



Meeting of the Minds

2024 Missouri Partners in Prevention and
Central College Health Association Annual Conference

Full Conference Guide

April 4-6, 2024 in St. Louis, Missouri

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



Join the Conversation!

#MOMinds24



Meeting of the Minds

Annual Spring Conference

Dear Conference Participants,

Welcome to St. Louis 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, educational sessions 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 on the website (mopiptraining.org/mom) 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!

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

The 2024 Meeting of the Minds, is planned by Missouri Partners in Prevention, with funding and/or support from the Central College Health Association, Missouri Department of Mental Health, Missouri Department of Health and Senior Services, and the Missouri Department of Transportation.

This conference is supported in part by the Centers for Disease Control and Prevention (CDC) of the US Department of Health and Human Services (DHHS) with 2 awards, 1) with a financial assistance award totaling \$98,112 with 100% of that assistance funded by the CDC and DHHS and 2) with a financial assistance award totaling \$1,949,182.00 with 100 percent funded by CDC/ HHS. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, the CDC, DHHS, or the US Government.

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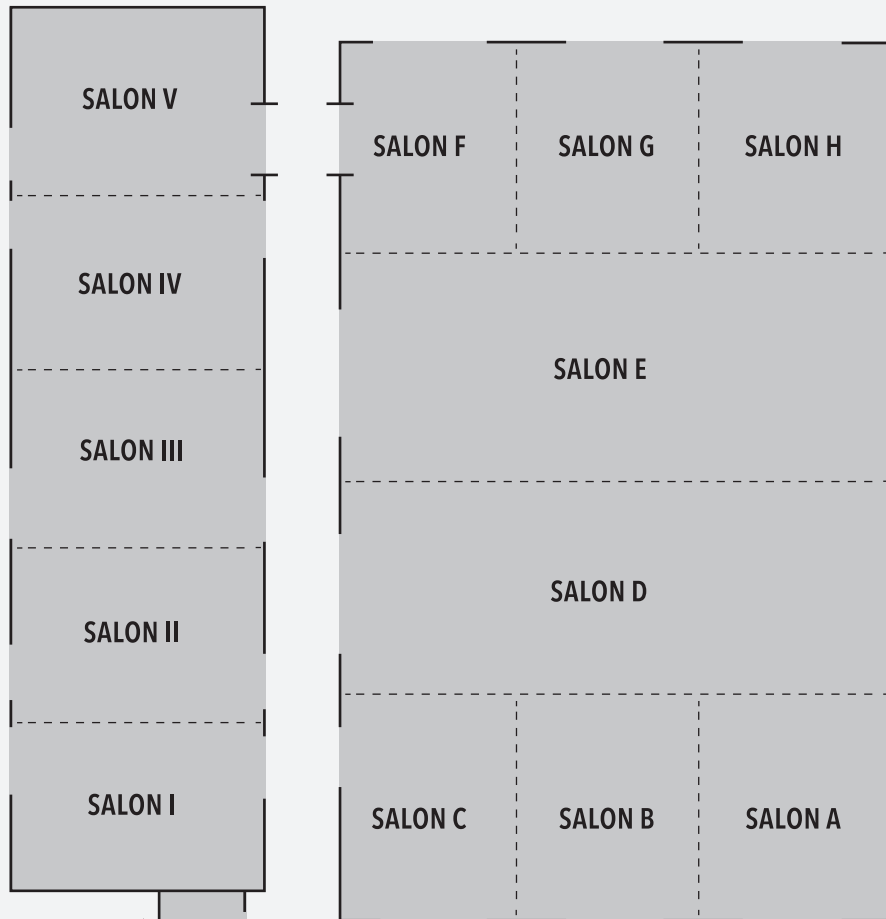
The law enforcement track is sponsored with federal highway safety funding by the Missouri Department of Transportation.

Missouri Partners in Prevention is partnering with the Central College Health Association as a sponsor of our Health and Well-Being track.



Conference Map

MAIN LEVEL



LAMBERT →
★ Registration Desk

Front Desk and access to the 9th floor →

GRAND BALLROOM

NINTH FLOOR



Note: Access the 9th floor rooms from the elevator bank behind the front desk of the hotel.
All-gender restroom available across from the Lambert room.

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 at guidebook.com/g/momstl24 or the registration desk in the elevator lobby.

Thursday, April 4

- 8:00am-8:00pm Registration Table Open in Ballroom Foyer
- 9:00am-5:00pm Extended Conference Institutes
- 1:00pm-5:00pm Conference Workshops and Institutes
- 5:00pm-6:00pm Visit with Exhibitors
- 5:00pm-5:45pm Open 12 Step Meeting
- 6:00pm-8:00pm Dinner and Opening Keynote: Live Your PASSION. Walk in Your PURPOSE. Discover Your POTENTIAL to Change the World!

Friday, April 5

- 7:00am-5:00pm Registration Table and Presenters Table Open
- 7:00am-8:15am Breakfast and Visit with Exhibitors
- 9:30am-1:45pm Speaker Preparation and Attendee Relaxation Room
- 8:15am-9:15am General Session and Morning Keynote: Be Their Hero: Trauma Informed Care
- 9:15am-9:45am Poster Sessions
- 9:45am-10:45am Educational Sessions, Block 1
- 9:45am-12:00pm Extended Session: The Overdose Chain of Survival: Emergency Response in the Fentanyl Era
- 10:45am-11:00am Break with Exhibitors
- 11:00am-12:00pm Educational Sessions, Block 2
- 12:00pm-1:15pm Lunch Roundtables
- 12:00pm-1:15pm CCHA Annual Meeting
- 12:00pm-1:00pm Open 12 Step Meeting
- 1:30pm-2:30pm Educational Sessions, Block 3
- 1:45pm-5:00pm Speaker Preparation and Attendee Relaxation Room
- 2:30pm-2:45pm Break with Exhibitors
- 2:45pm-3:45pm Educational Sessions, Block 4
- 3:45pm-4:00pm Break with Exhibitors
- 4:00pm-5:00pm Educational Sessions, Block 5

Saturday, April 6

- 7:00am-11:00am Registration Table and Presenters Table Open
- 7:00am-8:15am Breakfast
- 8:15am-9:15am Featured Speakers
- 9:15am-9:45am Check out of hotel
- 9:45am-12:00pm Extended Educational Sessions
- 12:00pm-1:00pm Closing Luncheon and Partners in Prevention Awards Ceremony

Thursday, April 4

8:00am-8:00pm **Registration Table Open in Ballroom Foyer**

9:00am-5:00pm **Extended Conference Institutes**

SFST Refresher Testing Program

Steven Verble, Senior Deputy, Boone County Sheriff's Office

Location: Spirit of St. Louis

Track: Law Enforcement

The primary purpose of the SFST Refresher Testing Program is to improve the overall consistency of administration of the SFST test battery by individual police officers. Officers can refresh their skills with recognizing and interpreting evidence of DWI; administration and interpreting the scientifically validated sobriety tests; and information regarding recent case law and research studies.

8 hours of POST - 1.5 hours legal studies, 1 hour interpersonal perspectives, 4 hours technical studies, 1.5 hours skill development

1:00pm-5:00pm **Conference Workshops and Institutes**

The Hazing Prevention Academy

Dr. Elizabeth Allan, Meredith Stewart, and Megan DeShon-Runge, Stop Hazing

Location: Salon 3

Track: Hazing Prevention

The Hazing Prevention Academy[®] (HPA) is a program geared for professionals with a foundational understanding of hazing and its prevention. The HPA currently emphasizes commitment and capacity building for hazing prevention and provides an overview of the data-driven Hazing Prevention Framework (HPF). The HPA also provides space and time to foster discussion and Q&A opportunities to explore how participants can influence prevention through research-based, collaborative practice. Several evidence-informed implementation strategies, derived directly from the work of institutions involved in the Hazing Prevention Consortium (HPC), are also shared.

Participants can expect to gain a deeper understanding of hazing as a campus-wide climate and culture issue and the intersections of hazing with other campus safety concerns. The training is delivered in a presentation-discussion format in which attendees engage in reflection-based activities, complete self-assessment rubrics given their roles and campuses, and participate in large and small group discussions.

Gaining Confidence in Your Work: Facilitation Skills for Implementation of Evidence-Based Alcohol Interventions

Ashley Helle, PhD., Assistant Research Professor, Department of Psychological Sciences, University of Missouri and Ashley Hinton, MPH, M.S., Director of Health Promotion, Centre College

Location: Salon 5

Track: Alcohol and Other Drug Prevention

The implementation of evidence-based programs, such as BASICS, the Alcohol Skills Training Program, and other interventions is key to helping students sustain behavior change. However, sometimes, as professionals, we struggle to have confidence in delivering these interventions and programs in a way that maximizes their benefit. In this in-depth session, motivational interviewing and motivational enhancement skills will be highlighted, as a basis for effective program implementation. This training will also provide professionals with the background necessary to implement and facilitate a successful, purposeful Alcohol Skills Training session on campus.

Continuing Medical Education and Nursing Contact Hours



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Emerging Topics in Student Health and Well-Being

Dr. Jason Shellhaas, Physician- Sports Medicine, Washington University; Dr. Joseph Cherabie, Assistant Professor at Washington University St. Louis, the Medical Director of the St. Louis STI/HIV Prevention Training Center and WashU Capacity Building Assistance Program; Jim Parker; MBA; University of Missouri Student Health Center, Sara Nimmo, MBA, Missouri State University Magers Student Health Center, Scott Henderson, MD, FACHA University of Missouri Student Health Center; Lisa Burkett, RN, University of Missouri Student Health Center

Location: Salon FG

Track: Student Health and Well-Being

Join the Central College Health Association for their Thursday Showcase addressing emerging topics in college health. Topics addressed during this extended session will include:

- HIV Pre-Exposure Prophylaxis (PrEP) Basics
- Logistics of starting and running a Travel Medicine Clinic
- Sideline concussion recognition, return to learning, and return to play
- How AAHC Accreditation Can Benefit Student Health Centers and College Students

Continuing Medical Education and Nursing Contact Hours

Empowering Student Leaders: Fostering Depth in Peer-to-Peer Talks

Dave Closson, DJC Solutions

Location: Salon H

Track: Peer Education, Violence Prevention

Dive into "Empowering Student Leaders: Fostering Depth in Peer-to-Peer Talks," a dynamic 4-hour session designed for collegiate trailblazers in student leadership, peer education, health and well-being. This immersive workshop, leveraging innovative facilitation methods, promises a highly interactive journey to mastering meaningful conversations. Participants will explore using their voices to uplift others, engage in hands-on practice to hone crucial communication skills, and develop actionable strategies for transformative dialogue. Perfect for those looking to amplify their impact and foster a culture of empowerment and collaboration, this session is an unmissable opportunity to connect with like-minded peers, ready to change the landscape of peer-to-peer communication. Join us to unlock your potential as a powerful communicator and leader, shaping the future of your campus and beyond.

- Learn to deeply engage with and understand peers through advanced active listening and empathetic engagement techniques.
- Acquire the ability to use open-ended questions to promote reflective, critical thinking, and meaningful dialogue.
- Implement strategies to uplift all voices, creating inclusive communication spaces that respect and value diverse perspectives.

Asset Mapping to Increase Collaboration and Support Campus Change

Sammie Jurado, Partnership Development Coordinator, Missouri Coalition Against Domestic & Sexual Violence

Location: Salon 4

Track: Violence Prevention

Do you feel that you would be able to make more progress in creating change on campus if you just had more staff? More money? More buy-in?

In the first hour of this training, you will learn how to utilize the Power Mapping Framework, developed by the American Association of University Women (AAUW). This engaging tool analyzes relationships and helps develop a strategy for creating change. Participants will create a visual map of relationships between people, organizations, and institutions in order to understand the value and outcomes of these relationships to help create change on campus. This will help identify avenues of influence available to bolster prevention program and policy development.

In the remaining hours of this training, participants will apply the Collaboration Multiplier, developed by the Prevention Institute, to your visual asset map. This interactive tool was designed for strengthening collaborative efforts across diverse fields. A multi-field approach has proven vital for addressing complex social challenges. This tool guides organizations through a collaborative discussion to identify activities that accomplish a common goal, delineate each partner's perspective and potential contributions, and leverages expertise and resources.

During this session, participants will have an increased understanding of how to utilize both tools as a mechanism for building and maintaining effective collaboration within your communities on any topic to make your campuses healthier and safer communities. Come prepared to use Asset Mapping and the Collaboration Multiplier to address a real and current concern on your campus. You will leave feeling more empowered to identify areas of influence and create partnerships for change.

Continuing Medical Education and Nursing Contact Hours

5:00pm-6:00pm Visit with Exhibitors

5:00pm-5:45pm Open 12 Step Meeting

Location: Lambert

This space is reserved during the lunch hour for those who wish to gather in fellowship to hold their own guided 12-step meeting.

6:00pm-8:00pm Dinner and Opening Keynote: Live Your PASSION. Walk in Your PURPOSE. Discover Your POTENTIAL to Change the World!

Presenter: Chevara Orrin

Location: Grand Ballroom

Every expansive movement, bold innovation or creative change begins with an idea. There are few places filled with more ideas than a college campus. Students arrive with diverse perspectives and experiences, excited about what the future holds and inspired to "be the change." Students are our present and our future. Millennials are leading the way from hash tags to walkouts to call for governmental reform to corporate activism. In this exciting keynote, audiences will learn what makes students voices uniquely powerful and how to harness that power to meaningfully pursue a passion and path for social change.

Continuing Medical Education and Nursing Contact Hours

Friday, April 5

7:00am-5:30pm Registration Table and Presenters Table Open

7:00am-8:15am Breakfast and Visit with Exhibitors

9:30am-12:00pm Speaker Preparation and Attendee Relaxation Room

Location: Spirit of St. Louis Room, 9th Floor

Need a quiet space to prepare your presentation, take a break from the great content you are learning, or just have some down time? The relaxation space and speaker preparation room provides attendees with some time away and a quiet space to rest, restore, or work quietly.



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8:15am-9:15am **General Session and Morning Keynote: Be Their Hero: Trauma Informed Care**

Presenter: Josh Varner

Location: Grand Ballroom

Two out of every three people in the United States are impacted by a traumatic event. When experiencing trauma or an extremely stressful situation, it's normal and natural for them to have a hard time coping afterwards. I'm passionate about teaching people how to support individuals impacted by trauma.

Continuing Medical Education and Nursing Contact Hours

9:15am-9:45am **Poster Sessions**

Location: Ballroom Foyer

- An overview of the College Prevention Project: Learning about the Selection and Implementation of AOD Prevention from Student Affairs Professionals
- Key Barriers and Facilitators of the Selection and Implementation of Evidence-Based Substance Prevention
- A Spotlight on Leadership: Key to Effective Implementation in Substance Prevention
- The Lived Experience of Providing Preventative Caries Care in Missouri Post COVID-19 and Cannabis Legalization
- Public Health Minded Prevention and Peer Education Initiatives for Addressing Alarming Substance Misuse in Minority College Students
- Empowering Peer Intervention in Residential and Greek Life at Missouri S&T: The STEP UP! Program Impact
- Black Bag Project
- The Achilles Heel of College Sport: Examining the Relationship between Sport Specific Factors and Risky Health Behaviors

9:45am-10:45am **Educational Sessions, Block 1**

Beyond #MeToo

Chevara Orrin, Campuspeak

Location: Salon 5

Track: Violence Prevention

Since the #MeToo movement gained national attention, college campuses are grappling with how to create safe spaces, support those who are survivors of sexual violence and educate students about harmful norms of masculinity, behaviors that can lead to self-detrimental, sexist and sometimes violent behavior, including sexual assault. Some campuses are seeing renewed interest in existing programs and others are addressing this issue for the first time, educating all students about healthy relationships and anti-violence measures. As a survivor of childhood incest and college sexual assault, Chevara understands first-hand the challenge of stigma and trauma. She also knows the power of perseverance and survivorship, and will share her extraordinary journey of self-discovery, forgiveness and reconciliation, and how she learned to transform tragedy into triumph and become an advocate for herself and others.

Culturally Informed Case Management Practices

Aaron L. Austin, Ed.D., NABITA

Location: Salon 2

Track: Mental Well-being

Culturally informed case management practices are essential for providing effective and equitable services to clients from diverse backgrounds. This can be challenging and when not done properly, processes may be unduly

influenced by bias or prejudice. This session explores the effects of bias and ways BITs/Case Managers might mitigate its influence on referrals, risk assessment, and interventions.

Continuing Medical Education and Nursing Contact Hours

Cannabis Studies: What Traffic Safety Professionals Need to Know

Scot Mattox, Senior TSRP, Maine Bureau of Highway Safety and Joshua Saucier, Assistant TSRP, Maine Bureau of Highway Safety

Location: Salon H

Track: Alcohol and Other Drug Prevention, Law Enforcement

This presentation is designed to introduce students to the realm of cannabis studies and offer insights into how those studies can guide or assist officers in their investigations. Maine's TSRPs first introduce you to the problem of cannabis impaired driving; they then review select studies that involve cannabis dosed individuals who drove on driving simulators. Next, the TSRPs discuss the foundational 302 and 2-year studies, which reviewed cannabis and the DRE program. After, TSRPs Mattox and Saucier will discuss the two recent studies that question the efficacy of field sobriety tests in detecting cannabis impaired drivers. They end the program by discussing potential technological improvements that could aid in cannabis impaired driving enforcement.

1 hour of POST credit - technical studies

The Spectrum of Hazing: Research Insights and Implications for Bystander Intervention and Hazing Prevention Education

Dr. Elizabeth Allan, Meredith Stewart, and Megan DeShon-Runge, Stop Hazing

Location: Salon 4

Track: Hazing Prevention

Adapting from the continuum of sexual violence proposed by Kelly (1987) and the bystander intervention program Bringing in the Bystander (e.g., Edwards et al., 2019; McMahon et al., 2014), StopHazing researchers have outlined the Spectrum of Hazing with three non-exclusive categories of intimidation, harassment, and violence hazing. Intimidation hazing behaviors, such as isolation and acting as a personal servant to other members, occur most frequently—as conceptualized within the Spectrum of Hazing—but are infrequently recognized as hazing, suggesting a normalization of these actions (Allan, 2008; Allan et al., 2019). Alternatively, violence hazing behaviors—such as forced consumption of alcohol and branding new members—occur less frequently but are more readily recognized as hazing by students and other community members.

This session will provide participants with an overview of the principles of prevention science, The Spectrum of Hazing, and bystander intervention; highlight quantitative and qualitative research results informing the Spectrum of Hazing; and discuss implications for campus hazing prevention.

Participants who attend this session will be able to explain how the Spectrum of Hazing can be used as a tool for understanding campus hazing and how normalized or more frequently occurring hazing behaviors (i.e., intimidation hazing) may be predictive of student experiences with less frequently occurring hazing (i.e., harassment and violence hazing). Further, participants will be asked to consider the implications from these findings that may serve to bolster institutional commitment for hazing prevention and impact bystander intervention programming and education focused on hazing prevention.

Free EC: Free EC: Community-Driven Access to Reproductive Health Care

Martha Stevens, Missouri Family Health Council

Location: Salon 3

Track: Student Health and Well-being

This session will focus on factual information about the medical and legal context of emergency contraception in the midwest and strategies for combating misinformation about sexual and reproductive health using the Free EC project as an example of one way everyone can help get health care back into the hands of the people.

Continuing Medical Education and Nursing Contact Hours

The College Alcohol Intervention Matrix (CollegeAIM): Understanding Applications to Prevention Planning on Your Campus

Ashley C. Helle, Ph.D., Assistant Research Professor, Department of Psychological Sciences, University of Missouri

Location: Salon 1

Track: Alcohol and Other Drug Prevention

In this session, presenters will describe results from a statewide project evaluating use of the CollegeAIM tool. The questions covered include: How many student affairs professionals report using CollegeAIM to select alcohol prevention strategies? Who on the campus encourages use of the CollegeAIM tool? How do people perceive the tool and how might that impact its use? Recommendations will be provided for how to use CollegeAIM and how to incorporate the tool into the strategic planning process based on the best practices in the field and the results of the project.

Continuing Medical Education and Nursing Contact Hours

Fostering a Safer Campus Community: Mental Health First Aid (MHFA) in Higher Education

Tori Harwood, Wellness Coordinator, Saint Louis University; Rachel Taube, Project Director for Mental Health First Aid Missouri Institute of Mental Health

Location: Salon F

Track: Mental Well-Being

Explore the impact of Mental Health First Aid (MHFA) in the higher education setting through the lens of Saint Louis University's innovative approach and partnership with MHFA Missouri and the National Council of Mental Well-being. Join us for an enlightening presentation that delves into the strategies, outcomes, and collaborative efforts that contribute to creating a safer and more supportive campus community. Our presenters will share insights into how MHFA training is implemented and its role in cultivating a culture of mental health awareness and support.

Addressing Immunization Compliance When Your International Student Population Multiplies Dramatically

Eric S. Davidson, Ph.D., MCHES, Executive Director, Eastern Illinois University Health and Counseling Services

Location: Salon G

Track: Student Health and Well-Being

As the anticipated enrollment decline of traditional domestic student approaches, many institutions have planned to control such losses by recruiting international students as a means of maintaining and growing enrollments. During the last 5-10 years, Eastern Illinois University has increased its international student population from approximately 150 to 900 students. This increase, while bringing many positive impacts to campus, brought several unexpected challenges regarding immunization and tuberculosis compliance and monitoring. This workshop will address lessons learned including those related to marketing and communications, cross cultural challenges, campus collaborations, and detecting and addressing fraudulent and suspicious records.

Continuing Medical Education and Nursing Contact Hours

9:45am-12:00pm **Extended Session: The Overdose Chain of Survival: Emergency Response in the Fentanyl Era**

MO-CORPS, Missouri Institute of Mental Health

Location: Lindbergh, 9th Floor

Track: Alcohol and Other Drug Prevention, Law Enforcement

This training is through the MO-CORPS Project under the Missouri Institute of Mental Health. Primarily for First Responders, this training focuses on Naloxone (Narcan) administration, the roots of opioid addiction, Fentanyl safety on scene, the leave-behind Narcan program, and how first responders can connect individuals to addiction treatment.

2 hours of POST credit - law enforcement

10:45am-11:00am **Break with Exhibitors (sponsored by McCallum Place)**

11:00am-12:00pm **Educational Sessions, Block 2**

Managing Increasing Stress

Josh Varner

Location: Salon 2

Track: Mental Well-being

Recent studies have shown that it has never been more stressful to be an educator than it has over the past three years. Educator burnout is at an all-time high. So many of our stressors are out of our control but we can control how we manage our increased stress load. During this presentation you will learn how stress is stored in the body and evidence-based ways to release it.

Continuing Medical Education and Nursing Contact Hours

Conversations for Suicide Safer Homes: A CALM-informed training

Katie Ellison, Assoc. Director of Research Programs, Missouri Institute of Mental Health

Location: Salon 3

Track: Mental Well-being, Student Health and Well-Being

In 2021, over 5,800 young adults in the U.S. aged 17 to 24 tragically lost their lives to suicide, marking it as the third leading cause of death for college-aged adults. The majority (55%) used a firearm to end their life, and a significant number (between 50 & 80%) had access to a personally owned or family member's firearm. Interventions focusing on recognizing suicide risk and advocating for safer and more secure firearm storage could have played a pivotal role in preventing tragedy. Conversations for Suicide Safer Homes empowers participants with the skills to have difficult conversations about the increased risk of death when someone is experiencing a crisis, is acutely at risk for suicide, and has access to a firearm.

Continuing Medical Education and Nursing Contact Hours

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

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

Location: Salon 4

Track: Alcohol and Other Drug Prevention

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.

Continuing Medical Education and Nursing Contact Hours

Ring Ring: Balancing Anonymity, Peer Counseling, and Survivor Support

Carrie Lo, Amelia Li, Hannah Chakravarty, and Lojain Elkhidir, SARAH Washington University in St. Louis

Location: Salon 5

Track: Violence Prevention

Sexual violence is an extremely prevalent issue on university campuses, with students at a higher risk of victimization compared to the general population. Many survivors' first disclosures of their experiences are to peers, while research demonstrates that responses to a survivor's first disclosure of their experience significantly impact their subsequent healing trajectory. The Sexual Assault and Rape Anonymous Helpline (SARAH) at WashU is a confidential peer counseling helpline dedicated to supporting survivors within the WashU community. In this session, peer counselors of SARAH will share their insights into SARAH's current and future work, the unique implications of SARAH's role as an anonymous resource, the intricacies of peer counseling, and ways to address the impacts of vicarious trauma and center both community care and self-care.

Caring for a College

Emily Ganira, Telora Thomas, Shakinah Clark, Triton Health Educators, University of Missouri St. Louis

Location: Salon H

Track: Peer Education, Access Opportunity and Community

This session will highlight the underserved communities that make up a large portion of college students. This program will put a spotlight on these communities as well as give insight into ways we, as peer educators, can make our future events more inclusive. There will be an opportunity for attendees to share their own experiences or things they have seen in their communities. Having an open forum will allow for the presenters and attendees to come together to lower the inequalities that students may face.

What's the Big Fat Deal?

Andrea Melrose, Senior Academic Integrity Coordinator, Washington University in St. Louis

Location: Salon G

Track: Access, Opportunity, and Community

Weight-based discrimination is alive and well in the United States. Fat bias and stigma has been documented in healthcare, employment, and education. This study explores the experiences of fat students on college campuses, examining their experiences of anti-fat bias and discrimination. We will discuss policy and practice implications for improving the experiences of fat college students and supporting body diversity on campus. Study participants expressed the need for greater understanding of the needs of fat students and the need for increased opportunities to feel like they belong. Institutions of higher education are not doing enough to support fat students and we will explore changes for increased inclusion and retention.

How to Avoid Burnout when you are Everything Health at a Small College

Jaron Vail, Director of Student Wellness, William Woods University

Location: Salon F

Track: Student Health and Well-Being, Mental Well-being

The Director Student Wellness role is relatively new role at William Woods University. It involves many layers and relationships across campus. This presentation will be a journey through my experiences and how I defined this role my way to help minimize personal stress; increase my self-care practices; and support students, faculty, and staff. I also want to learn from others about their experiences as health and prevention professionals.



Join the Conversation!

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Clearing the Air: College Campus Policy Trends

Traci Kennedy, Midwest States Strategist, Americans Nonsmokers' Rights

Location: Salon 1

Track: Alcohol and Other Drug Prevention

Take the first step towards a healthier, tobacco-free campus and join national subject matter expert and Missouri native, Traci Kennedy for a crash course in all things policy change including national trends, building successful coalitions, breaking through barriers and the benefits of sustaining a policy over time. Bring your burning questions for a unique opportunity to workshop with your peers.

Continuing Medical Education and Nursing Contact Hours

12:00pm-1:15pm **Lunch Roundtables**

Grab a box lunch in the foyer and head to a session room to participate in our lunch roundtables! If you do not wish to attend a lunch roundtable, tables are available in the Grand Ballroom.

Best Practices in Alcohol Prevention

Ashley Helle, Ph.D., University of Missouri

Location: Salon H

Are you planning to implement new alcohol prevention strategies on your campus? Are you looking to refresh your programming? Join us for a conversation about best practices in college alcohol prevention. We will share and discuss what has worked, what hasn't, how to reach our students, and how to incorporate recommendations from experts in the field. Dr. Ashley Helle from the University of Missouri will moderate a discussion about best practices for alcohol prevention and intervention approaches, including how to navigate the strategic planning process, planning for implementation, and building an infrastructure for sustaining a mix of environmental and individual strategies.

Peer Leader 101: Strategies, Resources, and Practices for Peer Education

Ashley Hinton, Centre College

Location: Salon 2

This collaborative session will deepen collegiate peer health education advisors and students understanding of the complex needs of diverse learners and will explore implementation approaches and best practices in a roundtable format. Participants will develop their professional networks, gain access to resources and skills, and bring back new strategies and solutions to their campuses, all while chatting in a relaxed atmosphere.

Navigating the Landscape of Behavioral Intervention

Aaron L. Austin, Ed.D., NABITA

Location: Salon 4

Behavioral Intervention Team (BIT)/Care Team leaders join us for an interactive roundtable discussion where we'll share best practices and forge connections with fellow leaders. Whether you're a seasoned BIT leader or just starting out, this roundtable is for you. Come prepared to share your own expertise, learn from others, and leave feeling empowered and inspired to better help students.

Engage Community Organizers and Facilitators Roundtable

Missouri Partners in Prevention and MOCADSV staff members

Location: Salon F

Are you a Community Organizer/Facilitator for the Engage program on your campus? Come to this session to network with other Community Organizer/Facilitators, share challenges and success stories and build your network of support!

More than an Athlete: Addressing the Needs of College Athletes

Megan Mottola, Research Coordinator, Missouri Partners in Prevention

Location: Salon 1

Athletes are an important part of our college community, but often their specific health and well-being needs may get overlooked. Campus health and well-being professionals are eager to learn more about how to reach and provide services for this population of students. Join Meg Mottola, the survey coordinator of the Missouri Assessment of Collegiate Health Behavior Survey for athletes, to discuss your challenges and new ideas for addressing the unique needs of collegiate student athletes.

Personal Student Podcasting

Mya Franklin and Cayli Yanagida, Students, University of Missouri

Location: Salon 3

During this roundtable, come learn how two Mizzou students created a podcast to reach their fellow students. If you are interested in podcasting or finding new ways to reach other students about social justice issues, this roundtable is for you. Mya and Cayli will discuss the content of their podcast and how they prepared for the creation of the podcast, came up with a title, topics, and segments.

Leveraging Technology for Enhanced Campus Safety: A Guide for Safety and Law Enforcement Officers

David Heffer, Senior Director of Campus Safety at Columbia College

Location: Lindbergh, 9th floor

In an era where technology rapidly evolves, campus safety and law enforcement officers must stay ahead of the curve. This class, designed specifically for these professionals, delves into the myriad of technological tools that can revolutionize safety protocols and enforcement strategies. Participants will explore how AI platforms like ChatGPT can boost productivity and enhance student safety, delve into the cost-effective realm of virtual reality for training, and uncover various other tech-driven solutions. This course is more than a learning experience; it's a gateway to transforming your daily operations. Embrace these tools to not only elevate your efficiency but also to carve out time for those impactful projects you've always aspired.

12:00pm-1:15pm **CCHA Annual Meeting**

Location: Salon 5

The Central College Health Association will hold its annual meeting at the Meeting of the Minds. CCHA Members or those curious to learn more are welcome to join us!

12:00pm-1:00pm **Open 12 Step Meeting**

Location: Spirit of St. Louis Room, 9th Floor

This space is reserved during the lunch hour for those who wish to gather in fellowship to hold their own guided 12-step meeting.

1:30pm-2:30pm **Educational Sessions, Block 3**

Developmental Impacts of COVID-19 on Youth & Youth Substance Use

Amy Weiland CRADC, CRPS, HRS, ICFRC, Executive Director, The Crossroads Program

Location: Salon 1

Track: Alcohol and Other Drug Prevention

During the COVID-19 pandemic, our worlds transformed to socializing, learning, and forming connections through a screen. The developmental impact on youth, especially as they've returned to an in-person learning



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environment, has been drastic. Unfortunately, youth that experimented with drugs and alcohol during that time have increased risk for developing substance use disorders. We will discuss how to identify, refer, and support those struggling with substance use, as well as preventive measures to aid with future generations.

Continuing Medical Education and Nursing Contact Hours

Accommodating the Increasing Demand for Mental Health Services by Using a Personalized Care Model

Lynne Davidson, Assistant Director of Student Well-Being and Jessica Gargus, Director of Student Well-Being, Missouri University of Science and Technology

Location: Salon 3

Track: Student Health and Well-Being, Mental Well-being

Having a hard time getting students connected to your offered groups? Do all students need individual counseling? The personalized care model helps students determine what support resources and services are available to them based on their mental health and well-being needs. This model can be used on its own, or reviewed during a screening and/or session to ensure proper awareness and knowledge of resources provided by Student Well-Being.

In this program, we will outline the Personalized Care Model that is utilized by Student Well-Being at Missouri S&T. This model helps students determine what support resources and services are available to them based on their mental health and well-being needs. This model outlines 8 key components to the student seeking support, to include Self-Care, Peer Support, Campus Support, Wellness Consultations, Support Groups, Individual Counseling, Off-Campus Referrals, and Crisis Counseling.

Continuing Medical Education and Nursing Contact Hours

Greek 101

Megan DeShon-Runge, StopHazing

Location: Salon 4

Track: Alcohol and Other Drug Prevention, Access, Opportunity, and Community

Centering on cultural competence in Fraternity / Sorority organizations, this session will give participants terminology, brief historical contexts and critical operational understanding of Greek governing bodies and their (member) organizations. During this session, participants will gain tools (language, historical contexts and operational structures) to be better equipped to support FSL / Greek students on their campuses. Attendees will identify best practices (student leaders to engage, advising structures, existing well-being practices) for identifying areas of improvement and supporting those areas for FSL / Greek organizations.

Expanding Confidentiality: Student Support Services for Identity Based and Equity Related Trauma

Katryna Sardis, Assistant Director, Inclusive Engagement and Makenzie Dolan, Case Coordinator, University of Missouri

Location: Salon 5

Track: Violence Prevention

Presenters will share how, at the University of Missouri, we have expanded our confidential case management to encompass all types of interpersonal violence, including gender and identity-based violence, and share the impact this shift has made. This expansion pushes past the standard of only offering confidential services regarding Title IX-related matters. These services cannot erase the endured harm and systematic concerns but enhance the client's sense of being seen, valued, and belonging at the institution.

Continuing Medical Education and Nursing Contact Hours

Healthy Sleep: The How and Why

Roberta Donahue, Ph.D. Professor, Health Sciences and Bitanya Tenaw, Student, Truman State University

Location: Salon F

Track: Mental Well-Being

Sleep is one of the most underrated aspects of health and wellness. A lack of quality sleep is directly associated with increased stress levels. Poor sleep quality contributes to a diverse range of adverse outcomes such as chronic health issues, absences from school and work, and car crashes. This presentation will briefly describe what we know about the purpose of sleep, the importance of the brain's glial cells, stages of the sleep cycle, and distractions in the bedroom that interfere with sleep. We will discuss straight-forward solutions to reduce or eliminate those distractions in sleeping spaces and positive attitude and behavior changes that promote healthy sleep habits. Participants will also practice describing diaphragmatic breathing to a partner as a self-care practice to promote healthy sleep.

Special Events Management On-Campus and Off-Campus

Nancy McGee, JD, Retired Special Agent, Missouri Division of Alcohol and Tobacco Control

Location: Lindbergh, 9th floor

Track: Law Enforcement, Alcohol and Other Drugs

Special Events in College communities can encompass several events to include but not limited to, athletic events, concerts, fundraisers, and fraternity/sorority parties. Each of these events if not managed properly can create strains on the larger community and the police department. The presenter will review the protocols that college communities should establish to reduce town and gown issues/concerns surrounding these events when they involve the sale or availability of alcoholic beverages. Topics to be discussed will include but not be limited to proper licensure of the events, proper staffing of the event, imposing limits on serving sizes, imposing limits on the number of drinks per person, prohibiting alcohol industry sponsorship, age- restrictions on attendees, creating safety/first-aid plans, and appropriate levels of policing when warranted.

1 hour of POST credit - TBD

Mindfulness Matters

Jodi Seals, Mental Health Promotion Specialist, Washington University in St. Louis

Location: Salon 2

Track: Mental Well-being

Sit back, close your eyes and take a comfortable meditation position! We will be taking you through an introduction to the Mindfulness Institute for Emerging Adults (formerly Koru Mindfulness) model and how we implemented it at Washington University St Louis. We will take you through a sampling of the program exercises and how students experience the program. Learn best practices for bringing this program or a similar program to your campus and the evidenced-based research that supports it's positive impact on students!

Twice as Hard: Navigating the Challenge to Support Students When We Need Support Too

Melisa Martinez, Staff Clinician and Multicultural Specialist and Tanadja (TJ) Barber, Art Therapist and Outreach Coordinator, University of Missouri St. Louis

Location: Salon G

Track: Access, Opportunity, and Community

The state of Missouri has made national news over the past few weeks due to the tragic loss of one of our very own educators, Dr. Antoinette Candia-Bailey, Vice President of Student Affairs at Lincoln University. This event has impacted academic professionals, educators, and students alike, especially those of us who are people of color. This session will address the challenges faced by campus professionals and educators of color in supporting students of color, especially while we grapple with our struggles and uncertainties about moving forward.



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Peer Education: Causing the Change

Abbey Ragain, Prevention Program Coordinator, University of Nebraska Lincoln; Kaitlyn Richards and Ally Jay, Huskers CARE

Location: Salon H

Track: Peer Education, Violence Prevention

A new mandate on campus led to putting students at the center of prevention education around the topics of sexual and relationship violence. In the Fall of 2022, The Center for Advocacy, Response and Education recruited, hired and trained students to facilitate prevention workshops for their fellow students. Now in the second year of the program, they have seen how these peer-led workshops are changing the campus culture. This presentation will give attendees a step-by-step guide to building a peer education program from the ground up. Presenters will discuss collaborations with key partners across campus that helped them build a successful program, the lessons learned along the way and the impact they have seen in just such a short time.

1:45pm-5:00pm Speaker Preparation and Attendee Relaxation Room

Location: Spirit of St. Louis Room, 9th Floor

Need a quiet space to prepare your presentation, take a break from the great content you are learning, or just have some down time? The relaxation space and speaker preparation room provides attendees with some time away and a quiet space to rest, restore, or work quietly.

2:30pm-2:45pm Break with Exhibitors (sponsored by Department of Mental Health, Division of Behavioral Health)

2:45pm-3:45pm Educational Sessions, Block 4

The Importance of Connecting with Incoming Students and Their Families in Substance Use Prevention

Stephanie Murray-Miller, Health Educator and Emily Griesenauer, Peer Wellness Educator, Missouri University of Science and Technology

Location: Salon 1

Track: Alcohol and Other Drug Prevention

Research shows that the “first 6 weeks of freshman year are a vulnerable time for heavy drinking and alcohol-related consequences because of student expectations and social pressures at the start of the academic year” (NIAAA, 2023). Therefore, it is critical as substance use prevention professionals that we take a strategic approach when implementing prevention efforts with our incoming students. A key component that is sometimes forgotten in prevention efforts, is how important parents and family members of incoming students are in their decisions to consume alcohol. This presentation will provide an overview of Missouri S&T’s initiatives to implement a prevention campaign that targets all incoming students and their parents/family members.

Suicide Prevention: Building Confidence & Compassion Around a Difficult Conversation

Anne Rulo

Location: Salon 2

Track: Mental Well-being

Many trainings and strategies around suicide prevention help with the recognition of warning signs and intervention. While this is an essential part of the conversation, this training will take you further into the influences of suicidal thinking. When we understand more about what a person in a suicidal crisis is thinking or feeling, we can support them with more compassion and confidence.



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10 Signs of Healthy & Unhealthy Groups: A toolkit, training, and facilitation materials

Dr. Elizabeth Allan, Meredith Stewart, and Megan DeShon-Runge, Stop Hazing

Location: Salon 4

Track: Hazing Prevention, Peer Education

Designed to help groups identify healthy and unhealthy behaviors and dynamics, StopHazing led the development of the 10 Signs of Healthy & Unhealthy Groups: Toolkit in collaboration with One Love, a dating violence prevention organization. The resource translates One Love's 10 Signs of Healthy & Unhealthy Relationships framework to a group context. Researchers and practitioners have identified a gap in resources that support groups in building healthy group and team environments, relationships, and dynamics as a hazing prevention strategy. This resource supports hazing prevention while also amplifying reflection and skill building for ethical leadership and bystander intervention.

With that in mind, the toolkit and a subsequent pilot study of companion training and facilitation materials was conducted at institutions across the U.S. This session will highlight the intersections of hazing and its prevention with characteristics of healthy and unhealthy group behaviors, overview of the toolkit and training, pilot study implications, and share additional supporting resources for research-based hazing prevention with participants.

From Good to Great: Elevating Your Facilitation Game in 60 Minutes

Dave Closson, DJC Solutions

Location: Salon 5

Track: Violence Prevention, Peer Education

"From Good to Great: Elevating Your Facilitation Game in 60 Minutes" is a dynamic workshop designed for college students eager to transform their facilitation skills from foundational to exceptional. In just one hour, participants will embark on a fast-paced journey through the essentials of effective group leadership, learning how to engage diverse audiences, manage challenging discussions, and create impactful, inclusive environments. Whether you're leading a student organization, guiding a peer discussion, or aiming to enhance your collaborative projects, this session will equip you with practical tools and techniques to elevate your facilitation style. Get ready to captivate, inspire, and drive meaningful conversations in any setting, leaving you with the confidence and skills to turn every group interaction into an opportunity for growth and connection.

Nature-Minded Well-Being

Ashley Hinton, Director of Health Promotion, Centre College

Location: Salon F

Track: Mental Well-Being

Experiencing nature, even just a look outside, is healing and restorative in many ways. Public and campus greenspaces represent preventative resources that can help combat historic inequities in access to health resources. There is a growing body of research that demonstrates the benefits of prescribing time in nature as a wellness intervention and introduces a myriad of helpful sustainable mindsets. Throughout this session the presenter will introduce ways to incorporate Nature Rx on your campus in a sustainable and effective way.

Continuing Medical Education and Nursing Contact Hours

Compliance Check Investigations Review

Nancy McGee, JD, Retired Special Agent, Missouri Division of Alcohol and Tobacco Control

Location: Lindbergh, 9th floor

Track: Law Enforcement

Compliance Check Investigations are considered an essential element of a well-rounded strategy to address youth access in communities. In fact, research indicates that Compliance Check Investigations are effective in reducing youth access to alcohol when properly conducted. However, many communities do not engage in compliance check investigations or fail to conduct them in a manner to maximize their effectiveness. In this session the

presenter will review the best practice steps to engage in when conducting compliance check investigations. The presenter will address the nuts and bolts of conducting investigations as well as discussing the potential pitfalls of improperly conducted investigation. The presenter will also address the latest strategies being utilized to conduct compliance check investigations involving home-delivery and internet sales.

1 hour of POST credit - TBD

Enhancing Support for Queer Survivors on College Campuses

Willow Amann, Student Staff, University of Missouri Columbia

Location: Salon G

Track: Access, Opportunity, and Community

LGBTQIA+ (Queer) college students are disproportionately affected by relationship and sexual violence and face unique barriers when seeking support from on-campus resources. These barriers include systemic discrimination, individual bias, and a lack of understanding about Queer experiences. In this session, we will delve into the lived experiences of Queer survivors on college campuses through research findings, student narratives, and an interactive activity. We will conclude by exploring practical strategies to better support Queer survivors and enhance access to on-campus services for all students.

Can We Clear the Smoke? Tobacco and Nicotine Cessation

Li-Shiun Chen, M.D., M.P.H., Sc.D., Professor of Psychiatry, Washington University School of Medicine

Location: Salon 3

Track: Student Health and Well-being

Cessation services for those wishing to quit tobacco and nicotine products are an important tool for colleges and universities to use to address student well-being. Join Li-Shiun Chen, Professor of Psychiatry at Washington University School of Medicine, for a review of current guidelines for providing tobacco and nicotine cessation efforts. This training will also cover the intersection of mental health and smoking. Training attendees will leave with the skills and tools necessary to implement tobacco cessation services on their campuses.

Continuing Medical Education and Nursing Contact Hours

3:45pm-4:00pm Break with Exhibitors (sponsored by Stop Hazing)

4:00pm-5:00pm Educational Sessions, Block 5

You Belong Here! Hazing Prevention Education for New Members

Jill Maurer and Susie Bruce, The Gordie Center

Location: Salon 4

Track: Hazing Prevention

The Gordie Center at the University of Virginia offers model programs to educate students and advisors on hazing and alcohol overdose prevention. In this 60-minute session, you will participate in our interactive program for new members of student organizations, which covers hazing identification, the hidden harm of hazing, standard drink definitions, the PUBS signs of alcohol overdose, and bystander intervention. The Gordie Center's mission is to end hazing and substance misuse among college and high school students nationwide.

Supporting Students Mental Wellbeing Through the Transition to College

Karla Truxall, Founder, SPN Survivors and April Roller-Morris, Care Team Case Manager, University of Central Missouri

Location: Salon 2

Track: Mental Well-being

Mental health and wellbeing are complex subjects for students of all ages. Join us as we break it down into bite size pieces and deliver it in a way that's easy to understand and meets students where they are at. The transition to college is a season of change that can be both exciting and unexpectedly challenging for many students. Using our six Foundations Building Blocks, the Window of Tolerance and several real-life examples, we will demonstrate how you can increase your awareness and strengthen your capacity to support student wellbeing both on and off campus.

Strengthening Resilience Through an Equitable Community Approach

Sawiyah Chanay, Education Director and Community Health Outreach Specialist and Michelle McDowell, Sr. Program Coordinator, MU Extension

Location: Salon 1

Track: Alcohol and Other Drug Prevention, Access, Opportunity, and Community

Resilience is the ability to bounce back after experiencing an adverse event. It can be strategically built through anticipation of situations and outcomes to better respond to personal or professional life challenges. Strategic resilience is a proactive preventative measure to improve an individual's mental health, can be built at any stage in life, and is an influential factor to improve community resilience. Research suggests that there are seven resilience factors to build upon: sense of purpose and accomplishment, positive relationships, healthy living, financial well-being, stress/emotion balance, and sense of resilience. The presentation will define resilience and related terms, explain the seven factors of resilience in relationship to overall health and well-being, and discuss strategies that strengthen resilience factors.

Breaking Up Is Hard To Do- Violence Prevention Through Rejection Focused Messaging

Emily Stoinski, Community Education Coordinator, Safe Connections

Location: Salon 5

Track: Violence Prevention

Break-ups lend itself to good storylines, but for many, it can be a time of deep sadness, anger, and a loss of control, potentially leading to harm. In this workshop, participants will learn how to build messaging around rejection, its impacts, break-up plans, and how to support all parties.

The Multi-faceted Advantages of Campus EMS

Arden Pedraja and Cormac Nolan, Emergency Support Team, Washington University in St. Louis

Location: Salon 3

Track: Student Health and Well-being

Join Washington University in St. Louis's Emergency Support Team (EST) to learn more about the unique advantages of a student-run emergency medical service right on campus. On-campus student Emergency Medical Technicians (EMTs) can swiftly address any medical emergency, providing free and efficient care to students, faculty, and staff from their central campus location. Additionally, dive into how our campus EMS program extends beyond immediate care, offering EMS coverage for events, club sports, and championing public health initiatives with CPR, Stop the Bleed, and Active Bystander Trainings. Join us to understand the unique contributions a student EMS service can make to campus well-being and safety!



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Building a Community of Culturally Competent Student Leaders: the Courageous Leadership Series

Stasha Simone, Senior Project/Program Coordinator for Inclusive Engagement and Constituent Relations and Katryna Sardis, Assistant Director, Inclusive Engagement, University of Missouri

Location: Salon G

Track: Access, Opportunity, and Community

The Courageous Leadership Series, a cohort-based, interdisciplinary program, provided a learning community focused on the development and application of core Diversity, Equity, and Inclusion and leadership concepts. Participants were engaged through peer-to-peer education, group dialogue, mentorship, and professional development opportunities designed to create a sense of belonging and foster personal and professional empowerment.

Strategies to Address Tobacco and Alcohol Misuse in Communities

Nancy McGee, JD, Retired Special Agent, Missouri Division of Alcohol and Tobacco Control

Location: Lindbergh, 9th floor

Track: Law Enforcement, Alcohol and Other Drug Prevention

The misuse of tobacco products and alcohol frequently go hand in hand. In this session the presenter will discuss the similarities of the substances in terms of how they are regulated and how the respective industries use similar strategies to market their products and influence legislatures to resist local attempts to regulate the sale of these products. The presenter will discuss both environmental strategies and enforcement strategies that communities can adopt to limit the negative consequences surrounding the misuse of these products. The presenter will also introduce the attendees to the updated Missouri based online SMART learning module for alcohol retailers and the new online learning module for Missouri tobacco and nicotine merchants.

1 hour of POST credit - TBD

DFSCA + Changing Legal Landscape(s) = BRAIN DRAIN

Molly Lindner, Missouri Partners in Prevention and Eric S. Davidson, Ph.D., MCHES, Executive Director, Eastern Illinois University Health and Counseling Services

Location: Salon F

Track: Alcohol and Other Drug Prevention

Overwhelmed thinking about how all the different laws, policies, etc. impact your requirements under the Drug Free Schools and Campuses Act (DFSCA)? Join Molly Lindner from Missouri Partners in Prevention and Eric Davidson from the Illinois Higher Education Center for a discussion of HOW the drain can be eased and learn what resources exist to aid you in your ongoing journey toward compliance.

Continuing Medical Education and Nursing Contact Hours

Saturday, April 6

7:00am-11:00am **Registration Table and Presenters Table Open**

7:00am-8:15am **Breakfast**

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

Buzzed Brains and Broken Lanes

Harriet Turk

Location: Salons 1 and 2

At the crossroads of "Buzzed Brains and Broken Lanes" is a community of changemakers hard at work to build safer roads for everyone. Even so, we view youth, alcohol, and driving from different angles. This presentation

blends factual data with audience engagement, offering actionable takeaways for each attendee to implement within their own roles and communities. Discover how to navigate the complexities of good decisions, impaired judgment, and a game of chance. We will unlock hidden insights, initiate impactful collaborations, and navigate pathways to a safer future!

Caring for Yourself While Caring for Others: Reducing Helper Burnout

Anne Rulo

Location: Grand Ballroom

Being a helper, whether professionally or personally, requires a lot of mental and emotional energy. As empaths, many of us start the practice of helping with a deep well of compassion, but it is limited. Whether you are new to the helping field and have not yet experienced burnout symptoms or are a helper wondering if your compassion has taken a permanent vacation, this conversation is for you.

Continuing Medical Education and Nursing Contact Hours

9:15am-9:45am **Check out of hotel**

9:45am-12:00pm **Extended Educational Sessions**

Body Language of Impairment: Insights from DRE to RN

Ryan Snow, Ed.M. - Police Officer and Educator & Brian R. Brauer, RN, Ed.D. - Emergency Manager, First Responder, and Educator

Location: Salons 1 and 2

Track: Law Enforcement

Explore the physiological reactions to common street drugs through the lens of a Drug Recognition Expert Instructor and a seasoned ER nurse. With over 40 years of combined public safety experience, they'll draw connections between the DRE and nursing perspectives, unraveling the effects of stimulants, hallucinogens, depressants, OTC drugs, cannabis, and inhalants. Gain practical insights and hands-on experience applicable to professionals in law enforcement, education, medical fields, drug counseling, and anyone keen on comprehending the profound impact of drugs on the human body.

2 hours of POST credit - skill development, Continuing Medical Education and Nursing Contact Hours

Engage in Action: Transforming Ideas into Impactful Campus Initiatives

Dave Closson, DJC Solutions

Location: Salon F

Track: Violence Prevention

Dive into the heart of innovation with "Engage in Action: Transforming Ideas into Impactful Campus Initiatives," a fireside chat designed to illuminate the pathways to successful program implementation across a variety of campuses. This session offers an exclusive look at how various institutions have harnessed the power of the Engage program to foster a caring, connected, and dynamic campus culture. But it doesn't stop there - the conversation will evolve into an interactive workshop, guiding participants to take the spark of new and innovative ideas and fan them into the flames of action. Whether you're looking to inspire change, cultivate community, or launch the Engage program on your campus, this session will equip you with the insights and tools needed to turn vision into reality.

Supporting the Whole Student: How Campuses Support Fitness and Nutrition through Health Promotion

Location: Salon 3

Track: Student Health and Well-Being

During this extended breakout session, join presenters from Westminster College and Saint Louis University as they share how they work to support fitness and nutrition of students on their campus. This session will be presented in two parts:

Brain Food: Nutrition for Optimal Mental Wellbeing

Amanda Gowin, Professor, and Westminster College Peer Health Educators

This session is all about superfoods and the evidence supporting food related to brain health, mood, and mental well-being. Participants will come away with practical strategies to improve their habits along with tips to influence healthy eating for others.

Bridging the Gap: Integrating Fitness Education into Health Promotion and Education Programs

Tori Harwood, Wellness Coordinator and Max Medley, Fitness Coordinator, Saint Louis University

In this session, explore the transformative potential of integrating fitness education into health promotion and education programs. This session will delve into the holistic approach of combining physical well-being with mental and emotional well-being topics to empower students to better cope with stress and the challenges of life. Our presenters will share Saint Louis University's experience with adding a fitness coordinator to their Health Promotion and Education team and provide examples of programs they have tried and will try with students on SLUs campus.

We're All In this Together: Advancing Student Well-being through Health Promotion Strategies & Collective Leadership

Simran Bhatia, Senior Organizational Health Education Specialist, Missouri University of Science and Technology; Andrea Kimura, Health Educator, University of Missouri; Oliver Tacto, Dean of Student Wellness at Maryville University; Arie Baker, Director of Health Promotion, Habif Health and Wellness Center, Washington University in St. Louis

Location: Salon 4

Track: Student Health and Well-Being

Continuing Medical Education and Nursing Contact Hours

During this extended breakout session, join presenters from Missouri S&T, Maryville University, and University of Missouri as they share their work to promote well-being and optimal health for their college populations. This session will be presented in two parts:

Effective Outreach for Optimal Impact in College Health

In the realm of college health, effective outreach is pivotal in ensuring the success of health and well-being initiatives. This session aims to share successful strategies and innovative methods to enhance the impact of these initiatives. The session will cover targeted communication strategies, engagement through peer programs, data-driven decision-making, collaborative partnerships, and sustainable program development. This session outlines a comprehensive approach to engaging diverse student populations and stakeholders, ensuring optimal impact.

Fostering Flourishing Campuses: Integrating Health Promotion and Well-being in the Post-Pandemic Era

In the post-pandemic era, higher education leaders are joining efforts to rejuvenate campuses through various approaches while navigating the needs of diverse university stakeholders. This engaging session will explore

the current state of health promotion in higher education, leveraging the Okanagan Charter and the US Health Promoting Campus Network (USHPCN) as guides for fostering vibrant campus communities. By harnessing campus data and a salutogenic approach, attendees will learn to build upon strategies for thriving campus environments. The presentation will offer valuable resources, including the USHPCN Canvas Onboarding, empowering participants to unify efforts, adopt a common language, and collaboratively work towards a flourishing campus future. This is an invitation to join a movement aimed at strengthening campus well-being and connectivity in our rapidly changing world.

The 988 Suicide & Crisis Lifeline: Engaging Missouri Communities and Campuses

Casey Muckler, Crisis Services Coordinator, Missouri Department of Mental Health; Amanda W. Bequette, PhD, Assistant Teaching Professor, Department of Psychological Sciences, University of Missouri St. Louis; Andrew Ewald, student, University of Missouri St. Louis; Kalia Freeman, student, University of Missouri St. Louis

Location: Salon GH

Track: Mental Well-being

In July of 2022, the 988 Suicide & Crisis Lifeline became the national three-digit number for anyone experiencing a mental health, suicide, and substance use crisis. In this presentation, we will discuss how 988 works and its impact on our crisis response system of care, successes and challenges since implementation, and strategies for spreading awareness of its purpose. In addition to learning more about 988 and resources to promote this important resource, the University of Missouri St. Louis will share about its plans to promote 988 to the wider UMSL community using student ambassadors.

Safety Matters: Impactful Programming to Address High Risk Alcohol Use and Impaired Driving

Location: Salon 5

Track: Alcohol and Other Drugs, Peer Education

Addressing impaired driving and high risk student alcohol use is a challenging task on college campuses. Sometimes we need fresh ideas or a new way of thinking about our work to bring new ideas back to campus. During this extended breakout session, join presenters will share compelling new strategies for reaching students. This session will be presented in two parts:

Your Sphere of Influence

Harriet Turk, The Drive to Save Lives

During this workshop, we will brainstorm how your sphere of influence intersects and interacts with youth, alcohol, and driving. Communication and connection is a driving force in fostering dialogue, trust, and concrete initiatives. While our intention is to turn our passion into action, sometimes we miss the mark. You will leave feeling more equipped and empowered to create sustainable impact long after this conference is over. Get ready to learn as well as have some fun!

What Does it Mean to be a Responsible Host?

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

Imagine the perfect party. Who is coming? What is the entertainment? What is being served? Is there a theme? Now back up and think about all of the steps necessary to execute the party currently in your mind. This thought leads to an important question. What goes into crafting the perfect party? Join this session to examine all aspects of perfect party planning and how to teach these skills to students on your campus.

12:00pm-1:00pm Closing Luncheon and Partners in Prevention Awards Ceremony

Location: Grand Ballroom



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Special thanks to the following for support of Meeting of the Minds:

- Department of Mental Health, Division of Behavioral Health
- Missouri Department of Transportation's Highway Safety and Traffic Division
- Missouri Department of Health and Senior Services, Office on Women's Health
- Central College Health Association
- Partners in Prevention
- University of Missouri, Wellness Resource Center, Student Health and Well-Being
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