half (53%) report using 6 times or less per year. Additionally, 87% of students have not used marijuana derivatives such as wax/dabs/oil, which have more highly concentrated levels of THC.

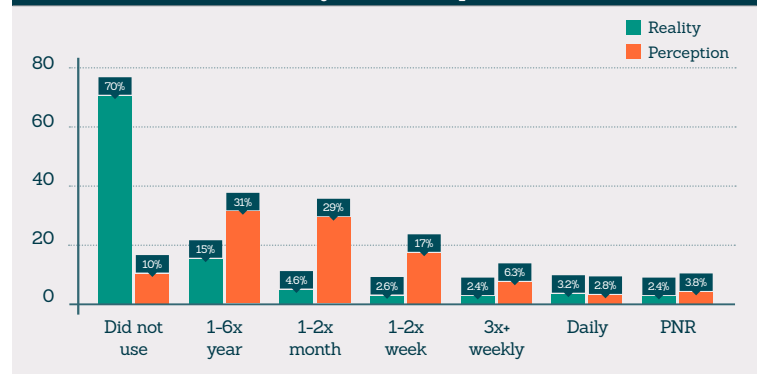
Our data also indicates that the number of students who are using marijuana is increasing. As the national culture around marijuana has shifted and more states have legalized marijuana for medical or recreational use, our data reflects a change in students' behavior as well.

Used marijuana at least once in the past year				
2013	2014	2015	2016	2017
24%	24%	24%	26%	30%

Interestingly, students perceive that their peers use marijuana at much higher rates than the percentage of students who report using. Misperceptions of use are common among college students, showing that students overestimate high risk behaviors and underestimate non-use or less frequent use.

Students who have used marijuana at least once in the past year report using most frequently at social gatherings or a friend's house (70%), in an apartment/house (49%), in a car (43%), and outdoors (42%).\*

Marijuana usage rates  
Reality vs. Perception



Students also report using at on campus locations such as in a residence hall (6.9%). For students who report using marijuana in a car, only 5% report that the car was being driven, though our data does not reflect if the driver of the vehicle was using marijuana at the time. Forty-four percent (44%) of students who have used marijuana in the past year report driving after use at least once. Additionally, 21% of marijuana users are currently trying to use less or quit altogether.

## Picture of Frequent Marijuana Users

For students who indicate using marijuana 3 or more times per week, 43% are female, 56% are male and approximately 2% are transgender or another gender. Seventy-five percent (75%) of frequent users self-report a GPA higher than 3.0, compared to 85% of non-users who report a GPA of 3.0 or higher. Around 19% are freshman, 25% are sophomores, 27% are juniors, 20% are seniors, and 9.1% have 5+ years

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

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

in school. Most feel that they are a member of their campus community (62% versus 69% of non-users), though they did have higher rates of thoughts of leaving school in the past year (28% versus 22% of non-users) and thoughts of discontinuing education (26% versus 14% for non-users.)

## Marijuana and Other Drug Use

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For students who report using marijuana at least once in the past year, 49% report binge drinking at least once in the past two weeks, compared to 15% of non-users. If students had used marijuana at least once in the past year they were also more likely to have used other drugs than their peers who did not use marijuana. Thirteen percent (13%) of students who had used marijuana at least once in the past year had also used cocaine, 15% used amphetamines, and 9.4% used hallucinogens.

## Illicit Drug Use

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Approximately 12% of Missouri college students report using at least one illegal drug (not including marijuana) in the past year. Usage rates of illegal drugs at least once in the past year are as follows: hallucinogens (4.4%), cocaine (3.9%), synthetic marijuana (3.3%), amphetamines (3.1%), club drugs (2.2%), inhalants (0.9%), methamphetamines (0.8%), and heroin (0.4%).

\*Question is select all that apply\*

Contact Partners in Prevention at (573) 884-7551.  
Report prepared 4/24/18 by Margo Leitschuh, Communications Coordinator. Data prepared by Dong Ding and Alex Swanson, Graduate Research Assistants.

Published June 14, 2018

# Key Findings from the 2018 Missouri Assessment of College Health Behaviors

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 college and universities in the state. The campuses in the coalition work to lower high-risk behaviors by implementing strategic plans for prevention which include evidence-based strategies. These strategies include education, social norming campaigns, policy review and enforcement, and the implementation of approaches to address the riskiest behaviors on campus. To measure progress and obtain data needed for the implementation of programs, PIP created the Missouri Assessment of College Health Behaviors (MACHB) Survey. The MACHB is an annual, online survey that has been implemented each spring since 2007. The survey assesses the role that alcohol, drugs (illegal and prescription), tobacco, interpersonal violence, and mental health issues have on student health and wellness.

## The following are key findings from the 2018 MACHB:

### Alcohol Use

Seventy-five (75%) of Missouri college students report using alcohol in the past year, and 63% report using in the past month. The percentage of students who report binge-drinking (consume 5 or more drinks in a two hour period) at least once in the past two weeks declined to 25% in 2018 from 27% in 2017 and is below the national average of around 38%. Of students who binge-drink, approximately 7.1% are frequent binge drinkers, defined as binge-drinking 3+ times in the past two weeks.

### Underage Alcohol Use

While alcohol is illegal for those under age 21, 66% of underage Missouri college students report consuming alcohol in the past year and 23% of underage students report binge-drinking in the past two weeks. The majority of students (71%) report that they first started drinking before age 21. Underage students report that they obtain alcohol in a variety of ways, the most common being from an over 21 friend or from family members.

### Concerning Alcohol-Related Behaviors and Consequences

One of the most concerning behaviors regarding alcohol use among the college population is drinking and driving. Of Missouri college students, 16% report driving after drinking at least once in the past year and 21% report riding in a car with someone who had been drinking at least once in the past year. However, only 0.5% of students report being arrested for DUI/DWI in the past year. Other concerning consequences of alcohol use include having a hangover (49%), being hurt or injured (9.3%), engaging in risky sexual behavior (13%), being forced or coerced to drink more (12%), experiencing a "blackout" or memory loss (25%), and having alcohol poisoning (4.6%) at least once in the past year.\* \*answer is select all that apply\* On average, students will pay \$1,000 for a DWI offense and \$1,500 per night for a hospital stay related to alcohol poisoning or injury.

### Marijuana

Marijuana is the most commonly used drug by Missouri college students after alcohol. Approximately 31% of students have used marijuana in the past year, and of those, 9.9% use at least once per week. Of students who report using, 44% report driving after using

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marijuana at least once in the past year. Interestingly, the majority of students (90%) perceive that their peers have used marijuana at least once in the past year, while the reality is that 69% of students have not. It is important to correct these misperceptions as it can help lead to behavior change.

### **Illegal and Prescription Drugs**

Illegal and prescription drug use are of concern among college students and are associated with adverse academic and health outcomes. Approximately 7.2% of students report using at least one illegal drug (not including marijuana) in the past year. Usage rates of various illegal drugs are below. Missouri college students report use at the following rates: hallucinogens: 5.1 %, cocaine: 4%, and heroin: 0.4%.

Approximately 11% of Missouri college students report prescription drug use without a doctor's prescription in the past year. Of those students, 36% have combined them with alcohol at least once and 30% report driving after use. While not all prescription drugs impair driving, many common prescription drugs can cause reactions that may affect an individual's ability to drive. Usage rates of various prescription drugs areas follows: stimulants: 6.4%, pain medications: 4.2%, benzodiazepines/sedatives: 2.6%, and sleeping medications: 1.5%.

### **Tobacco**

Most Missouri college students (75%) have not used any tobacco products in the past year. Of the 25% of students who have used, the most common forms of tobacco used are cigarettes (13%), e-cigarettes (13%), cigars (8.1%), hookah (7.2%). Among all Missouri college students, 78% believe that their university should have smoke-free outdoor areas and 82% would prefer to go to a bar or restaurant that is completely smoke free.

### **Interpersonal Violence**

Approximately 21% of Missouri college students have experienced non-consensual sexual contact in their lifetime, and 7.6% have experienced it in the past year. Of all sexual assaults, 36% occurred while the student was attending their current college or university. The majority of assaults occurred on-campus (37%) or off-campus and not related to university events (60%). In the past year, 15% of students have experienced abuse

in a relationship (e.g. verbal, physical, psychological, etc.) and 7.9% of students report being stalked. The most common forms of stalking include via social networking, cell phone, and showing up at a residence or place of work.

### **Well-Being and Mental Health**

Approximately 30% of Missouri college students report experiencing stress that is overwhelming or unbearable and that it impacts their academic life (27%) and personal life (35%) more than moderately. The most common sources of stress are academics (92%), financial concerns (58%), and future plans (54%).\*Missouri college students self-report experiencing issues related to mental health, the most common being major depression (27%), anxiety (52%), panic attacks (25%), and chronic sleep issues (19%). Of students who report experiencing a mental health concern, 36% did not seek assistance, and among all students approximately 11% do not feel that they can go to anyone on campus when personal concerns arise.

In the past year, 20% of students have had suicidal thoughts and 1.8% attempted suicide. For those who had thoughts or attempts, 35% have sought assistance. Additionally, 42% of Missouri college students have been concerned about a friend having suicidal thoughts or exhibiting behaviors.

\*Check all that apply\*

### **Positive Behavior Changes**

While these data are concerning, it is important to point out encouraging trends as well. The rate of students who report drinking and driving continues to decline (16% in 2018 vs 24% in 2013), as does the rate of students who have ridden with a drinking driver (21% in 2018 vs 30% in 2013). The binge drinking rate statewide has decreased from 2017 (27% to 25%), and underage drinking (25% to 23%) and underage binge-drinking have also declined (68% to 66%). The rate of students who use prescription drugs without a doctor's prescription has also declined in the past few years (11% vs 15% in 2013). More students than ever are not using tobacco products (75%) and of those who use, most do not use every day. Students also indicate that they are interested in completing an online suicide

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prevention training at higher rates than ever (54% in 2018 vs 50% in 2017) and are more likely to bring up the topic of suicide with a friend (64% in 2018 vs 62% in 2017) and refer friends to resources (83% in 2018 vs 82% in 2017)

## Summary

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Partners in Prevention continues to work to change the high-risk behaviors of college students on Missouri campuses using prevention that is balanced, comprehensive, evidence-based, evaluated, and a shared responsibility. By using a variety of approaches

such as social norming campaigns, individual interventions, environmental management, and more, our partner institutions across the state are able to impact students and create healthier and safer environments. For more publications of our data from the Missouri Assessment of College Health Behaviors please visit [pip.missouri.edu/research.html](http://pip.missouri.edu/research.html).

To request a campus specific research brief, please visit [garners.wufoo.com/forms/x8qe6kz0jvzib0/](http://garners.wufoo.com/forms/x8qe6kz0jvzib0/)

Contact Partners in Prevention at (573) 884-7551.  
Report prepared 6/11/2018 by Margo Leitschuh, Communications Coordinator. Data prepared by Dong Ding and Alex Swanson, Graduate Research Assistants.

# Key Findings from the 2017 Missouri Assessment of College Health Behaviors

**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 college and universities in the state. The campuses in the coalition work to lower high-risk behaviors by implementing strategic plans for prevention which include evidence-based strategies. These strategies include education, social norming campaigns, policy review and enforcement, and the implementation of approaches to address the riskiest behaviors on campus. To measure progress and obtain data needed for the implementation of programs, PIP created the Missouri Assessment of College Health Behaviors (MACHB) Survey. The MACHB is an annual, online survey implemented each spring since 2007. The survey assesses the role that alcohol, drugs (illegal and prescription), tobacco, interpersonal violence, and mental health issues have on student health and wellness.

## **Alcohol Use**

Seventy-six (76%) of Missouri college students report using alcohol in the past year, and 63% report using in the past month. The percentage of students who report binge-drinking (consume 5 or more drinks in a two hour period) at least once in the past two weeks rose in 2017 from 24.5% to 27%, but is still below the national average of around 38%. Of students who binge-drink, approximately 8% are frequent binge drinkers, defined as binge-drinking 3+ times in the past two weeks.

## **Underage Alcohol Use**

While alcohol is illegal for those under age 21, 68% of underage Missouri college students report consuming alcohol in the past year and 24.5% of underage students report binge-drinking in the past two weeks. The majority of students (72%) report that they first started drinking before age 21. Underage students report that they obtain alcohol in a variety of ways, the most common being from an over 21 friend.

## **Concerning Alcohol-Related Behaviors and Consequences**

One of the most concerning behaviors regarding alcohol use among the college population is drinking and driving. Of Missouri college students, 17% report driving after drinking at least once in the past year

and 23% report riding in a car with someone who had been drinking at least once in the past year. However, only 0.7% of students report being arrested for DUI/DWI in the past year. Other concerning consequences of alcohol use include being hurt or injured (9.9%), engaging in risky sexual behavior (13%), being forced or coerced to drink more (15%), experiencing a "blackout" (26%), and having alcohol poisoning (4.6%) at least once in the past year.\*

## **Marijuana**

Marijuana is the most commonly used drug by Missouri college students after alcohol. Approximately 28% of students have used marijuana in the past year, and 8.4% use at least once per week. Of students who report using, 5% report driving at least once after using marijuana in the past year. Interestingly, the majority of students (86%) perceive that their peers have used marijuana at least once in the past year, while the reality is that 70% of students have not.

## **Illegal and Prescription Drugs**

Illegal and prescription drug use are of concern among college students and are associated with adverse academic and health outcomes. Approximately 12% of students report using at least one illegal drug (not including marijuana) in the past year. Missouri college students report use at the following rates:

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hallucinogens: 4.4%, cocaine: 3.9%, amphetamines: 3.1%, club drugs: 2.2%, heroin: 0.4%, and inhalants: 0.9%

Approximately 12% of Missouri college students report prescription drug use without a doctor's prescription in the past year. Of those students, 37% have combined them with alcohol at least once and 31% report driving after use. While not all prescription drugs impair driving, many common prescription drugs can cause reactions that may affect an individual's ability to drive. Usage rates of various prescription drugs areas follows: stimulants: 8.1%, pain medications: 4.4%, benzodiazepines: 3.6%, sleeping medications: 1.3%, and sedatives: 0.7%,

### **Tobacco**

Most Missouri college students (73%) have not used any tobacco products in the past year. Of those who have used (27%) the most common forms of tobacco used are cigarettes (15%), cigars (10%), hookah (9%) and e-cigarettes (7.7%). Over half of students who use tobacco (64%) have tried quitting since entering college but the majority of those (68%) have not sought assistance (i.e. at the University Health Center or off-campus doctor). Of all Missouri college students, 79% believe that their university should have smoke-free outdoor areas.

### **Interpersonal Violence**

Around 18% of Missouri college students have experienced non-consensual sexual contact in their lifetime, and 6% have experienced it in the past year. Of all sexual assaults, 34% occurred while the student was attending their current college or university. The majority of assaults occur on-campus (41%) or off-campus and not related to university events (56%). In the past year, 13% of students have experienced abuse in a relationship (e.g. verbal, physical, psychological, etc.) and 7.3% of students report being stalked.

### **Well-Being and Mental Health**

Missouri college students self-report experiencing issues related to mental health, the most common being major depression (25%), anxiety (49%), panic attacks (22%), and chronic sleep issues (17%). Of students who report experiencing these issues, 42% did not seek assistance. Approximately 6.2% of Missouri college students do not feel that they can go to anyone on campus when personal concerns arise.

In the past year, 18% of students have had suicidal thoughts, 37% have sought assistance for those thoughts, and 36% have been concerned about a friend having suicidal thoughts or exhibiting behaviors.

### **Positive Behavior Changes**

While there are significant concerns related to student health and wellness based on the responses in the MACHB, there are certain behaviors that have improved. For instance, the rate of students who report drinking and driving decreased from 25% in 2013 to the current 17%. Additionally, Missouri college students are more empowered to seek help for mental health concerns at their University Counseling center, an increase from 26% in 2013 to 48% in 2017. There has also been an increase in positive bystander behaviors from 2016 to 2017, including "telling someone if I heard neighbors fighting" (26% to 35%), get help if I saw a friend grabbing, pushing of insulting their partner" (42% to 56%), "speak up and express concern if I heard a stranger talking about coercing someone to have sex" (38% to 55%) and "speak up and express concern if I heard a friend talking about coercing someone to have sex" (56% to 64%). These changes in positive behavior indicate that initiatives aimed at reducing high-risk behaviors and encouraging positive behaviors are successful.

## **Summary**

Partners in Prevention continues to address the high-risk behaviors of Missouri college students through evidence-based practices and effective coalition work. Using multi-faceted approaches that target individual behaviors as well as environmental management, colleges and universities across the state are able to provide education and programming designed to influence student behavior. More information and best practices regarding each of the topics addressed in this research brief can be found at [pip.missouri.edu](http://pip.missouri.edu) under "Prevention Toolbox" in the related category.

Contact Partners in Prevention at (573) 884-7551.  
Brief prepared 11/15/17 by Margo Leitschuh, Communications Coordinator.  
Data prepared by Dong Ding, Graduate Research Assistant.

\*Answer is select all that apply

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## The following are key findings from the 2018 MACHB:

### Alcohol Use

Seventy-five (75%) of Missouri college students report using alcohol in the past year, and 63% report using in the past month. The percentage of students who report binge-drinking (consume 5 or more drinks in a two hour period) at least once in the past two weeks declined to 25% in 2018 from 27% in 2017 and is below the national average of around 38%. Of students who binge-drink, approximately 7.1% are frequent binge drinkers, defined as binge-drinking 3+ times in the past two weeks.

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\*Check all that apply\*

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## Summary

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Contact Partners in Prevention at (573) 884-7551.  
Report prepared 6/11/2018 by Margo Leitschuh, Communications Coordinator. Data prepared by Dong Ding and Alex Swanson, Graduate Research Assistants.

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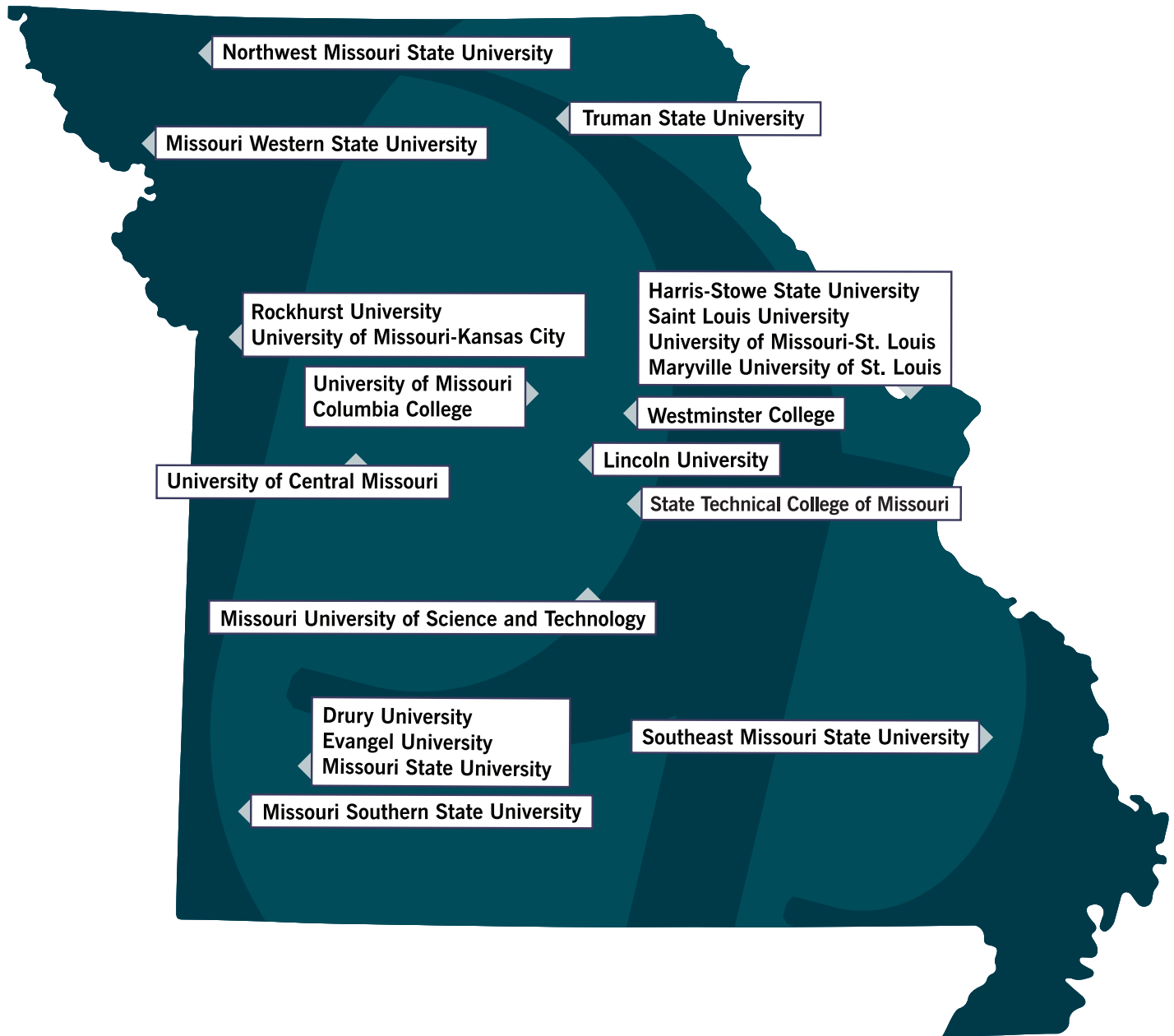
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## Partners in Prevention Member Campus Locations

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## Acknowledgements

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Missouri's higher education substance abuse consortium

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