



Meeting of the Minds

2022 Central College Health Association Annual Conference

Full Conference Schedule

April 7-9, 2022

Be sure to let us know about your session experiences!
Scan here or visit mopiptraining.org/mom/evaluate



Join the Conversation!

#MOMinds22



Annual Spring Conference

Dear Conference Participants,

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

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

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

We hope you enjoy looking at the great lineup of sessions. We have provided information about CEUs throughout the conference booklet and the Guidebook app.

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

Thank you again for joining us! Enjoy the conference!

A handwritten signature in black ink that reads 'Joan Masters'.

Joan Masters
Meeting of the Minds Conference Coordinator
Project Director, Missouri Partners in Prevention
University of Missouri

CEUs

For all keynotes, featured speakers, and showcases, Continuing Education Credits (CECH credit for CHES, CEUs for counselors, social workers, psychologists, and substance misuse professionals) are available. **For a selected number of sessions,** CEs for nurses and physicians and POST for law enforcement are provided and are noted in the description of each session.

The Meeting of the Minds Training Series is offering CEU (continuing education units) for the following professionals: nurses, counselors, social workers, psychologists, and law enforcement. We are also offering CECH credit for those with the CHES credential and CEU hours for those with credentials from the Missouri Credentialing Board.

Information about the CEU available for each session will be available on the conference schedule and on the app.

Please note: In order to receive CEUs for the MOM Training Series sessions you must:

- **Attend live sessions for the entirety of the session and sign in on the sign in sheet.** In the case of keynotes, please sign in at the sign in sheet at the registration desk after the event.
- **Complete an evaluation of each session you attend on the evaluation site** (mopiptraining.org/mom/evaluate) and complete the final evaluation for the conference.

Here are the accreditation statements from each of our CEU providers:

POST Credit

The following sessions have been approved by POST for credit for law enforcement professionals. You must sign in at the event to receive your POST Certificate.

- Law Enforcement Must be a Jack of All Trades, but most don't know Jack about De-Escalation
- Law Enforcement Institute: Missouri Liquor Law
- Roundtable: RAD Systems for College Credit
- Law Enforcement Institute: Overview of Law Enforcement Strategies to Address Problematic Drinking in College Communities
- Institute: Understanding Missouri Medical Cannabis and Emerging Drug Trends in Missouri

CECH Credit for Health Education Professionals

Meeting of the Minds/Central College Health Association 2022 Conference has been reviewed and approved for a total of 13.5 entry-level CECH by the National Commission for Health Education Credentialing. No CECH have been approved for advanced-level credits. No Continuing Competency CECH were approved.

Continuing Education for Nurses and Physicians

Accreditation

Nurses: University of Missouri Sinclair School of Nursing is approved as a provider of nursing continuing professional development by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Midwest Multistate Division Provider Number MO1022-6

Physician: AMA PRA Category 1 Credits™ will be applied for

Criteria for successful completion

Participants attend the entire activity, participate in case study analysis, and complete the session evaluation.

Conflict of interest

No relevant financial relationships were identified for any member of the planning committee or any presenter/author of the program content.

Continuing Education for Psychologists, Social Workers, and Counselors

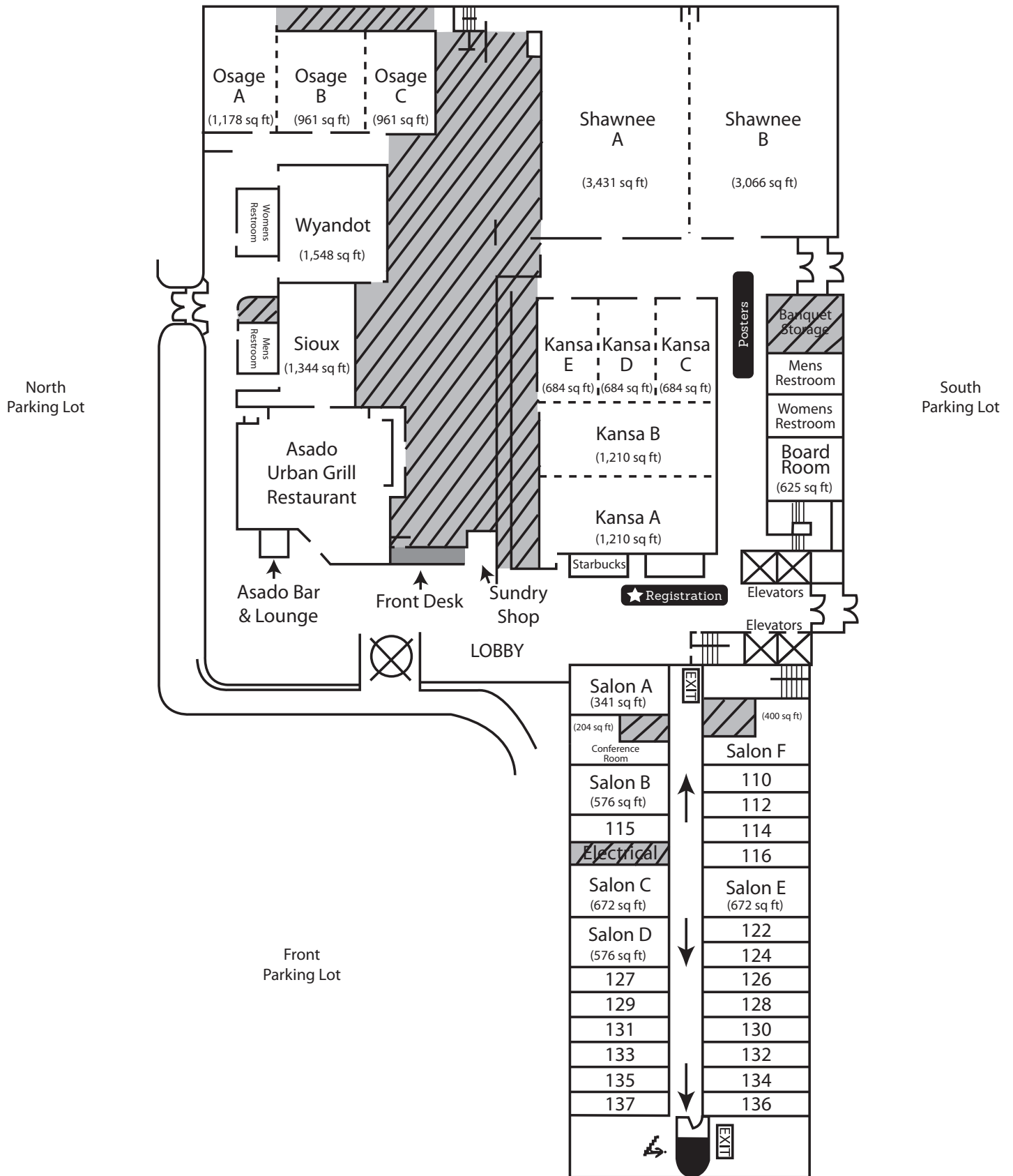
Program #22120 | April 7 - 9, 2022 | Meeting of the Minds | 2022 Central College Health Association Annual Conference The University of Missouri - St. Louis, Missouri Institute of Mental Health (MIMH) will be responsible for this program and maintain a record of your continuing education credits earned.

The Missouri Institute of Mental Health awards 15.5 clock hours or 18.6 contact hours (1.86 CEUs) for this live activity.

Missouri Credentialing Board

The Missouri Credentialing Board has approved the Meeting of the Minds Conference 2022 (April 7-9th) for 13.5 Contact Hours on April 7-9th.

Conference Map



All gender restrooms are located on the lower level near the fitness center. Stairs or elevator to these restrooms are located near the conference registration desk.

Schedule at a Glance

Use this abbreviated schedule for quick reference.

For the most up to date information and session descriptions, please visit mopiptraining.org/mom, [Guidebook \(guidebook.com/g/momkc22\)](http://Guidebook.com/g/momkc22) or the [registration desk](#) in the elevator lobby.

Thursday, April 7

- 9am-8pm: Registration Table Open
- 10am-5pm: Law Enforcement Institute
- **2pm-5:30pm: Block 1 Institutes and Showcases**
- **6pm: Opening Dinner and Keynote: Reinvigorating our Resilience**
- 8pm: CCHA Board Meeting (invitation only)
- 8pm-11pm: Student Center

Friday, April 8

- 7am-5pm: Registration Table Open
- 7am-8:15am: Continental Breakfast
- 7:30am-8am: Mindfulness Meditation Session
- **8:15am-9:15am: Breakfast Keynote: Social Scripting Is a Primary Prevention Tool**
- 9:15am-9:30am: Poster Sessions and Coffee Bar
- **9:30am-12pm: Block 2 Institutes and Showcases**
- 12pm-1:30pm: Networking, roundtable sessions, and CCHA meeting with boxed lunches
- 1pm-1:30pm: Mindfulness Meditation Session
- **1:45pm-5:15pm: Block 3 Institutes and Showcases**
- 8pm-11pm: Student Center

Saturday, April 9

- 7am-12pm: Registration Table Open
- 7am-8am: Sunrise Yoga
- 7am-8:15am: Continental Breakfast
- 8:15am-9:15am: Featured Speakers
- 9am-9:30am: Poster Sessions and Coffee Bar
- **9:30am-12pm: Block 4 Institutes and Showcases**
- **12pm-1pm: Closing Keynote and Recognition Luncheon: Are Our Campuses Ready to Meet the Minds That Are Coming?**

Thursday, April 7

For all keynotes, featured speakers, and showcases, Continuing Education Credits (CECH credit for CHES, CEUs for counselors, social workers, psychologists, and substance misuse professionals) are available. **For a selected number of sessions,** CE's for nurses and physicians and POST for law enforcement are provided and are noted in the description of each session.

9am-8pm: Registration Table Open Elevator Lobby

10am-5pm: Law Enforcement Institute Sioux POST credit

Law Enforcement needs to be a Jack of All Trades, but most don't know Jack about De-escalation

Presenters: Captain Chris Bartolotta - CT State Police and Nancy M. McGee, JD, Retired SA MOATC

The first 15 to 45 minutes of any crisis incident are the most critical of any time frame during an incident. The average crisis management team's response time is 45 to 60 minutes. Then, if you add into the mix the unknown effects of alcohol and drugs ingested by the subject and/or the dark shadow of the many mental health issues that are prominent within society today, you have a recipe for an unmitigated disaster. Therefore, it makes sense that the initial responding Law Enforcement Officer, Resident Assistant, trained peer educator or bystander should attempt to initiate a dialog with a subject to de-escalate the confrontation to start the process of lowering tensions. However, many of us are ill prepared to deal with one facet of this recipe, let alone mixing all of it together. This pre-conference session will expose the attendee to the numerous aspects of the crisis state, including mental health and suicide awareness, as well as the de-escalation techniques used to manage many of these situations, by the conclusion of the session. The facilitators will engage the attendees in various role play scenarios to reinforce the concepts presented in the pre-conference session.

2pm-5:30pm: Block 1 Institutes and Showcases

Institute: Drug Free Schools and Campuses Act: Updates and Review Wyandot

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

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

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

Showcase: Campus Sexual Violence Prevention Osage ABC CE's for nurses and physicians available

Guiding Practices for Campus Sexual Violence Prevention

Presenter: Matthew Huffman, Chief Public Affairs Officer

Sexual violence is not endemic to the college experience, yet it has been a serious public health and safety issue on campuses for decades. For the past 7 years MOCADSV has worked alongside Partners in Prevention and the Missouri Department of Health and Senior Services to reduce sexual violence on Missouri campuses with an optimistic yet pragmatic approach: foster a statewide network of experts and resources using an evidence-based, trauma-informed

primary prevention approach. In 2021, MOCADSV, PIP, and DHSS began an effort to develop a comprehensive approach to violence prevention that can be adapted to the specific needs of individual Missouri campuses. In the fall of 2021, MOCADSV developed and administered a survey to Partners in Prevention campuses to learn what's working well in campus violence prevention, what opportunities for growth exist, and what do campuses need in order to effectively and sustainably implement sexual violence prevention programming. Using the Center for Disease Control and Prevention's 5 Component Framework for Preventing Sexual Violence on Campus, MOCADSV produced a report with recommendations and resources to assist campuses in their prevention efforts. This workshop will be an interactive discussion where participants will analyze findings from the research report, and discuss opportunities for implementing the report's recommendations on their own campus.

Creating Cultural Change to Combat Interpersonal Violence

Presenter: Saranda Lund, Violence Prevention Project Coordinator, Jefferson College

This interactive workshop will discuss and examine cultural change theories to identify ways to create cultural change on college campuses to combat interpersonal violence. Participants will engage in reflection and conversation on how to begin creating change on their campuses.

Showcase sponsored by the Central College Health Association: Management, Strategies, and Lessons Learned from COVID-19 at Different Institutions Across the Region Kansa AB

CE's for nurses and physicians available

How COVID has Joined the Legacy of Trauma while Students Struggle Between Depression vs. Apathy

Presenter: Dr. Cammie Connor, Harris Stowe-State University

Join the discussion as we talk about aspects of trauma, and different behaviors that continues to challenge college students when struggling with mental health issue. How interventions and coping skills are needed to becoming resilient. There will be discussions about depression and apathy students face when attempting to navigate mental health issues when having experienced a significant learning loss and loneliness due to the pandemic. We'll take a deeper look at emotional and psychological trauma as well as talk about how these can affect our ability to engage in healthy coping skills in our everyday life.

Management, Strategies, and Lessons Learned from COVID-19 at Different Institutions Across the Region

Presenters: CCHA Board Members, Andreea Baker, Concordia University Cheri LeBlanc, Washington University Jaime Sharp, Butler County Community College, and Jamie Shutter, University of Missouri

COVID-19 has been an emerging health crisis that continues to have an impact on our world and college campuses across the country. The American College Health Association has identified the management of COVID-19 and embracing the changes that have emerged since spring 2020 as priorities for campuses. During this presentation, learners will hear from healthcare professionals at a community college, private small university, large private university, and a large state university about how they managed COVID-19 at each of their respective campuses.

Healthy Partnerships During COVID-19

Presenters: Dr. Heidi Lovett, Parishoner, Union Memorial United Church, Andre Grinston, Director of Alumni Affairs, Lincoln University, Dr. Jessica Eppel-Farmer, Associate Professor, Lincoln University, Mrs. Sarah Eber, MPH, RD, LD CDE, Nutrition and Health Program Coordinator for Lincoln University Cooperative Extension

The purpose of this workshop is to share the success of the partnership between Lincoln University Cooperative Extension, Lincoln University Alumni Affairs and Union Memorial United Methodist Church. The initiative is funded by the Extension Collaborative on Immunization Teaching and Engagement (EXCITE) 1 and EXCITE 2 project awards. Local Lincoln alumni chapters are inviting LUCE into their faith-based communities to spread the word of vaccine safety. This EXCITE initiative aims to combat the misinformation and misperceptions surrounding not only the COVID-19 vaccines, but also other vaccines, including those for shingles, influenza and pneumonia.

Showcase: Recovery on Campus Kansa CDE

Recovery Friendly Workplaces: What Colleges Need to Know

Presenters: Rob Russell, Ph.D., Director, Labor Workforce Development Program, MU Extension, Sawiyah "Chiquita" Chanay, MPH, MCHES, Education Director & Community Health Outreach Specialist for Community Health Engagement & Outreach, MU Extension

Recovery Friendly Workplaces (RFWs) foster a workplace culture that promotes employee safety, health, and well-being through strategies that provide support for managers and employees, including reducing stigma and providing recovery resources related to the challenges surrounding substance use disorders. This is an opportunity to discover how institutions of higher learning can become a Recovery Friendly Workplace for students, faculty and staff.

The Importance of a Recovery Friendly Environment for Traditionally At-Risk Groups

Presenter: Logan Davis, Outreach and Engagement Manager, Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery

In the last 15 years, the collegiate recovery field has grown exponentially, whether it be through collegiate recovery programs (CRPs), recovery focused student groups, or recovery supportive living environments on campus. This program will explore how the work of creating recovery friendly environments and increasing help-seeking behavior around AOD misuse can be extended into other campus sub-cultures, specifically fraternity and sorority life and athletics. The presentation will highlight how these areas might often be overlooked and the unique challenges to doing recovery centered work in these areas.

Reducing Barriers to Attending Recovery Meetings

Presenter: Katherine Melton, Founder and Executive Director, ReDiscovering You

Are you holding collegiate recovery meetings but having a difficult time with attendance? You are not alone. This session will highlight several different barriers that are present for students in recovery and strategies for addressing those barriers to ultimately increase attendance and student participation.

6pm: Opening Dinner and Keynote Shawnee Ballroom CE's for nurses and physicians available

Reinvigorating our Resilience

Presenter: Sean Marz, Alive and Well

As the COVID-19 pandemic continues to impact our campus communities, young professionals and seasoned veterans in the helping professions have reported greater exhaustion and burnout than ever before. Helping professionals are called to support those around them while being expected to compartmentalize their own concurrent experiences and stress. As a result, many professionals are leaving the field, some even before they've fully entered. The term self-care has been elevated without guidance and process, leading to compassion fatigue and burnout. "Just take some time for your self-care." Instead, we need to shift the focus and understand how these ongoing stressful times have impacted our personal resilience, causing it to practically diminish. Remembering that resilient helping professionals help to foster resilience in others, it's time to reinvigorate our resilience.

8pm: CCHA Board Meeting (invitation only) Boardroom

8pm-11pm: Student Center Salon C

Drop in, hang out, and check out games, crafts, and snacks available to all conference attendees after hours!

Friday, April 8

For all keynotes, featured speakers, and showcases, Continuing Education Credits (CECH credit for CHES, CEUs for counselors, social workers, psychologists, and substance misuse professionals) are available. **For a selected number of sessions,** CEs for nurses and physicians and POST for law enforcement are provided and are noted in the description of each session.

7am-5pm: Registration Table Open Elevator Lobby

7am-8:15am: Continental Breakfast Shawnee Foyer

7:30am-8am: Mindfulness Meditation Session Wyandot

During this time, join Jaron Vail, a mindfulness meditation leader for a 15-20 minute mindfulness meditation session, focused on stress reduction and refreshing the mind and body. Participants will learn quick and easy methods to help reduce stress and anxiety for themselves or the communities they serve.

8:15am-9:15am: Breakfast Keynote Shawnee Ballroom

Social Scripting Is a Primary Prevention Tool

Presenter: Olivia Harris, Speak About It, Inc.

Speak About It has worked with over 100 colleges and universities in 28 states, including Missouri. Speak About It offers students tools to communicate clearly and effectively with partners and intervene in potentially unsafe situations to keep their community safe. Though we are not experts in mental health or substance use, in the last decade we have learned about the intersections of rape culture, alcohol, mental health, and consent. Olivia Harris, the Executive Director, will offer a Keynote to address what makes good communication, factors that impact effective communication, and the value of social scripting as an education and prevention tool. Alcohol can be a driver of sexual predation. At a Northeastern university that is representative of our partners, 73% of survivors who responded to the Campus Climate Survey reported that the perpetrator consumed alcohol before nonconsensual intercourse. Among the myriad reasons that young people choose to drink and have sex, they are often looking to lower their inhibitions and express their desires in a culture that silences sexual conversations. If a person doesn't know how to talk about sex while sober, they definitely won't know how to do so when intoxicated. We know that young people are choosing to consume alcohol and other drugs and have sex, regardless of the law, so we encourage students to speak openly about their experiences and desires. Clear, respectful communication is the single greatest factor in all healthy relationships, whether or not they are sexual. Expressing desires effectively means you must know what you want, make it clear to your partner, listen to their desires, and be able to hear "no." Communication is impacted by culture and power dynamics, but the skills we (and many others) teach can be applied across different contexts.

9:15am-9:30am: Poster Sessions and Coffee Bar Shawnee Foyer

Pandemics Collide: Associations Between Mental Health & Substance Use Among LGBTQ+ College Students in Missouri Pre-and Post-COVID-19

Bryce Takenaka, Evaluation and Research Assistant, Missouri Partners in Prevention

Undergraduate College Students Cannabis Use: Investigating Students' Cannabis Use Patterns Aligned to Legalization Laws in their Home States

Hope Edwards, Research Assistant, University of Missouri, Department of Psychological Sciences

Peer Education: Conceptualization of Mental Health and Social Well-Being

Simran Bhatia, CPT Intern-Wellness Coordinator, Missouri University of Science and Technology

Opportunities for Tobacco Ambassador Programs on Missouri College Campuses

Eriola Ayo, JaMya Dean, Audrey Helmuth, Taylor Iverson, Missouri Eliminate Tobacco Use Initiative - Ambassador Team, University of Missouri

Literature Review of the Relationship Between Greek Life and Tobacco Use

Larissa Bell, Grace Krueger, and Anna Wyman, Missouri Eliminate Tobacco Use Initiative - Greek Team, University of Missouri



Join the Conversation!

#MOMinds22

Law Enforcement Institute: Missouri Liquor Law Review **Sioux** **POST credit**

Presenter: Nancy M. McGee, JD, Retired SA MOATC

In this session the participant will learn the role, reach, and limitations of the Missouri Division of Alcohol & Tobacco Control in regulating the State's alcohol industry. The participant will learn the most frequently used statutes in the enforcement of Missouri's Liquor Laws. Emphasis will be placed upon how the liquor laws used in conjunction with local ordinances can be used to create a safer, healthier, and more responsible alcohol environment for their communities.

Showase: Essential Elements to Address Student Well-Being on Campus **Wyandot**

Visualizing the Necessary Complexity of Wellbeing **CE's for nurses and physicians available**

Presenters: Chris Dawe, AVP, Health & Wellbeing, Northwest Missouri State University and Kathleen Hatch, Morrison Family, Associate Vice President Student Well-being, Kansas State University

A true campus-wide, systemic approach to wellbeing is necessarily complex. We'll propose a comprehensive, evidence-based, health and wellbeing theoretical strategy model that demonstrates the interconnectedness and vision of a health promoting university. We'll explore how you can make the model your own and put some of the foundational components in place to activate a sustainable culture of health and wellbeing.

Nurturing Minority Wellness: The Development of a Culturally Informed Mental Health and Wellness Program

Presenter: Maya Williams, Nurturing Minority Wellness Coordinator, University of Missouri - Columbia

College students of color face unique challenges and stressors distinct from their White peers. However, students of color are less likely to receive mental health services from their university counseling center due to stigma, lack of mental health literacy, and lack of representation. Through a collaboration with the University Counseling Center and the University Wellness Center, the Nurturing Minority Wellness program was developed to provide culturally relevant and informed initiatives, workshops, and presentations, and decrease the stigma surrounding mental health that exists among students of color. This interactive presentation will highlight the key steps involved in the development of this program as well as the role of collaboration, trust building, and cultural competence.

Showcase sponsored by Central College Health Association: A Deeper Dive into Pressing College Health Concerns **Kansa CDE** **CE's for nurses and physicians available**

Eating Disorders 101: How to Help a Friend or Loved One

Presenter: Dr. Sheila Swearngin, Licensed Psychologist, EDCare

How much do you really know about eating disorders? Most people have heard of them, but can't separate fact from fiction.

Eating disorders typically begin between 18 and 21 years of age. The National Eating Disorders Association (NEDA) estimates that between 10 and 20% of women and 4 to 10% of men in college suffer from an eating disorder, and rates are on the rise.

Join EDCare and Dr. Sheila Swearngin for an engaging presentation on eating disorder causes, signs, symptoms, effects, treatment options, and what you can do to support a friend or loved one that is struggling.

Caring for Yourself & Caring for Others: Mitigating Burnout

Presenter: Anne Rulo

The challenges of the pandemic have placed additional strain on students as well as the faculty and staff who care for them. This program will discuss how to be present with others in crisis, while also managing your own self-care and risk for burnout. The goal is to leave feeling equipped, relieved, and capable to support others without wearing yourself out.

TB and the College Campus: Updates and What You Need To Know

Presenter: Dr. Lisa Armitige, Assistant Medical Director, Heartland TB

Dr. Armitige will review topics related to the screening, diagnosis and treatment of TB infection and disease associated with the college community. Topics will include who is at risk, who should be screened, which diagnostic tools are available and management of individuals who are found to be infected.

Showcase: Engage: Reimagining Campus Bystander Intervention Kansa AB

Engage: Reimagining Campus Bystander Intervention

Presenter: Molly Lindner, Communications Assistant, Missouri Partners in Prevention

Harmful situations involving alcohol and other drugs, acts of bias and discrimination, mental health and suicide, and interpersonal violence can happen at any institution of higher education. Typically, bystander intervention trainings have focused on addressing these topics separately. Missouri PIP has worked to develop a new in-person training focused on the basics of acting as an engaged bystander across each of these topic areas. Join PIP as we debut this new program and host a focus group for feedback from attendees.

Past, Present and Future of Bystander Intervention Programming

Presenter: Saranda Lund, Violence Prevention Project Coordinator, Jefferson College

This session will discuss the past, present and future of bystander intervention programs. We will discuss current strategies, evidence-based practices, and scholarly research in order to identify the best way of moving forward with bystander intervention programming.

Showcase: Expanding Prevention Efforts for First-Generation and First-Time College Students Osage ABC

Engaging First-Generation College Students in Prevention & Health Promotion Work

Presenter: Brett Bruner, Assistant Vice President for Student Affairs & Enrollment Management/Dean of Students, Missouri Western State University

As more and more first-generation college students arrive on college campuses, colleges and universities have to intentionally understand this student population before we can engage them in our prevention and health promotion work. This session will introduce audience members to first-generation college students and describe ways to engage them as participants and educators in promotion and prevention work.

Utilizing Personal Feedback Programs to Bolster Retention and Expand Prevention Programming

Presenter: Megan Hopkins, Project Director, University of Nebraska - Lincoln/Nebraska Collegiate Prevention Alliance

The Nebraska Collegiate Prevention Alliance's Year One College Behavior Profile program (Y1CBP) is a web-based prevention tool for use with incoming students that uses the principles of motivational interviewing to encourage students to think about their alcohol and marijuana use and how it might be impacting their life. This session will discuss the predictive value of the Y1CBP related to retention and enrollment and additional ways that personalized feedback can be greater utilized to inform prevention efforts among institutions of higher education.

12pm-1:30pm: Networking, Roundtable Sessions, and CCHA Meeting with boxed lunches

Roundtable: New Member 101: Belonging and Greek Life **Osage ABC**

In October 2021, the University of Central Missouri's Office of Health Promotion worked with the Vice Presidents for Risk Education in Fraternity and Sorority Life to put on the first-ever "New Member 101" event for new fraternity and sorority members, focusing on FSL "pride points" and "points of concern" from the 2021 MACHB. Join Suzy Latare, from UCM, as she shares her work and facilitates a discussion about how to provide integrate substance misuse prevention with FSL activities.

Roundtable: Holding Effective Recovery Meetings **Wyandot**

Holding recovery meetings for students is fantastic, but how do we ensure they are effective? How do we get students to attend? Join Katherine Melton, from ReDiscovering You, for this interactive discussion on recovery meetings on campus. Attendees will be encouraged to share various strategies to help collegiate recovery programs thrive and ensure optimal support is provided to students in recovery.

Roundtable: R.A.D. Systems for College Credit **Sioux POST credit**

Presenter: Ken Kennedy, Chief of Police, Missouri Southern State University

This session will prepare an individual police officer to move an existing R.A.D. self-defense course to a for-credit college class. Being a traditional college class makes it more attractive to college females as they need hours to complete a degree and remain more committed. During an entire semester the students become very proficient in protecting themselves. The officer will learn the steps to navigate the college accreditation system to ensure that the class can be certified for college credit. CEU: POST for Law Enforcement, CEU for substance abuse prevention and recovery providers.

COVID Losses & Looking Forward: A Grief and Resilience Processing Space **Kansa AB**

Presenter: Anne Rulo

We have all experienced losses during Covid, both tangible and invisible. Partners in Prevention is providing a space for those who wish to talk through those losses with others, with the discussion guided led by a professional counselor. Please join us to talk about what Covid has been like for you personally, professionally, and/or as a student as we all find our way forward in this strange experience. (This session will tie together with the "Caring for Yourself While Caring for Others" session offered during the conference as well although you do not have to attend one to attend the other.)

CCHA Annual Meeting **Kansa CDE**

Join members of the Central College Health Association for their annual meeting. Even if you are not a member, we encourage attendance from those who would like to learn more about our organization!

1pm-1:30pm: Mindfulness Meditation Session **Shawnee Ballroom**

During this time, join Jaron Vail, a mindfulness meditation leader for a 15-20 minute mindfulness meditation session, focused on stress reduction and refreshing the mind and body. Participants will learn quick and easy methods to help reduce stress and anxiety for themselves or the communities they serve.

1:45pm-5:15pm: Block 3 Institutes and Showcases

Law Enforcement Institute: Overview of Law Enforcement Strategies to Address Problematic Drinking in College Communities **Sioux POST credit**

Presenter: Captain Chris Bartolotta - CT State Police and Nancy M. McGee, JD, Retired SA MOATC

This session will cover numerous law enforcement strategies that have been used with success in college communities to address problematic drinking. Topics to be covered include, but are not limited to Compliance Check Investigations, Managing Special Events, Controlled Party Dispersal, and Impaired Driving Enforcement. The instructors will walk the participants through the major components of each strategy and discuss ways that each community can adapt the strategies to fit their specific needs.

Showcase: Fraternity and Sorority Leadership for Healthier and Safer Campuses Wyandot

Reframing the Campus and Fraternity/Sorority Headquarters Relationship

Presenter: Christian Wiggins, Farmhouse Fraternity

Naming or labeling relationships can be important. With a designation comes appropriate boundaries, expectations, and responsibilities of each member in the relationship. This session will specifically highlight the relationship between colleges/universities and fraternity and sorority inter/national organizations. These specific relationships will be looked at through the lens of a partnership - of what is and potentially what could be.

Fostering relationships with inter/national fraternities and sororities might seem futile to your day-to-day work in health, wellbeing, and prevention. How can this help campuses connect with the students in the groups on your campus? This session aims to help you answer that question from the lens of a fraternity/sorority headquarters. Answering the questions of - What is their goal of being on campus? Why do they care about health and safety? What do they offer students that I need to be aware of? Relationships are important, but they don't always matter if actions don't reciprocate the importance of the relationship.

Lost in Translation? Using Context and Curiosity to Cultivate Shared Understanding

Presenters: Brittany Barnes Deeg and Logan Davis

Arguably one of the most valuable tools today is the instruction manual. In short sentences or diagrams it informs the necessary steps needed to complete a task(s). That is, if the instruction manual can be read, understood, or exists? Without the ability to understand what to do next all may seem lost. So is often the case for prevention work with fraternities and sororities. Prevention professionals often have similar underlying goals associated with their work - to help individuals minimize risks and maximize benefits of the collegiate and/or community experience.

However, the tactics and points of reference (instructions) utilized by those involved can tell different stories. This session supports participants in identifying the context and clarifying the problem they are focusing on in their prevention work. It will also outline how the Strategic Planning Framework can be used as a tool to increase both accuracy and consistency when working across functional areas.

How Do We Know? Measures of Success in Prevention and Promotion Work

Presenters: Brittany Barnes Deeg and Logan Davis

Does knowing how success is measured increase the likelihood of success? If a race does not have a known finish line do the runners still run as fast? If paper has no minimum or maximum page count how does the writer know the intended outcome is met? If a project has no deadline how can it be done on time? Prevention and health promotion work, especially with fraternities and sororities, can often feel like the aforementioned scenarios.

Health promotion work is focused on incremental progress. Having an understanding of how to gauge that progress in real time helps protect against discouragement and mark milestones when doing work. This session breaks down the characteristics of success metrics and helps participants identify where to start when crafting and assessing them.

Tobacco-Free Policy in Fraternity and Sorority Life

Presenter: Anna Wyman, Student Research Assistant; JaMya Dean, Lead Ambassador; Larissa Bell, Student Research Assistant, Grace Krueger, Student Research Assistant, University of Missouri Columbia

A disproportionately high percentage of collegiate tobacco users in Missouri are affiliated with Greek Life. Chapter policies to address such issues are lagging behind best practice public health strategies to reduce harm. In this presentation, members of Fraternity and Sorority Life at the University of Missouri will share their experiences regarding tobacco use, existing tobacco policy language within chapters, and where policy changes should occur to align with public health best practices. Students will share examples of successfully amended policy, obstacles that arose during passage and implementation, and discussions with the housing corporations for Fraternity and Sorority Life. Lastly, the panel will discuss cessation resources to assist chapter members as they quit tobacco, such as on-hand Nicotine Replacement Therapy being kept within houses.

Institute: All Roads Lead Back to Trauma **Kansa AB** **CE's for nurses and physicians available**

Presenter: Sean Marz, Alive and Well

In the past, trauma has been reduced to a psychological experience with a need for only mental and behavioral health professionals to understand trauma's impact. As our understanding of trauma evolves, we now know how trauma has the potential to be a whole-body, whole-being experience. And even if an individual's symptoms never reach the need for clinical intervention, we understand the profound impact trauma can have on a range of factors, from one's well-being to academic success. Through this interactive session, participants will be able to:

- Define trauma using the framework of the of the 3 E's (event, experience, and effects)
- Understand trauma's broad impact on our brain development, physical and behavioral health, and how we engage with the world around us
- Explore how you don't have to be a therapist to be therapeutic by operationalizing the core principles of trauma-informed care

Showcase: Students as Educators and Advocates **Osage ABC****The Stories Behind the Statistics: Our Journey**

Presenters: Tammy Davis, Advisor, Haley Hawkins, Alona Jenkins, Sophia Davis, Redhawks Rising, Southeast Missouri State University

RedHawks Rising is on a journey to raise awareness of how intersectionality and violence prevention must be understood and embraced to break the silence of sexual assault on campus. Through student education, RedHawks Rising is turning students into consent educators, personalizing consent education, and helping survivors become advocates. RedHawks Rising will also discuss the challenges of a student group who provides support to victims of sexual assault, while still educating peers on campus.

Sexual Health Promotion for Students during the Pandemic

Presenter: Savannah Low "Low", MSW candidate, Washington University, Sexual Health Promotion Coordinator, Health Promotion Services, Habif Health and Wellness Center, Washington University

All colleges and universities had to get creative in order to meet students' sexual health needs when campuses closed in March 2020. Washington University in St. Louis (WashU) adapted in three essential ways to meet the needs of our undergraduate and graduate/professional students:

- We discontinued various efforts to distribute safer sex supplies in residence halls, the health center waiting room, and our recreation center space, and consolidated supplies into a large-scale mail order safer sex supply program called BareMail for which our Peer Health Educators won the "Outstanding Program of the Year" award in Campus Life's Excellence in Leadership awards
- We adapted our Sex in the Dark sexual health education program designed for residence hall audiences and presented it in a Zoom format.
- We built our social media following considerably and devoted significant energy to Frisky Friday and Sex Week messages for those platforms, reaching students we would not have reached in our typical in-person weekly and annual programming.

When classes resumed on campus in Fall 2021, we updated and expanded our in-person safer sex supply distribution efforts in our recreation center, residence halls, and medical exam rooms. This talk we will address the efforts described above in detail, including the sexual health education and consent messaging involved in each program, and students' responses to our efforts.

The Making of a New Reality: Using VR Technology in Peer Education

Presenters: Claudia Hypes and Alyssa Norrenberns, University of Missouri

This program will overview the development and implementation of virtual reality health education presentations on the University of Missouri's campus done by the Well-Being Peers. The Well-Being Peers is an organization that advocates for health and wellness related topics such as stress management, alcohol, and substance use, and eliminating stigma. This semester, the Well-Being Peers have integrated the use of Oculus Quest virtual reality into three of our pre-existing presentations including Body Image, Healthy Relationships, and Sexual Health. These presentations were transformed into interactive demonstrations where students can gain knowledge and information about these concepts by participating in educational activities on virtual reality headsets.

Showcase: Suicide Prevention Kansa CDE CE's for nurses and physicians available

Improving Professionals' Suicide Assessment Skills and Safety Planning with Suicidal Individuals

Presenter: Katie Ellison, MS, MAC, NCC, Project Director, Safer Homes Collaborative, Missouri Institute of Mental Health

In a nation where over 10 million Americans each year report experiencing thoughts of suicide, medical providers, school counselors, law enforcement and mental health professionals are increasingly expected to be able effectively assess for suicide risk and provide support for suicidal individuals. Yet, many professionals do not receive suicide risk assessment or safety planning training in through formal education, or worse yet they learn on the job in a crisis situation. This session will provide professionals practical skills to improve their assessment and safety planning skills using evidence-based tools.

Student Mental Health Task Force and HappierU Partnership

Presenter: Jaron Vail, Program Specialist, Missouri Department of Higher Education and Workforce Development

The Student Mental Health Taskforce seeks to help improve the mental health climate at postsecondary institutions by determining ways K-12, Higher Education, the Department of Mental Health (DMH), can partner to bridge the gap between the mental health services provided in high school and the services available at postsecondary institutions. The Missouri Department of Higher Education and Workforce Development has also partnered with the Show Me Hope Crisis Counseling Program (CCP) and DHM to create HappierU, a digital resource center that aims to promote mental health, primarily among college age students but would be beneficial to anyone wishing to use the resources. HappierU features a series of videos, podcasts, and digital content, providing science-based advice, strategies, and coping mechanisms for stressful situations.

What You Need to Know About 988 in Missouri

Presenters: Casey Muckler, Suicide Prevention Specialist, Missouri Department of Mental Health and Stacey Williams, State Suicide Prevention Coordinator for Missouri Department of Mental Health

During this presentation, you will learn everything you need to know to be ready for 988. In July 2020, the Federal Communications Commission (FCC) designated 988 as the new three-digit crisis number for the National Suicide Prevention Lifeline (NSPL). By July of 2022, all telecommunications companies will have to make the necessary changes and be ready to go live. 988 will be promoted nationwide as the three-digit helpline for all mental health and suicide crises. Missouri has 7 active NSPL members. These centers have trained staff to answer calls, texts, and chats from individuals at risk for suicide as well as those experiencing other mental health and substance use related emergencies, as well as connection to ongoing services. 988 will transform our current crisis system of care nationwide and Missouri is actively preparing our system to align and provide the most evidence-based practices for a comprehensive continuum of care.

8pm-11pm: Student Center Salon C

Drop in, hang out, and check out games, crafts, and snacks available to all conference attendees after hours!



Join the Conversation!

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Saturday, April 9

For all keynotes, featured speakers, and showcases, Continuing Education Credits (CECH credit for CHES, CEUs for counselors, social workers, psychologists, and substance misuse professionals) are available. For a selected number of sessions, CEs for nurses and physicians and POST for law enforcement are provided and are noted in the description of each session.

7am-12pm: Registration Table Open **Elevator Lobby**

7am-8am: Sunrise Yoga **Sioux**

Suzy Latare is a Registered Yoga Teacher and has been teaching yoga since 2012 in studio, university rec center, and community center settings. Her approach is welcoming and inclusive, recognizing that yoga is for every body no matter our age, size, previous yoga experience, or ability. In this class you'll get some good stretching and do some deep breathing through a series of gentle yet challenging movements. The class can be adapted to any and all levels of fitness and flexibility. Focusing on the importance of breath, safe alignment, and mindful movement, this calm, low-key class will leave you both relaxed and energized. Bring your own mat, and wear clothes that feel comfy to stretch in. Chairs will be provided as needed.

7am-8:15am: Continental Breakfast **Shawnee Foyer**

8:15am-9:15am: Featured Speakers

Surviving Generational Trauma **Shawnee B** **CE's for nurses and physicians available**

Presenter: Greg Holtmeyer

Greg Holtmeyer is a leading speaker, trainer, educator, advocate and survivor of child sexual abuse (CSA). He is passionate about creating awareness concerning the devastating effects of CSA of males. He provides powerful healing testimony and professional trainings. His workshops has included professionals from the fields of education, law enforcement, child abuse prevention, community organizations, and medical counseling. His trainings assist service providers to better understand and support the needs of male sexual abuse survivors. As a leader he is breaking social norms of masculinity stereotypes. He inspires a new kind of view pertaining to masculinity that empowers men to experience healthy emotions. In this presentation "Surviving Generational Trauma", Greg will go into detail of exactly what generational trauma is, the research behind not only the genetic component, but also the case studies conducted examining traumatic events around the world as well as individual case studies. Time will be spent on how to treat generational trauma on an individual basis but also as a family/community unit. Forms of therapy will be discussed.

Lifting the Mask on Mental Illness **Kansa AB**

Presenters: Kevin Lynch, CEO, Founder & CEO, The Quell Foundation and Renee Wilk, Executive director of The Quell Foundation

Through vivid storytelling and direct testimony, The Quell Foundation's documentary, Lift the Mask - Portraits of Life with Mental Illness, takes us into the lives of a diverse group of people living with a mental health illness and the people who often provide much of their care. The film focuses on the lived experiences of each subject, some of whom are "lifting the mask" and telling their story publicly for the first time.

The Quell Foundation is offering to present a 20-minute version of the documentary followed by a 20-30minute post-screening panel discussion and audience Q&A featuring documentary subjects and representatives from The Quell Foundation.

The Okanagan Charter & Health Promoting Campuses **Shawnee A** **CE's for nurses and physicians available**

Sponsored by the Central College Health Association

Presenter: Chris Dawe, AVP Health and Well-Being, Northwest Missouri State University

Collaborating Presenter: Kathleen Hatch, Morrison Family, Associate Vice President Student Well-being, Kansas State University

You might have heard some buzz over the last few years about this thing called the Okanagan Charter and becoming a health promoting campus. Come find out about the United States Health Promoting Campuses Network (USHPCN)

and what it actually means to adopt the Okanagan Charter. You'll learn more about this national network that includes almost 50 campuses, and hear examples from eight U.S. campuses who have officially adopted the Charter as a guiding document to becoming an internationally recognized health promoting college/university. We will also cover the many pathways to navigating the process for your campus, based on your specific situation and circumstances, as the pathway for every campus is different.

9:15am-9:30am: Poster Sessions and Coffee Bar Shawnee Foyer

Pandemics Collide: Associations Between Mental Health & Substance Use Among LGBTQ+ College Students in Missouri Pre-and Post-COVID-19

Bryce Takenaka, Evaluation and Research Assistant, Missouri Partners in Prevention

Undergraduate College Students Cannabis Use: Investigating Students' Cannabis Use Patterns Aligned to Legalization Laws in their Home States

Hope Edwards, Research Assistant, University of Missouri, Department of Psychological Sciences

Peer Education: Conceptualization of Mental Health and Social Well-Being

Simran Bhatia, CPT Intern-Wellness Coordinator, Missouri University of Science and Technology

Opportunities for Tobacco Ambassador Programs on Missouri College Campuses

Eriola Ayo, JaMya Dean, Audrey Helmuth, Taylor Iverson, Missouri Eliminate Tobacco Use Initiative - Ambassador Team, University of Missouri

Literature Review of the Relationship Between Greek Life and Tobacco Use

Larissa Bell, Grace Krueger, and Anna Wyman, Missouri Eliminate Tobacco Use Initiative - Greek Team, University of Missouri

9:30am-12pm: Block 4 Institutes and Showcases

Institute: Understanding Missouri Medical Cannabis and Emerging Drug Trends in Missouri Kansa AB CE's for nurses and physicians available POST credit

Presenter: Corporal Ryan Hutton, Missouri State Highway Patrol

This presentation focuses on current drug trends in Missouri. When reviewing trends in Missouri, we cannot overlook medical cannabis. The first half of this presentation reviews the Missouri Medical Marijuana Program and the rules and regulations law enforcement should know. This includes definitions, packaging, purchase and possession limits, medical marijuana card examples, consumption locations, vehicle searches, and more! The second half reviews two emerging drugs in Missouri, Delta-8, and Kratom. We will review their legal status, use, effects on the user, and production.

Showcase: Tobacco Cessation and Prevention Wyandot

Campus Tobacco Use Trends from an Insider's Perspective

Presenters: JaMya Dean, Lead Student Tobacco Ambassador, Taylor Iverson, Eriola Ayo, and Audrey Helmuth, Student Tobacco Ambassadors, Eliminate Tobacco Use Missouri Initiative

The Tobacco Ambassador Program seeks to improve policy compliance throughout the University of Missouri's academic and Healthcare campus through educational outreach to campus organizations, surveillance, empathetic and nonconfrontational policy violation approaches, and provision of cessation resources. Student ambassadors gain perspective from both on and off-campus experiences, putting them in a unique position to assess tobacco use in the community. Assessments can be utilized to inform education and prevention programming for fellow students in a relevant and meaningful way. As student ambassadors continue surveillance and data collection, we inform prevention programming in response to changes in nicotine and tobacco-use throughout the COVID-19 Pandemic. This presentation incorporates insider perspectives into outreach efforts offering voices that are representative of and relatable to those affected by tobacco-use on campus.

Learning the Opposing Team's Playbook to Better Support Nicotine Cessation

Presenter: Michelle McDowell, Substance Abuse Prevention and Education Coordinator, University of Missouri – Columbia

Public health professionals and advocates have worked collaboratively for decades to reduce harms associated with tobacco use resulting in improved policies and regulations. Simultaneously, the tobacco industry has continued to discover new methods of delivering nicotine that counteract public health efforts. One such method is the formulation of nicotine salts in delivery devices (i.e. e-cigarettes, nicotine pouches). With most University of Missouri tobacco users reporting use of e-cigarettes or JUUL and nearly 2/3 attempting to quit tobacco products since entering college, it is imperative that we have a better understanding of the product clients are using to better support their quit journey. This presentation will compare freebase nicotine and nicotine salts, differentiate delivery devices that contain each, and discuss the practical application in cessation coaching.

Showcase: Campus Programs to Encourage Well-Being Osage ABC

No Drugs Needed: Nature and your Brain

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

Time spent in nature promotes homeostasis of both the mind and body. Recent estimates suggest Americans are spending less than 5 percent of their day outside. Research has identified this lack of time spent with nature as one contributing factor in declining mental and physical health status and increased levels of stress and distress. This presentation will briefly review studies that have demonstrated the connection between time spent in nature and enhanced health outcomes. Regardless of where a campus is located, there are numerous opportunities to reconnect with nature to promote student well-being. The presentation focus will be on action steps to cultivate an improved connection with nature among students through personal behavior changes, a class assignment and/or peer education programs.

Bloom: A Body Image, Mental Health, & Spirituality Retreat for Women

Presenter: Celia Fox, Assistant Director for Campus Ministry, Rockhurst University

Bloom is a day-long retreat designed to start conversations with college age women about body image, mental health, and spirituality (this piece can be removed for secular settings). This session will walk through the flow the retreat and how to create something similar for your campus. There will be time to talk in small groups about the importance of creating a safe space to have vulnerable and real conversations with college age women.

Happiness: Set the PACE

Presenter: Mandy Schick, Prevention Coordinator, Westminster College

How do we build happier lives for ourselves and for others? The research on happiness is growing and now is the time to learn from the world's happiest people on how to thrive. In this session we will discuss how to use evidence-based practices to increase your happiness. Learn specific strategies on how to Set the PACE (Purpose, Accomplishment, Connection and Enjoyment) for a balanced life for yourself, and how to teach students how to Set their own PACE for success.

Showcase: Creative Alcohol Programming Kansa CDE

Don't Get Super Smashed Bro, Come to Mocktails with Marty: Meeting Students Where They Are to Promote Safe Alcohol Consumption

Presenters: Josh Clary, Director of Student Development and Luke Theis, Interim Director of E-Sports, Missouri Western State University

Let's face it, students are tired of attending lectures that tell them: A. Not drink alcohol or B. To drink alcohol responsibly. They have been seeing presentations and lectures about this since junior high. This presentation outlines a creative event with Missouri Western State University's Center for Student Involvement, Recreation Services, Partners in Prevention, and E-Sports that was successful in both engagement and education. For this event, entitled Don't get Super Smashed Bro, come to mocktails with Marty students were able to learn about safe alcohol consumption in a way that engaged them differently

than ever before. Come to this presentation to learn about our creative program and how your department can utilize its campus partners to create more engaging and memorable events.

Using Injunctive Norms and Attitudes in Alcohol Prevention on College Campuses

Presenters: Alli Fast, Clinical Informaticist and Kitra Nelson, Team Leader

This session will explore the role of student beliefs and attitudes with regard to alcohol use among their peers. Participants will learn about an interactive norms education program used to correct misperceptions about drinking and further prevention efforts. Come learn how you could bring injunctive norms education to your community

12pm-1pm: Closing Keynote and Recognition Luncheon **Shawnee Ballroom**

Are Our Campuses Ready to Meet the Minds That Are Coming?

Presenter: Allison Smith, PhD

This session will encourage attendees to reflect upon, assess and strategize about the future of advancing collegiate recovery in Missouri. The presenter will also cover practical tips for system-level collaboration in the development, funding and sustainability of collegiate recovery programs for shared success. Lastly the presenter will highlight how strategic investment in collegiate recovery can help increase the proportion of working-age adults with high-quality, affordable postsecondary credentials to 60% by 2025, as outlined in "Preparing Missourians to Succeed: A Blueprint for Higher Education."

Be sure to let us know about your session experiences!

Scan here or visit mopiptraining.org/mom/evaluate



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