



Training Series

March 5-May 7, 2021



Join the Conversation!

[#MOMinds21](#)

mopiptraining.org/mom

Published February 23, 2021



Meeting of the Minds Training Series

Thank you for your registration for the 2021 Meeting of the Minds training series from Missouri Partners in Prevention. We look forward to engaging with you during the next several months in our online conference platform.

On behalf of the Missouri PIP staff and MOM planning committee, who have worked tirelessly to make this training series a reality, we are thrilled that you chose to join us in this virtual format. This year's virtual training series format includes a variety of great breakout sessions designed to help you learn more about effective prevention strategies and health, wellness, and campus safety topics. We are also excited to provide two focused, virtual leadership experiences for professionals and students - our Fraternity and Sorority Life Leadership Day on March 12 and the Peer Education Leadership Weekend April 9-10. Our goal is for this format to be flexible and fit your schedule.

We hope you enjoy looking at the great lineup of sessions on our website and in our conference platform. Each breakout session is identified by "tracks". We have organized our tracks to occur on the same weekdays throughout the nine-weeks. This is meant to be a guide as you select breakout sessions- you are welcome to attend as many or as few sessions live as you wish. Most live sessions will be recorded and placed in the conference platform for later viewing. We also have some great on-demand content of pre-recorded sessions.

Once again we are excited to be joined by the Central College Health Association for their annual training. We welcome those attendees joining us from CCHA and hope that you enjoy your Meeting of the Minds experience! We are also pleased to be partnering with the Missouri Eliminate Tobacco Use project for our Alcohol, Tobacco, and Other Drug track in the training series.

If you have any questions or trouble accessing material throughout the training series, please contact us at mastersj@missouri.edu or pip@missouri.edu.

We look forward to the future when we can gather in person to share in professional development and training. Mark your calendars for our 2022 event: April 7-9 in Kansas City, MO.

Thank you again for joining us! Enjoy the training series!

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

Thank you to our sponsors for the 2021 training series



The Central College Health Association is proud to sponsor the Health and Well-Being track.



Missouri Eliminate Tobacco Use Initiative (MO ETU) is proud to co-sponsor the Alcohol, Tobacco, and Other Drug Prevention track.

To learn more about Partners in Prevention trainings, visit mopiptraining.org

The Meeting of the Minds training series

On behalf of the Meeting of the Minds Planning Committee that helped set the educational program for this training series, we invite you to get ready to learn, share ideas and network with other students, professionals, and law enforcement officers. This training series truly has something for everyone and it is presented in an easy to use format that allows you to choose the sessions you want to experience live and via on-demand recorded content. The committee has worked diligently to create the best lineup of breakout sessions, opening and closing sessions, and leadership experiences possible. We hope that you are as excited about all the educational opportunities as we are.

Just a few hints as you set your schedule for the Training Series:

Choose your schedule wisely (and early!)

During every week of the training series, there are sessions presented daily. Each day of the week will focus on a different track of sessions. You may choose to focus on one track throughout the series, or attend any sessions that you are interested in. Your registration fee gives you access to all sessions of the training series. Based on your preferences indicated on your registration form, we will send you reminders of the upcoming sessions in the tracks that interest you.

Your evaluations are extremely important

After each live session, we will ask you to fill out a short on-line evaluation. In addition, we will have a final training series evaluation in May. Please fill them out and give the presenters some feedback they can use to improve the program. Please include any feedback that you think the Meeting of the Minds Planning Committee should know, since we read the evaluations as well.

Be a good audience member

Giving presentations is risky, hard work, and not as easy as it seems, especially in a virtual format. Please be respectful of the presenters and of the other people in the virtual audience on zoom. Keep your mute button on and engage with the presenters and MOM planning committee members in the chat. **We also encourage you to share what you have learned by engaging with us via social media (Facebook, Twitter, and Instagram) at @MissouriPIP and by utilizing #MOMinds21.**

Conference Schedule

Note: Check mopiptraining.org/mom for additions and changes to the schedule.

All of the below sessions will be live at the time listed. Additional pre-recorded content will be available as well. All times listed are Central Time (CT).

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 10:00am-11:00am Caring for Yourself While Caring for Students: Advice & Strategies from a Mental Health Counselor Track: Mental Health	5 10:00am-12:00pm Opening Session The Road Ahead: Implementing Lessons Learned from COVID-19 to Propel Us Forward	6
7	8 10:00am Using ASTP (Alcohol Skills Training program) to Minimize Student Drinking Risk Track: Alcohol, Tobacco, and Other Drugs	9 Your choice: 3:00pm or 8:00pm Law Enforcement Supporting Civil Discourse While Avoiding Civil Disturbances on Campus Track: Law Enforcement	10 1:00pm-2:00pm Planning within a Framework: Suicide Prevention Track: Mental Health	11 10:00am-11:00am Putting the Peer in Advocacy: Students as Confidential Advocates on College Campuses Track: Interpersonal Violence Prevention and Title IX	12 9:00am-12:00pm, 1:00pm-4:00pm FSL Leadership Day	13
14	15 1:00pm-2:00pm This is Your Brain on Opioids. This is Your Brain on Trauma Track: Alcohol, Tobacco, and Other Drugs	16 Your choice: 3:00pm or 8:00pm R.A.D. Systems for College Credit Track: Law Enforcement	17 10:00am-11:00am CALM – Conversations on Access to Lethal Means Track: Mental Health	18 1:00pm-2:00pm Don't Leave Out the Good Stuff: Sex-Positive Prevention Track: Interpersonal Violence Prevention and Title IX	19 10:00am-11:00am Reaching in to Reach Out: One University's Journey in Developing a Student Well-being Collaboration Track: Health and Well-Being	20
21	22 10:00am-11:00am Clearing up Clouds of Confusion about Cannabis and Vaping Technology Track: Alcohol, Tobacco, and Other Drugs	23 1:00pm-2:00pm Mood Altering Substances: Kratom and other Prevalent Synthetic Substances Track: Law Enforcement	24 1:00pm-2:00pm Ask, Listen, Refer: Implementing Suicide Prevention Curriculum on Campus Track: Mental Health	25 10:00am-12:00pm 2 Hour Special Extended Session: Title IX: Updates and Special Issues Track: Interpersonal Violence Prevention and Title IX	26 1:00pm-2:00pm Inclusion from the Ground Up! Track: Health and Well-Being	27
28	29 10:00am-11:00am References Available Upon Request: Learning How to Propel Prevention Forward Through Service Track: Alcohol, Tobacco, and Other Drugs	30 Your choice: 3:00pm or 8:00pm Today's DWI Testimony: Video on Trial Track: Law Enforcement	31 1:00pm-2:00pm From Hospitals, Schools and Communities to Mental Health Care: Lessons From a Continuity-of-Care Suicide Prevention Program in Kansas City Track: Mental Health			

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:00pm-2:00pm Sustainability, Partnerships, and Public Health: Developing a Comprehensive Plan for Sexual Violence Prevention Track: Interpersonal Violence Prevention and Title IX	2 10:00am-11:00am Enhancing the Virtual Wellness Coaching Experience for College Students Track: Health and Well-Being	3
4	5 10:00am-11:00am Why Should We Invest our Resources to Implement BASICS on Our Campus? Track: Alcohol, Tobacco, and Other Drugs	6 1:00pm-2:00pm QPR for Emergency Service Professionals Track: Law Enforcement	7 1:00pm-2:00pm Suicide Prevention: A Move toward Wellness on College Campuses Track: Mental Health	8 10:00am-11:00am How to Create an Intersectional Bystander Movement Track: Interpersonal Violence Prevention and Title IX	9 12:00pm-6:00pm Peer Education Virtual Leadership Weekend	10 9:00am-12:00pm Peer Education Virtual Leadership Weekend
11	12 1:00pm-2:00pm #Turnup, #Kickbacks, #Mixology: What You Should Know About ATOD Programming and Risk Management Track: Alcohol, Tobacco, and Other Drugs	13 1:00pm-2:00pm Menthol is the Back Story: Decriminalization of Commercial Tobacco Products - An Important Way to Make Black Lives Matter Track: Alcohol, Tobacco, and Other Drugs	14 1:00pm-2:00pm Improving Professionals Suicide Assessment Skills and Safety Planning with Suicidal Individuals Track: Mental Health	15 1:00pm-2:00pm Hazing and Consent Training: The Social Science of Hazing Track: Interpersonal Violence Prevention and Title IX	16 1:00pm-2:00pm Addressing Mental Health in the Clinic Setting Track: Health and Well-Being	17
18	19 10:00am-11:00am Cannabis 101: The Basics on Cannabis/ Marijuana and Discussing the Science with Students Track: Alcohol, Tobacco, and Other Drugs	20 10:00am-11:00am Supporting Tobacco-free Policy Implementation and Compliance Track: Alcohol, Tobacco, and Other Drugs	21 10:00am-11:00am Re-examining Suicidality using a Racially Conscious Framework Track: Mental Health	22 10:00am-11:00am Coordinating A Violence Prevention Program During a Pandemic Track: Interpersonal Violence Prevention and Title IX	23 1:00pm-2:00pm Medical Marijuana: Regulation, Current Evidence, and Recent Trends Track: Health and Well-Being	24
25	26 1:00pm-2:00pm A Timeline of the Opioid Epidemic: How did we Create this Perfect Storm? Track: Alcohol, Tobacco, and Other Drugs	27 1:00pm-2:00pm Alcohol, Marijuana and Athletic Team Success Track: Alcohol, Tobacco, and Other Drugs	28 10:00am-11:00am Thwarting Suicide: Advanced Trauma-Informed Strategies Track: Mental Health	29 1:00pm-2:00pm There's Hope! Healing from Interpersonal and Sexual Violence Track: Interpersonal Violence Prevention and Title IX	30 1:00pm-2:00pm Coloring Outside the Lines: How Encouraging Creativity in Academia Can Support Student Success Track: Health and Well-Being	

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10:00am-11:00am Public Education Campaigns to Prevent Tobacco Use Among Young People Track: Alcohol, Tobacco, and Other Drugs	4 1:00pm-2:00pm E-cigarettes, Vaping, and Evidence-based Tobacco Treatment among College Students Track: Alcohol, Tobacco, and Other Drugs	5 1:00pm-2:00pm Mental Health Screening on College Campuses Track: Mental Health	6 10:00am-11:00am Navigating the Title IX Process as a Sorority and Fraternity Track: Interpersonal Violence Prevention and Title IX	7 10:00am-12:00pm Closing Session: Experiences in Effective Prevention: Past, Present, and Future	8
9	10	11	12	13	14	15

CEUs

The Meeting of the Minds Training Series is offering CEUs (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(s) available for each session will be listed on the conference schedule and in the Crowd Compass platform.

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

- Note that you would like CEUs on your registration form, identify which CEUs you would like, and pay the \$20 fee (this one-time fee covers all requested CEUs).
- Attend live sessions for the entirety of the session.
- After each live session, MOM training series staff will make a note of attendees and cross reference with those who requested and paid for CEUs. After the training series concludes on May 7, we will provide a report to our CEU providers with the attendance list and you will receive your attendance certificates.
- No fee is required for POST credit for law enforcement.

If you did not request CEUs on your registration form, please email Joan Masters at MastersJ@missouri.edu with your request, the type of CEUs you will need, and your preferred payment method for the \$20 fee.

Missouri Credentialing Board

Missouri Credentialing Board has approved the Meeting of the Minds Training Service for up to 43 Contact Hours on March 5-May 7, 2021.

Continuing Education for Nurses

Disclosures

- Meeting of the Minds Spring Training Series 2021
- Central College Health Association
- March 5-May 7, 2021

Successful Completion

- Be paid in full
- Attend at least one complete session
- Complete the online evaluation form

Contact Hours - Nursing

- One contact hour will be awarded for each 60-minute session

Accreditation

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

Commercial Support

- None

Conflict of Interest

- No conflicts of interest were identified by planners or presenters
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Continuing Education for Psychologists, Social Workers, and Counselors

Program #21111 Meeting of the Minds

The University of Missouri – St. Louis, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned.

The Missouri Institute of Mental Health (MIMH) will award clock hours/contact hours/CEUs based upon your session attendance during the entirety of this activity. Certificates will be issued via email by MIMH following the completion of the program in May.

- 60 minutes of instruction= 1 clock hour, 1.2 contact hours or .12 CEUs
- 50 minutes of instruction = .83 clock hours, 1 contact hour or .1 CEUs

Program #11111 | 2021 Meeting of the Minds | March - May

The University of Missouri – St. Louis, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned.

The Missouri Institute of Mental Health will award up to 44 clock hours or 52.8 contact hours (5.28 CEUs) for this live online activity.

Accreditation Information

State of Missouri professional licensing boards (social work, counselor and psychology) accept our CEUs. Please check: <http://pr.mo.gov/regulated-professions.asp> for additional details
Most out-of-state licensing boards also accept our CEUs. For additional details, please check your state's requirements.

POST for Law Enforcement Public Safety Professionals

POST is provided free of charge, there is no CEU fee. Please be on video at each session to receive POST credit. Certificates for POST will be provided via email after each session. Please double check the session times, some are at 1PM CST, while others will be offered at both 3PM CST and 8PM CST to accommodate a variety of schedules. The following sessions will offer POST (Peace Officer Standards and Training) credits for attendees:

- Law Enforcement Needs to be a Jack of All Trades, but Most Don't Know Jack about De-escalation (3 parts)
 - Today's DWI Testimony: Video on Trial
 - Mood Altering Substances: Kratom and other Prevalent Synthetic Substances
 - R. A. D. Systems for College Credit
 - Law Enforcement Supporting Civil Discourse While Avoiding Civil Disturbances on Campus
 - QPR for Emergency Service Professionals
 - CALM - Conversations on Access to Lethal Means (mental health track)
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NCHEC

Missouri Partners in Prevention has been approved as a single-event provider for continuing education contact hours through NCHEC.

"Meeting of the Minds Training Series" has been reviewed and approved for a total of 43 CECH. 10 have been approved for advanced-level credits. No Continuing Competency CECH were approved.

Hours will be reported to NCHEC for weeks 1-3 (on March 26) and weeks 4-9 (on May 7)

Full Training Schedule

Law Enforcement Pre-Conference Sessions

Tuesdays, February 16 (part 1), **February 23** (part 2), and **March 2** (part 3), **1:00pm-3:00pm**

Law Enforcement Needs to be a Jack of All Trades, but Most Don't Know Jack about De-escalation: Parts 1, 2, and 3

Track: Law Enforcement

Presenters: Sgt. Christopher Bartolotta and Nancy McGee, JD

CEU: POST for Law Enforcement

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 should attempt to initiate a dialog with a subject to de-escalate the confrontation in order to start the process of lowering tensions. However, many of our first responders 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.

Pre-Conference Bonus Session

Thursday, March 4, 10:00am-11:00am

Caring for Yourself While Caring for Students: Advice & Strategies from a Mental Health Counselor

Track: Mental Health

Presenter: Anne Rulo, Mental Health Counselor

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

The challenges of the past year 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 students in crisis, while also managing your own self-care and risk for burnout. The goal is to leave feeling equipped, relieved, and capable to help students without wearing yourself out.

Opening Session

Friday, March 5, 10:00am-12:00pm

The Road Ahead: Implementing Lessons Learned from COVID-19 to Propel Us Forward

Panel Moderator: David Arnold, AVP for Health, Safety, and Well-Being, NASPA

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

In 2020, we were unable to gather for our Meeting of the Minds conference due to the COVID-19 pandemic. This year, we look forward to reframing our work and gathering in a new way, with the Meeting of the Minds training series. Embarking on this nine-week training series, we believe it is necessary to take a moment to envision our work beyond COVID-19. What lessons have we learned over the past year? How have our students, our staff, and our communities been impacted? How can

we work to repair any impact(s) our students, staff, and communities have felt? Join us for this fantastic kick-off event with state and national leaders in alcohol and drug prevention, college health, mental health, violence prevention, and higher education. Our esteemed panelists will set our course forward by examining our past, present, and future challenges and how we might use the lessons learned to pave our pathway post-pandemic.

Panelists include:

- Richard Lucey, Senior Prevention Program Manager, Drug Enforcement Administration's Community Outreach and Prevention Support Section
- Matthew Huffman, Public Affairs Director, Missouri Coalition Against Domestic and Sexual Violence
- Dr. Kamesha Spates, Associate Professor, Sociology, Kent State University
- Kim Webb, President, American College Health Association and Director, Relationship and Sexual Violence Prevention (RSVP) Center, Washington University in St. Louis
- Dr. Mona Hicks, Senior Associate Vice Provost and Dean of Students, Stanford University and NASPA – Student Affairs Administrators in Higher Education, Equity, Inclusion, and Social Justice Division director
- Dr. Shawnté Elbert, Associate Vice President of Health and Well-being at The Ohio State University and Co-Chair NASPA Wellness and Health Promotion Knowledge Community
- In addition, Partners in Prevention staff will provide a brief orientation to the training series and how to navigate the conference platform.

Week 1: March 8-12

Monday, March 8, 10:00am-11:00am

Using ASTP (Alcohol Skills Training program) to Minimize Student Drinking Risk

Track: Alcohol, Tobacco, and Other Drugs

Presenter: Ashley Hinton-Moncer, M.S., MPH, Director of Student Wellness, University of Kentucky

CEU: CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

For a long time, research has established that information alone does not always change behavior. Alcohol Skills Training Program (ASTP) aims to educate students about alcohol use, while increasing their interest in critically examining their own drinking patterns. With the use of motivational interviewing techniques as the foundation of the program, ASTP aims to deliver information to students that help them make more informed choices about drinking in hopes of minimizing potential risks through a combination of preventative action, reduced consumption, and abstinence. Attendees will learn how you can incorporate a similar program at your institution. The first part of this session will be spent engaging with the content of ASTP. The latter part of the session will focus on the question, “now what”? Is ASTP a good fit for my campus? How can I go about implementing ASTP? Why is this work important?

Tuesday, March 9, 3:00pm-4:00pm or 8:00pm-9:00pm (duplicate presentations to meet a variety of shift schedules)

Law Enforcement Supporting Civil Discourse While Avoiding Civil Disturbances on Campus

Track: Law Enforcement

Presenter: Lt. Amanda Cullin, Northwest Missouri State University Police Department

CEU: POST for Law Enforcement, CEU for substance abuse prevention and recovery providers

The First Amendment of the United States Constitution protects our freedom of speech, religion, press, peaceful protest and the right to petition the government. Campuses across the United States foster and facilitate our First Amendment Rights through civil discourse in and out of the classroom. Campus law enforcement departments are on the front lines of maintaining the peace while protecting these First

Amendment Rights. Prepare yourself, your team, and your department by exploring the options and resources available and engaging your peers through collaboration and discussion.

Wednesday, March 10, 1:00pm-2:00pm

Planning within a Framework: Suicide Prevention

Track: Mental Health

Presenter: Kathleen Ratcliff, MPA, CPS, Executive Director, Upstream Prevention Inc.

CEU: CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

After researching successful approaches to suicide reduction, the National Action Alliance for Suicide Prevention, the U.S. Department of Health and Human Services and the Office of the Surgeon General published a Call to Action in 2021. Hot off the presses, the Surgeon General's Call to Action identifies six steps to further implement the 2012 National Strategy for Suicide Prevention, but in a manner that can be implemented at the local level. Utilizing an existing system can assist self-defined communities in building the strongest local suicide prevention plan. This session will provide an overview of the Call to Action six action steps, but walk participants through a strategic planning process they can replicate in their own community and within their own spheres of influence.

Thursday, March 11, 10:00am-11:00am

Putting the Peer in Advocacy: Students as Confidential Advocates on College Campuses

Track: Interpersonal Violence Prevention and Title IX

Presenters: Cinnamon Brown, Associate Vice President of Academic Affairs and Associate Dean of Faculty; Kali Wright-Smith, Director of First Year Experience, Westminster College

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

In 2015, Westminster College began a peer advocacy program as a form of response and prevention to gender-based violence on campus. Through the campus' Remley Women's Center, student interns are trained to serve as advocates and confidential sources that provide support and resources to survivors and the general student body in matters dealing with gender-based violence. Through regular office hours and now a new virtual platform, student interns serve as a first line of support and resources for their peers. In this program we will talk about the creation, evolution, and successes of our peer advocacy program and how we are now taking it into a more virtual space to truly meet our students where they are.

FSL Leadership Day

March 12, 2021

Fraternities and sororities are the cornerstone of campus life at many colleges and universities. As campuses work to improve health and safety, are we collaborating to use the combined expertise of health professionals and fraternity/sorority life professionals, or are we working on separate problems in our own silos? How can we work with student leadership to move forward to creating healthier and safer campus experiences?

During this one-day leadership summit, join FSL professionals, student leaders, and their collaborators on campus to learn more about strategies for assessing, improving, introducing, and implementing evidence-based strategies for addressing health on campus. Partners in Prevention is pleased to be offering our FSL Leadership Day in partnership with our facilitators of the event, Rise Partnerships.

Pre-Recorded Sessions (Available after March 3, 2021)

Understanding Hazing Perceptions of Students And Administrators Using a Four Frame Approach

Presenter: Emily Feuer, Project Leader, RISE Partnerships and Assistant Director, Student Affairs Assessment and Planning, University at Albany

This session reviews findings from doctoral dissertation research that examined how students affiliated with fraternities/sororities and administrators who work with these students frame hazing behavior. The results provide direction for how student affairs professionals should engage with students around discussions of acceptable behavior and prevention of hazing. The session will include a presentation of the study and its findings as well as a group discussion on implications for practice.

Evaluating Your Hazing Prevention Strategies

Presenters: Jenny Damask, Project Leader; Dan Wrona, CEO, RISE Partnerships; and Emily Feuer, Project Leader, RISE Partnerships and Assistant Director, Student Affairs Assessment and Planning, University at Albany

The presenters of this session have coached multiple institutions and organizations through a problem analysis of hazing in their communities. This session will review areas most commonly identified as contributing factors to hazing across these groups. Participants will learn where they should look first to determine whether their hazing prevention efforts are appropriate and gain an outline they can use to begin evaluating their hazing prevention efforts.

FSL Schedule

9:00am-10:45am: General Session:

Assess, Collaborate, and Reallocate: Improving Health and Safety in Fraternities and Sororities

Presenters: Jenny Damask, Project Leader; Brittany Barnes Deeg, Director of Curriculum and Training; Dan Wrona, CEO, RISE Partnerships

Universities are working to address significant health and safety issues in fraternities and sororities, but do their efforts measure up? Are we using the combined expertise of health professionals and fraternity/sorority life professionals, or are we working on separate problems in our own silos? This program will explore health and safety issues in fraternity/sorority life and examine the unique and complex contributing factors influencing this community. The session will model an approach for aligning health and safety efforts, reinforce public health frameworks for assessing, improving, and reporting results, and introduce opportunities for greater collaboration across departments.

11:00am-12:00pm: Breakout Session Block 1

Sisters Who Care: Sorority Women Putting an end to Rape Culture

Presenters: Jenny McKee, Program Manager, Health Education Resource Office; Merrill Evans, Care Coordinator; Sony Heath, Prevention Educator, Sexual Assault Prevention & Education Center; and Merrill Evans, CARE Coordinator, University of Kansas

In 2015, a group of Panhellenic women at The University of Kansas founded the Campus Assistance, Resource and Education (CARE) Sisters program. They are well-trained sorority women who will believe, validate, advocate and connect their peers to resources after experiencing an act of gender-based violence. Join us as we discuss the creation, structure, assessment and benefits of this wildly popular program!

ASTP: Risk Reduction Programming for Fraternity & Sorority Life

Presenter: Brieanna Criscione, Program Coordinator for Fraternity/Sorority Life, Saint Louis University

Alcohol Skills Training Program (ASTP) is a risk reduction program developed by the University of Washington to provide evidence-based, science-backed information to students in an engaging way. By participating in ASTP, attendees will be able to critically examine their drinking patterns and eventually implement the skills they learn in real social situations. Join facilitator, Brieanna Criscione, as she shares her experience with utilizing ASTP among the Fraternity/Sorority Life communities she's worked with, the benefits of implementing ASTP and recommendations for other campuses interested in implementing ASTP among their own student groups.

1:00pm-2:00pm: Breakout Session Block 2

When a Problem Becomes a Solution: The Creation of Iota Chi

Presenter: Trae Mitten Asst. Dean of Students and Title IX & Civil Rights Investigator, Southeast Missouri State University

What happens when student groups traditionally thought of as core contributors to the problem of campus sexual misconduct decide to turn the tables and become the foundation of the solution? They reframe what it means to be Greek, and redefine the expectations for relationships and sexual interaction. They create Iota Chi. This presentation will feature a comprehensive look at Iota Chi, a newly created, Greek-centered, peer-to-peer education organization formed by fraternity men and sorority women to combat sexual assault and dating violence on campus.

How Different is it? Taking a Look at Current Perceptions and Realities of the Fraternity and Sorority Experience

Presenter: Logan Davis, Program Manager, HECAOD

The last few years have been trying ones for fraternities and sororities. Deaths, shutdowns, outrageous substance misuse, & hazing have headlined newspapers and televisions across the continent. The past two years have left many asking, where do we go from here? The reality might seem harsh, but your answer to the question is probably going vary based on your perception of the fraternity and sorority experience. This session will look at just that, how has reality of the experience changed, why does it matter, and why there are many differing opinions.

2:00pm-3:00pm: Breakout Session Block 3

Leaving a Legacy: Personal & Chapter Responsibilities to Ending Gender-Based Violence

Presenter: Brittani Fults, Title IX/EEO Investigator, University of Kansas

Join us as we discuss how to identify our personal and community responsibilities to address and reduce sexual and relationship violence in Fraternity and Sorority Life. This workshop will allow us to become more aware of societal and cultural norms that affirm violence and provide tools on how to challenge harmful and dangerous behaviors in our communities. By the end of this workshop, we will learn more about how fraternity and sorority students can work to leave a legacy of intolerance to violence.

Using Social Norms in Hazing Prevention

Presenter: Jenny Damask, Project Leader, and Dan Wrona, CEO, RISE Partnerships

Social norms clarification is a powerful tool that has been used to address alcohol, tobacco, drug, violence, and other public health problems. This session will introduce how the presenters have used social norms clarification techniques to address the complex interpersonal dynamics involved in hazing in college student organizations. Attendees will explore opportunities to use this technique in their hazing prevention efforts.

3:15pm-4:00pm: General Session

Putting it All Together

Join the presenters of Fraternity/Sorority Leadership Day for the closing session to think about the role you play in advancing health and safety in fraternity/sorority life. We will plan out your next steps, troubleshoot some of the challenges you might face, provide Q&A time with presenters, and connect lessons from the sessions to wrap up the day. You'll leave with a plan and some final tips for moving forward.

Week 2: March 15-19

Monday, March 15, 1:00pm-2:00pm

This is Your Brain on Opioids. This is Your Brain on Trauma

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Dr. Fred Rottnek, Professor and Program Director, Addiction Medicine Fellowship, Saint Louis University

CEU: CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Many of us remember one of the iterations of the Public Service Announcement: This is Your Brain on Drugs. Although the war on drugs has had many unintended negative consequences, we remember the egg in the skillet, a powerful image connecting brain function to drug use. Since the 80's, we've learned much about the effects of both trauma and opioids on brain structure and chemistry. In this workshop, we will provide participants the tools to confidently discuss the basic science of the surprisingly similar effects of trauma and opioids on the brain, as well as discuss evidence-based intervention to increase safety for people dealing with substance use and trauma.

Tuesday, March 16, 3:00pm-4:00pm or 8:00pm-9:00pm (duplicate presentations to meet a variety of shift schedules)

R.A.D. Systems for College Credit

Track: Law Enforcement

Presenter: Chief Ken Kennedy, Missouri Southern State University

CEU: POST for Law Enforcement, CEU for substance abuse prevention and recovery providers

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.

Wednesday, March 17, 10:00am-11:00am

CALM – Conversations on Access to Lethal Means

Track: Mental Health

Presenter: Elizabeth Makulec, Executive Director, KUTO (Kids Under Twenty One)

CEU: POST for Law Enforcement, CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies, and is an internationally evidence-based prevention tactic. Conversations on Access to Lethal Means - CALM - will teach participants to be alert to signs that suicidal thoughts and behaviors could be present, how to use that information to have a conversation about risk and access to lethal means, and how to encourage 'time and distance' as a safety intervention when risk for suicide is present. CALM is a project of the Safer Homes Collaborative, a joint effort of the gun-owning and suicide prevention communities to raise awareness that suicide can be prevented through safe gun storage. The SHC encourages gun owners to include suicide prevention as the 11th Commandment of gun safety.

Thursday, March 18, 1:00pm-2:00pm

Don't Leave Out the Good Stuff: Sex-Positive Prevention

Track: Interpersonal Violence Prevention and Title IX

Presenter: Danielle Devers, Outreach and Engagement Coordinator, University of Missouri Columbia

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

The reduction of STIs and unintended pregnancy are noble causes to champion, however public health efforts for prevention around sexual health are often built on a discourse of danger and disease. The possibility of having both pleasurable and safe sexual experiences is all too frequently disregarded. We will examine the role that pleasure can play in reducing STIs and unintended pregnancy, and we will engage in activities to increase comfort with pleasure-centered discussions.

Friday, March 19, 10:00am-11:00am

Reaching in to Reach out: One University's Journey in Developing a Student Well-being Collaboration

Track: Health and Well-Being

Presenter: Ashley Hinton-Moncer, M.S., MPH, Director of Student Wellness, University of Kentucky

CEU: CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

With growing concentration on addressing student well-being, how can campus partners collaborate to adequately address these issues? This session will describe the process in which the University of Kentucky launched its WellKentucky initiative utilizing theoretical underpinnings of health promotion and mental health outreach, effective coalition building, and strategic planning. The presenter will discuss the programs successes, challenges, and lessons learned while allowing participants an opportunity for shared learning, group dialogue, and tangible resources to successfully recreate a similar opportunity at their respective institutions.

Week 3: March 22-March 26

Monday, March 22, 10:00am-11:00am

Clearing up Clouds of Confusion about Cannabis and Vaping Technology

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Linda C. Hancock, FNP, Ph.D.

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Cannabis and cannabinoids are the most misunderstood molecules on the market today. Vaping technology has pervaded our culture and impacts both cannabinoid and nicotine use. Join this interactive session on zoom and participate via your mobile device as well. The goal is to share credible information that you can use for practical harm reduction, prevention and early intervention strategies.

Tuesday, March 23, 1:00pm-2:00pm

Mood Altering Substances: Kratom and other Prevalent Synthetic Substances

Track: Law Enforcement

Presenter: Sgt. Christopher Bartolotta

CEU: POST for Law Enforcement, CEU for substance abuse prevention and recovery providers

The world of better living through chemistry gets more difficult everyday with the advent of the internet. What we know today within the 'drug culture' can dramatically change by tomorrow. And our youth are being given misguided information that is not factually based. This conference session will expose the attendee to the new and ever-changing concepts of "being under the influence", understanding the recent drug trends (statewide and nationally), help recognizing the new terminology of synthetic psychoactive substances, recognizing the different drug categories and the associated signs and symptoms and how the Standardized Field Sobriety Tests (SFST's) can be effectively facilitated to identify impairment.

Wednesday, March 24, 1:00pm-2:00pm

Ask, Listen, Refer: Implementing Suicide Prevention Curriculum on Campus

Track: Mental Health

Presenter: Margo Leitschuh, Communications Coordinator, Missouri Partners in Prevention

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

Missouri Partners in Prevention created the Ask. Listen. Refer. (ALR) online suicide prevention training to assist campuses in providing free and accessible gatekeeper training for students, faculty and staff. Join us to learn more about how the training is implemented, how it has been adapted to be taught in-person, and how campuses have integrated ALR in comprehensive suicide prevention efforts.

Thursday, March 25, 10:00am-12:00pm

2 Hour Special Extended Session: Title IX: Updates and Special Issues

Track: Interpersonal Violence Prevention and Title IX

Presenter: Peter Lake, Professor of law, Charles A. Dana Chair, and the Director of the Center for Excellence in Higher Education Law and Policy at Stetson University College of Law

CEU: CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

The new Title IX regulations were rolled out in May 2020 (with an effective date in August) giving campuses a tight window –during a pandemic—to come into compliance. There was no time for beta testing, and for many campuses barely enough time to make major required changes in campus codes. Campuses have been grappling with a variety of compliance challenges. What are campuses finding most difficult to implement; what has worked effectively so far? How are campuses handling informal resolution? The role of advisors? How are campuses staffing the new grievance systems? What new regulatory and litigation issues do campuses face, particularly in light of a change in federal administration with a distinctly different agenda? What changes could be on the horizon with the new Biden administration, and what is the timeline for change? How could the SCOTUS or Congress interject? Join Title IX expert Peter Lake as he explores these issues and more.

Friday, March 26, 1:00pm-2:00pm

Inclusion from the Ground Up!

Track: Health and Well-Being

Presenters: Christy Hutton, Ph.D., Director, Wellness Resource Center, University of Missouri, and Ashley Brickley, Director, Disability Center, University of Missouri

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

Wellness peers and programs are often highly focused on inclusivity, creating programs and initiatives to enhance the well-being of every student. In the context of inclusion, people with disabilities are often an afterthought. While it is not uncommon for an event to be adapted for a person with a disability, rarely are programs designed from the beginning with disability in mind. This session will discuss the Social Model of Disability as a construct for social justice and a spring board for greater inclusivity. From curb cuts to more complex considerations of disability as an aspect of identity and a social justice issue, you will leave this session empowered to create programs that are inclusive from the ground up.

Week 4: March 29-April 2

Monday, March 29, 10:00am-11:00am

References Available Upon Request: Learning How to Propel Prevention Forward Through Service

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Allison Smith, Program Administrator for Louisiana Higher Education Network, Louisiana Board of Regents

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

In this session, attendees will be reminded of the power of cultivating collaborative relationships both on and off college campuses. This session will be geared to small and/or understaffed entities who are charged with servicing a large populace with limited time and resources. Additional topics to be covered will be choosing opportunities that yield the best return on your time investment, building statewide rapport, and leveraging your relationships all while meeting mandated and/or funding requirements. Examples of successful campus-community collaborations will be shared with attendees. Attendees

will also be able to see how the accumulation of “small” wins can result in “big” payoff --- like the establishment of a Collegiate Recovery Program.

Tuesday, March 30, 3:00pm-4:00pm or 8:00pm-9:00pm (duplicate presentations to meet a variety of shift schedules)

Today’s DWI Testimony: Video on Trial

Track: Law Enforcement

Presenter: Sgt. Joe Jennings, University of Central Missouri Police Department

CEU: POST for Law Enforcement, CEU for substance abuse prevention and recovery providers

Dash cameras have long been in use by law enforcement, but within the past decade, the prevalence of body cameras has continued to increase. Body cameras mutually benefit law enforcement and communities by showing, at least partially, an officer’s perspective. With the increased use of body cameras in driving while intoxicated cases, this video can either help or hinder criminal prosecution and administrative processes. Video evidence from body cameras either can definitively show what an officer reports or testifies to or it can bring the officer’s credibility into question. This course will assist participants in understanding how to utilize their body cameras effectively to provide unquestionable video evidence in trial in addition to articulating and explaining body camera video in reports and testimony.

Wednesday, March 31, 1:00pm-2:00pm

From hospitals, schools and communities to mental health care: Lessons from a Continuity-of-Care Suicide Prevention Program in Kansas City

Track: Mental Health

Presenter: Liz Sale, Research Associate Professor, University of Missouri – St. Louis

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

To address the critical issue of youth suicide, the Missouri Department of Mental Health received a five-year SAMHSA Garrett Lee Smith (GLS) cooperative agreement in 2016. The program is being implemented by two mental health providers serving the Kansas City metropolitan area. Providers employ Hospital Suicide Prevention Liaisons and School Mental Health Liaisons that use a continuity-of-care approach to identify, assess, and provide intensive follow-up care for youth at risk of suicide. Providers also deliver prevention activities to communities, organizations and school systems. This presentation aims to assess program effectiveness in reducing suicide attempts, hospitalizations, emergency room visits and suicidal ideation. The Missouri Institute of Mental Health conducted the evaluation.

Thursday, April 1, 1:00pm-2:00pm

Sustainability, Partnerships, and Public Health: Developing a Comprehensive Plan for Sexual Violence Prevention

Track: Interpersonal Violence Prevention and Title IX

Presenter: Sarah Ehrhard Reid, Sexual Violence Prevention Program Representative, Women’s Health, Missouri Department of Health and Senior Services

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Ending Sexual Violence on campus is an important, complex, and demanding goal. Working alone or without a plan makes it even more difficult. In this presentation, we will explore the variety of ways campuses can build a sustainable prevention plan, including building unique and new partnerships. Participants will review tools from the Centers for Disease Control and Prevention and the Department of Health and Senior Services that can help participants address sexual violence prevention on campus.

Friday, April 2, 10:00am-11:00am

Enhancing the Virtual Wellness Coaching Experience for College Students

Track: Health and Well-Being

Presenter: Ivan Mendoza, Professional Intern and Raika Sethi, Undergraduate Student, Wellness Programs, Purdue University - RecWell

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

Health and wellness coaching is rapidly developing. Health coaches can help clients maintain behavior change by implementing psychology, physical activity, and nutrition principles through skillful conversations. Our student wellness coaches keep peers accountable with goals, share stress-reducing techniques, and provide a plan to maintain change. Join us in the discussion of improving the wellness coaching process virtually, and how - when used effectively - telehealth can foster new health behaviors.

Week 5: April 5-April 10

Monday, April 5, 10:00am-11:00am

Why Should We Invest our Resources to Implement BASICS on Our Campus?

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Jessica M. Cronce, PhD, Associate Professor, Department of Counseling Psychology and Human Services, University of Oregon

CEU: CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Over roughly the past 20 years, substantial effort and financial support has been directed toward creation of user-friendly tools to help colleges and universities select evidence-based alcohol prevention strategies and dissemination of that information. In 2002, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) Task Force on College Drinking sent a copy of their report, which categorized prevention strategies according to four “tiers” of efficacy and effectiveness, to every college and university President in the United States. Research by Nelson and colleagues (2010) indicated variable patterns of implementation of “Tier 1” prevention strategies based on the recommendations in this report. In 2012, NIAAA commissioned creation of the College Alcohol Intervention Matrix (CollegeAIM), an enhanced evidence-based alcohol prevention strategy selection tool that categorized strategies according to effectiveness and cost, which was published in 2015 and updated in 2019. Though a crucial and highly-regarded reference for college and university prevention personnel, CollegeAIM doesn’t fully answer the question “Why should we invest our resources to implement BASICS (or other highly-effective indicated approaches) on our campus?” This session will engage with prevention personnel to answer this critical question, discussing how to “make the case” for moderate- to higher-cost prevention strategies to campus administrators, especially within a limited resource environment.

Tuesday, April 6, 1:00pm-2:00pm

QPR for Emergency Service Professionals

Track: Law Enforcement

Presenter: Kathleen Ratcliff, MPA, CPS, Executive Director, Upstream Prevention Inc.

CEU: POST for Law Enforcement, CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers. CE for nurses

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to

question, persuade, and refer someone to help. This training will also include QPR's Bonus CALM Module, which addresses the importance of reducing lethal means, especially firearms, for those in crisis.

Wednesday, April 7, 1:00pm-2:00pm

Suicide Prevention: A Move toward Wellness on College Campuses

Track: Mental Health

Presenter: Jackie Kibler, Associate Professor, Northwest Missouri State University

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

The purpose of this presentation is to supplement current traditional suicide prevention models with a wellness model that can benefit staff and college students. The health of teachers and staff directly impacts the health of college students. Participants will learn a wellness model, as it applies to suicide prevention, and have opportunities to practice and apply strategies within this interactive session. The session will discuss unique stressors that currently are influencing today's college population, including developmental trends. Pathways that lead individuals from stressors to unhealthy coping strategies and thus crisis states will be identified. The session will include ample time to identify, discuss, and practice healthy coping strategies.

Thursday, April 8, 10:00am-11:00am

How to Create an Intersectional Bystander Movement

Track: Interpersonal Violence Prevention and Title IX

Presenter: Katryna Sardis, Coordinator, RSVP Center, University of Missouri

CEU: CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

Taking a collaborative and intersectional approach to bystander intervention that goes beyond instances of power-based personal violence to give the students, faculty, and staff the tools and skillset to create safer communities. Through this approach, we can strive to create a campus community that promotes holistic wellness through bystander intervention. This program will work to educate other campuses on how to create their own personalized bystander intervention workshops that meet the needs and wants of their campus. Our presentation will walk the audience members through the developmental stages of our workshop, the difference between the 1 hour and 4-hour workshops, guide through examples used in the workshop and educate them on who has and where to find the content knowledge on campus.

Peer Education Virtual Leadership Weekend

April 9-10, 2021

Our Peer Education Leadership weekend during the Meeting of the Minds spring training series features three live leadership keynote sessions and live and recorded breakout session content. During April 9-10, peer educators and their advisors will gather virtually to advance their understanding of health and well-being issues on campus and how to implement evidence-based interventions to address key health concerns on campus.

CEU: CE hours for substance abuse prevention professionals

Leadership Weekend Schedule

Friday, April 9, 10:00am-1:45pm

Keynote Session: Tools for YOU to Make a Difference

Presenter: Linda C. Hancock FNP, Ph.D.

Students give a lot to our campuses so they deserve our best in return. This session will provide practical tools for understanding and addressing all substances- alcohol, cannabinoids, nicotine and other drugs. The most effective prevention, early intervention and recovery support concepts will be shared. Join us to do some real-time polling via cell phone with other students.

Friday, April 9, 10:00am-1:45pm

Let's Talk About Sex

Presenters: Lacey Randall, Director of Student Involvement and Hannah Cronin, Graduate Assistant for Student Involvement, William Woods University

Join us for a discussion on sexual education programming on a college campus. We will share how our campus went from zero events on sex to having an annual Sex Fair and all that we have learned in between. We will also have opportunities for group discussion and idea sharing. This session will be great for you if you've ever wondered how the faculty might react if you hang up posters for events talking about fetishes or porn, how to get a lube tasting booth approved on your campus, or if you just want your friends to be able to have an actual (sober) conversation about sex already.

Friday, April 9, 1:00pm-1:45pm

Will I Ever Be Enough: What Students of Color Need to Know About Confronting and Overcoming the Imposter Syndrome

Presenter: Dr. Kamesha Spates, Ph.D., Associate Professor, Kent State University

The transitional stressors associated with attending college are plentiful. Attempts to make sense of this brave "new world" can often leave college students feeling like a fraud, better yet, like an imposter. While it may appear that students "have it all together", under the surface many are silently wondering, "What is a syllabus? What will my professor think of me? Or, I am new to campus, will I fit in? While nearly all college students deal with imposter syndrome on some level, students of color mental health outcomes are especially impacted by this phenomenon. This course will provide participants with a better understanding of what Imposter Syndrome is, where it comes from, and how to best overcome it. This workshop is intended for undergraduate and graduate level students of color and the peer educators that support them.

Friday, April 9, 2:00pm-2:45pm

Keynote Session: Tools for YOU to Make a Difference

Presenter: Linda C. Hancock FNP, Ph.D.

Students give a lot to our campuses so they deserve our best in return. This session will provide practical tools for understanding and addressing all substances- alcohol, cannabinoids, nicotine and other drugs. The most effective prevention, early intervention and recovery support concepts will be shared. Join us to do some real-time polling via cell phone with other students.

Friday, April 9, 3:15pm-4:00pm

Partying Safer

Presenter: Olivia Harris, Speak about It

This training focuses on what party hosts can do to create safer parties for their guests, interrogates the role of alcohol in social settings, asks students to practice being an active bystander, and examines the impact of expectations in a social setting. We speak frankly about the intersections of alcohol and consent, the benefits of sober sex, and grey areas that can be exacerbated when all are not clear-headed in a non-judgmental space.

Friday, April 9, 4:00pm-4:45pm

Five Roles, One Peer Educator: Building the Individual Inside the Peer Education Group

Presenter: Kaylie Cunningham, Alcohol and Other Drug Prevention Graduate Assistant and Triton Health Educators, University of Missouri St. Louis

Peer education is a powerful strategy being used in higher education to educate students on a variety of topics such as physical, mental, and sexual health. Come and hear how the Triton Health Educators have used the five roles of being a peer educator from the CPE curriculum to shape and mold not only a successful program but successful individuals as well. You will participate in activities we do with our own educators and hear about the challenges and successes we have had in our program. This peer education program helped create a community on UMSLs campus where students have fun learning and feel comfortable asking questions.

Friday, April 9, 5:00pm-6:00pm

HAZE: The Gordie Bailey Story

Presenter: Carl Reisch, Robert Tipton, Jr. Hazing Prevention Coordinator, The Gordie Center, University of Virginia

The 37-minute HAZE documentary tells the story of Gordie Bailey, who died three weeks into his freshman year of college as a result of a hazing-related alcohol overdose. He was found face down on the floor of his fraternity after bid day. His death was entirely preventable had someone called for help or prevented the hazing practice from occurring in the first place. Although Gordie's death happened in a fraternity, we address how hazing occurs in all types of organizations – anywhere a hierarchy is present – and is a concern for all students.

Saturday, April 10, 9:00am-10:00am

Keynote Session: Pursuing Passion and Achieving Fulfillment: From the Classroom to the Boardroom and Beyond

Presenter: Kyle Ali, Global Chairman of the Black Googler Network

Kyle Ali is an advocate for equal educational and workforce opportunities and has excelled as an identifier, cultivator, and developer of diverse talent. At Google, Kyle leads a team of recruiters responsible for identifying, engaging, and developing diverse student talent through the Building Opportunities for Leadership Development internship program. As Global Chairman of the Black Googler Network, Kyle lives out his commitment to inclusion through collaboration with senior leaders on initiatives focused on improving the company's racial and gender climate. In the Austin business community, Kyle advises professionals on strategy through workshops focused

on interest-based negotiation and regularly lends his expertise to companies as a panelist or facilitator on topics ranging from allyship in action to recruiting and retaining millennials. Kyle is actively engaged in several civic pursuits that support youth of color in Texas, including his work as a board member at Austin based LifeWorks and Building Opportunities and Opening Minds (BOOM) in Dallas.

Saturday, April 10, 10:15am-11:00am

Bango: A Sexy Take on Bingo

Presenter: Taylor Panczer, MPH, CHES, Prevention & Wellness Program Coordinator, Pittsburg State University

Bango is just one way to make sexual health education fun. Bango is a bingo event that normalizes sex toys and masturbation. This presentation takes you behind the scenes of a fun and exciting program. The presentation will cover how the event can be adapted from a large university to a mid-size, key collaborations that made the event successful, and how to incorporate sexual health education into a fun game. This presentation is from an advisor's viewpoint and how they helped guide the peer educators through the process. Come learn how to plan and implement this event or an event like this at your campus.

Saturday, April 10, 11:15am-12:15pm

Keynote Session: 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.

Saturday, April 10, 12:15pm

Closing Session

Week 6: April 12-April 16

Monday, April 12, 1:00pm-2:00pm

#Turnup, #Kickbacks, #Mixology: What You Should Know About ATOD Programming and Risk Management

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Shawnté Elbert, EdD, MCHES, CHWP, CWHC, Associate Vice President of Health and Well-being at The Ohio State University and an adjunct Assistant Professor at Tulane University's online MPH program and Co-Chair for the Wellness and Health Promotion Knowledge Community, NASPA

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

The use of alcohol and other drugs has remained steady and increased among some college campuses in the U.S. The racial makeup of campuses has also increased simultaneously. With a dynamic shift focused on racial diversity, inclusion and equity, race-related stress, and bias, this program will have structured conversations around ATOD prevention programming and outreach for BIPOC students, student, and Greek organizations.

Tuesday, April 13, 1:00pm-2:00pm

Menthol is the Back Story: Decriminalization of Commercial Tobacco Products - An Important Way to Make Black Lives Matter

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Dr. Phillip Gardiner

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Tobacco industry marketing and tobacco control policies have disproportionately impacted communities of color, maintaining racial disparities at a high cost to individuals and communities. Coupled with the raging COVID-19 pandemic that has exposed the underlying systematic racism that has gripped black and brown communities for hundreds of years. It is now time to understand that impact, and reform laws and policies to ensure their enforcement does not create new or perpetuate existing inequities. Guiding principles that help address tobacco addiction and reduce tobacco-related harms while maintaining and improving the efficacy of enforcement of commercial tobacco laws and policies will be discussed. This session will cover the marketing of menthol products, the important of how policies and penalties are structures to protect the vulnerable, treat the addicted and how to hold a predatory industry accountable.

Wednesday, April 14, 1:00pm-2:00pm

Improving Professionals Suicide Assessment Skills and Safety Planning with Suicidal Individuals

Track: Mental Health

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

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

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.

Thursday, April 15, 1:00pm-2:00pm

Hazing and Consent Training: The Social Science of Hazing

Track: Interpersonal Violence Prevention and Title IX

Presenters: Susie Bruce, M.Ed., Director, Gordie Center and Megan Leimkuhler, Graduate Student, Public Health, University of Virginia

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

One of the most persistent challenges in ending hazing is that many people assume hazing victims can give consent. This interactive training addresses the social science of hazing to explain why giving informed consent is nearly impossible. Participants will learn about psychological aspects of hazing that makes it so coercive, common misconceptions about hazing and consent, and what individuals and organizations can do to intervene and prevent hazing. To get the most out of this presentation, have a second internet-enabled device (iPad, smartphone, etc.) so you can engage with audience questions using Mentimeter.

Friday, April 16, 1:00pm-2:00pm

Addressing Mental Health in the Clinic Setting

Track: Health and Well-Being

Presenter: Judy Frueh, Assistant Director of Wellness Services- Clinic Services, Northwest Missouri State University

CEU: CECH Advanced Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Come learn how one college health center has incorporated evidence-based practices to assess mental health in the clinic setting at every visit. Learn how you can implement the same techniques in your office while still maintaining efficient quality care. We will also discuss the campus resources available to the students.

Week 7: April 19-23

Monday, April 19, 10:00am-11:00am

Cannabis 101: The Basics on Cannabis/Marijuana and Discussing the Science with Students

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Jason R. Kilmer, Ph.D.

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

In this presentation, we will review the growing body of science related to the effects of cannabis on health, mental health, academic outcomes, and other impacts relevant to college students. Some of the challenges related to research (including changing concentration/potency and the need to account for placebo/expectancy effects) will be discussed. Implications for conversations with students will be considered.

Tuesday, April 20, 10:00am-11:00am

Supporting Tobacco-free Policy Implementation and Compliance

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Dr. Melinda Ickes, University of Kentucky

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Tobacco use continues to be a concern on college campuses, particularly given the association between tobacco use and other risk behaviors. Comprehensive tobacco-free campus policies help to protect the community, and support those who are dependent in quitting. This session will discuss the importance of a 100% tobacco-free campus policy including the components necessary for successful adoption and implementation. Discussion will walk through the processes that support policy adoption, and compliance and enforcement approaches to support policy success. Consideration will be given to wellness ambassador programs and encouraging community-based approaches to achieve policy compliance.

Wednesday, April 21, 10:00am-11:00am

Re-examining Suicidality using a Racially Conscious Framework

Track: Mental Health

Presenters: Dr. Kamesha Spates, Associate Professor, Kent State University

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

The long-term impact concerning the Covid-19 pandemic's impact on Black Americans at-risk for suicide remains to be seen. Developing culturally specific knowledge about suicide in the Black community is an important step towards effective prevention and intervention. This workshop will raise awareness about suicidality among Black Americans, discuss the historical and contemporary reasonings behind the empirical knowledge gap, and provide culturally responsive techniques that can be applied to work with Black Americans. This workshop is appropriate for individuals with or without specialized knowledge on the topic.

Thursday, April 22, 10:00am-11:00am

Coordinating A Violence Prevention Program During a Pandemic: An overview of useful software and adaptations made for Bystander Prevention Initiatives in Higher Education

Track: Interpersonal Violence Prevention and Title IX

Presenter: Wesley Hobson, Violence Prevention Specialist, University of Central Missouri

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

During the Spring semester of 2020, the COVID-19 Pandemic emerged and program coordinators across the spectrum of higher education were forced to begin implementing in a virtual sphere. During that journey, a variety of software and applications have risen to prominence. These useful tools assist violence prevention specialists in presenting violence prevention overviews, advising student organizations, and facilitating cross-campus team meetings. This session will provide an opportunity to learn more about the pros and cons of existing virtual tools and tips on enhancing in-person presentations when social distancing is required.

Friday, April 23, 1:00pm-2:00pm

Medical Marijuana: Regulation, Current Evidence, and Recent Trends

Track: Health and Well-Being

Presenter: Dr. Lucas Buffaloe, Associate Professor of Clinical Family and Community Medicine, University of Missouri Health Care

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

This session will address the regulation of medical cannabis in the state of Missouri, current evidence on the effectiveness of cannabis in the treatment of physical and mental health problems, risks associated with cannabis use, and other considerations for individuals using medical cannabis. This session will also explore recent national trends in cannabis use changing attitudes towards cannabis use, including implications for use by college students.

Week 8: April 26-30

Monday, April 26, 1:00pm-2:00pm

A Timeline of the Opioid Epidemic: How did we Create this Perfect Storm?

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Dr. Fred Rottnek, Professor and Program Director, Addiction Medicine Fellowship, Saint Louis University

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

The current opioid epidemic is a perfect storm of poor prescribing practices, novel and creative marketing of pharmaceuticals, and the modern conveniences of overnight delivery and social. In this presentation, participants will track medical practice and legislation that started with the invention of the hypodermic syringe in the 1840's to legislation passed over 100 years ago the impacts medical practice today. Participants will watch the pendulum swing from addiction as a disease to addiction as moral failing, and then back to the current recognition of substance use disorders as a chronic, primary, brain disease that can be treated.

Tuesday, April 27, 1:00pm-2:00pm

Alcohol, Marijuana and Athletic Team Success

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Susie Bruce, Director, Gordie Center and Holly Deering, Associate Director, Gordie Center, University of Virginia

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Student-athletes are more likely to experience harm related to alcohol use compared to their non-athlete peers; however, many student-athletes are unaware that alcohol and marijuana can negatively impact athletic performance. This interactive presentation reviews the performance impacts of alcohol use (including on aerobic capacity, immune response and injury recovery) and marijuana use. The latest NCAA research on student-athlete substance use norms, and considerations for adapting social norms-based interventions will be addressed. To get the most out of this presentation, have a 2nd internet-enabled device (iPad, smartphone, etc.) so you can easily play the online games.

Wednesday, April 28, 10:00am-11:00am

Thwarting Suicide: Advanced Trauma-Informed Strategies

Track: Mental Health

Presenter: Heidi B. Miller, MD, Medical Director of the St. Louis Regional Health Commission and Primary Care Doctor at Family Care Health Centers

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We are a product of everything that has happened to us. Traumatic events can cumulatively poison our well-being if their impact is misunderstood and mistreated. This presentation will focus on the effects of trauma, its relation to suicide, its physiologic manifestations, early signs for intervention, and the utilization of trauma-informed care as a protective factor against suicide. Content will include evidence-based peer-reviewed principles, illustrative patient case narratives, and reflections on the shady medical history of blaming patients for their problems. The format will be interactive, including instantaneous anonymous audience surveying, in order to share personal examples and best practices to address traumatic stress. A pragmatic approach to trauma-informed care, with compassion for both patient and caretaker, will be emphasized.

Thursday, April 29, 1:00pm-2:00pm

There's Hope! Healing from Interpersonal and Sexual Violence

Track: Interpersonal Violence Prevention and Title IX

Presenters: Donna St. Sauver, Advisor, Redhawks Rising Students, Southeast Missouri State University

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

Empowered survivors lead this interactive program that looks at the healing process from interpersonal and sexual violence. These student leaders from Southeast Missouri State University share successes and challenges they faced during their path to healing from rape and assault. Learn specific strategies that helped these students beat the drop-out statistics of victims and stay on course to achieve the goals that brought them to university. Discover self-care strategies that enabled these survivor leaders to experience post-traumatic growth. Participate in our expressive arts therapy activities which raise awareness, increase support of survivors, and are easy to customize and facilitate when you return to your campus.

Friday, April 30, 1:00pm-2:00pm

Coloring Outside the Lines: How Encouraging Creativity in Academia Can Support Student Success

Track: Health and Well-Being

Presenter: Anne Rulo, Mental Health Counselor

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Regardless of the category of your creativity, it takes vulnerability and risk-taking to step into something you have not done before. This workshop will explore barriers to creativity, practical steps when getting started with a creative activity as well as internal and external supports you can put in place to keep you going. Creativity will be discussed both within and outside of the arts (i.e. writing vs. business leadership). Whether you need personal support to pursue your design or you are in a position at your school where you motivate others who are seeking to discover more about who they are, this workshop will give you valuable takeaways. Vulnerability, risk-taking, and growth mindset will be guiding principles in this workshop.

Week 9: May 3-7

Monday, May 3, 10:00am-11:00am

Public Education Campaigns to Prevent Tobacco Use Among Young People

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenters: Shaola Abagat, Lead Health Communication Specialist with the FDA's Center for Tobacco Products and Morgane Bennett, Social Scientist in the FDA Center for Tobacco Products, Office of Health Communication and Education, Division of Research and Evaluation

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

Tobacco use remains the leading cause of preventable death and disease in the United States, killing more than 480,000 Americans each year. Public education campaigns have been hailed as some of the most effective tobacco control strategies. As such, in 2014 the US Food and Drug Administration Center for Tobacco Products launched The Real Cost - a national, mass media campaign aimed at educating young people about the harms of tobacco.

Tuesday, May 4, 1:00pm-2:00pm

E-cigarettes, Vaping, and Evidence-based Tobacco Treatment among College Students

Track: Alcohol, Tobacco, and Other Drug Prevention

Presenter: Dr. Michael Steinberg, Professor and Chief, Division of General Internal Medicine, Vice-Chair for Research at the Rutgers Robert Wood Johnson Medical School, Medical Director of the Rutgers Tobacco Dependence Program/Center for Tobacco Studies

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Tobacco use remains the leading cause of preventable death and disease. Effective, evidence-based treatments exist for tobacco dependence, and local community tobacco treatment resources can be developed. The entry of electronic nicotine delivery systems (ENDS) into the market has complicated tobacco control messages, especially for young adults. This presentation will review the existing evidence regarding ENDS - their potential harms and use as a cessation tool - along with clinical practice guidelines for tobacco dependence treatment.

Wednesday, May 5, 1:00pm-2:00pm

Mental Health Screening on College Campuses

Track: Mental Health

Presenter: Marie-Laure Firebaugh, Senior Clinical Research Coordinator and Coordinator of the Missouri Eating Disorders Council's Body U Program, Washington University School of Medicine

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers

The prevalence of mental health problems among college populations has risen steadily in recent decades, with one-third of college students struggling with anxiety, depression, or an eating disorder. Yet, only 20-40% of college students with mental disorders receive treatment. Inadequacies in care result in prolonged illness, poorer prognosis, and greater likelihood of relapse. Marie-Laure Firebaugh, LMSW will discuss the importance of screening on college campuses by reviewing the Missouri Eating Disorders Council's Body U Program and a study funded by the National Institute of Health, Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations. Firebaugh will review approaches for dissemination of screening on college campuses, provide an overview of common mental health problems on college campuses, and discuss the benefits of screening.

Thursday, May 6, 10:00am-11:00am

Navigating the Title IX Process as a Sorority and Fraternity

Track: Interpersonal Violence Prevention and Title IX

Presenter: Brittani Fults, Title IX/EEO Investigator, University of Kansas

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In this session, participants will briefly cover what Title IX is and the current landscape in higher education. This session will work through building a healthy and constructive relationship with your campus Title IX office, and how to work through barriers that impede on access of services and institutional mistrust of the process. Finally, participants will talk through ways to support members who are going through the process in various capacities such as a complainant, respondent, or as a witness.

Closing Session

Friday, May 7, 10:00am-12:30pm

Experiences in Effective Prevention: Past, Present, and Future

Presenter: Rich Lucey, Senior Prevention Program Manager, Drug Enforcement Administration's Community Outreach and Prevention Support Section

CEU: CECH Entry Level, CEU for psychologists, counselors, and social workers, CEU for substance abuse prevention and recovery providers, CE for nurses

Rich has nearly three decades of experience in the drug misuse prevention field at state and federal government levels, with a specific focus on preventing drug misuse among college students. In this keynote presentation, Rich will highlight current drug use rates among college students, including marijuana, vaping, and prescription drug misuse; identify the seven keys to a successful drug misuse prevention program on campus; and outline the Drug Enforcement Administration's community outreach and prevention support efforts for colleges and universities.

Thank you to our sponsors and planning committee!

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- Suzy Latare, University of Central Missouri
- Amanda Harmel, Washington University in St. Louis
- James Young, University of Missouri Police Department
- Ginny Chadwick, Eliminate Tobacco Use Initiative, University of Missouri School of Medicine
- Heather Bullock, Missouri Southern State University
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