

NEBRASKA COLLEGIATE PREVENTION ALLIANCE

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Message From the Director

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COVID Supplemental Grant Award

The NECPA received a \$500,000 award from the Nebraska Department of Health & Human Services, Division of Behavioral Health that will allow us to expand our efforts to prevent high-risk drinking and substance use and related harms among college students in the state. The grant funds are available through February 2023 and will allow the NECPA to hire an additional staff member, the NECPA Project Coordinator, to help manage the activities of this grant and support NECPA members as they apply for direct funding for their institutions aimed at reducing and preventing substance use and related harms on their campus. More information about how member institutions can apply for this funding will be shared this fall. Funding will be prioritized to NECPA members who have shown progress towards the NECPA's mission and goals, have a strategic plan for prevention on their campus, are using the CBP and/or Y1CBP and those who participate in the NACHB Survey.

UNO Collegiate Recovery Community Program Highlight

The UNO Collegiate Recovery Community (CRC) is creating a culture of recovery support on the UNO campus and across the greater Omaha community by making recovery and holistic wellness more accessible. The CRC is open to all students in the metro area, not just UNO students, and the CRC staff have been hard at work this summer spreading awareness, supporting students, and expanding existing services in preparation for the start of the fall semester. **In March, Sarah Kole joined UNO as the CRC Coordinator** and has already made great progress in supporting the mission, vision, and goals of the Collegiate Recovery Community.

April 15th was the annual National Collegiate Recovery Day. To honor the day, the CRC hosted a free virtual Recovery Ally Training. This vital training helps individuals learn about recovery, how to support people in recovery, how to have conversations with someone about their substance use, and how to use inclusive language around recovery. **Over 50 participants signed up and completed the recovery ally training - the largest group to date! Another ally training has been scheduled for September 20th.**

In June, Sarah created a brief informational presentation about the CRC and services offered to students. This presentation has been given to numerous departments on the UNO campus and to the TRIO program at Metro Community College. Many areas were not previously aware of the Collegiate Recovery Community. Being able to share the CRC with campus and community partners has improved student supports, reduce stigma around addiction, and has increased student engagement with the CRC.

Arguably the most exciting news - **student involvement with the CRC has grown!** Two recovery allies and one member have officially joined the CRC and have been such wonderful additions to the community. New this year, entering students will receive information about the UNO CRC when they complete the Year One College Behavior Profile (Y1CBP) and can enter their email address if they have interest in learning more. **Thus far, 14 students have expressed interest in the CRC from Y1CBP and another 17 from other avenues!** will continue to communicate with these prospective members with the hope of providing the supports they may be seeking.

Finally, the CRC has been transitioning to offer more supports and programming to students in-person. The pandemic has been difficult in keeping this community connected and the CRC members have appreciated in-person offerings. **Recent in-person events have included viewing the Association of Recovery in Higher Education (ARHE) virtual conference sessions together, a community cookout, an evening picnic at the CRC space, a few crafting sessions, and utilizing the CRC safe space for working, studying, and socializing.** These events have created the space for current and new members to meet and form important relationships. A pool party is scheduled for the beginning of August and is sure to be a splash. UNO will move to a fully in-person campus starting August 23rd. The CRC will aim to adopt a hybrid method allowing members to attend meetings and events in-person or virtually depending on their needs.

If you'd like more information on how the CRC can support your students or the culture of recovery support on your campus, please email Sarah Kole : skole@unomaha.edu.

Nebraska Assessment of College Health Behaviors Survey 2022

Thank you to all of the NECPA members who have secured administrative support to participate in the next implementation of the NACHB Survey in Spring 2022! We appreciate your support and your feedback regarding the survey instrument for the next iteration. Alex Swanson, Evaluation Project Manager with UNL's Methodology and Evaluation Research Core Facility (MERC) will continue to contact NECPA members who have not yet confirmed their institutions participation in the survey or for whom we still need feedback from regarding the survey instrument. MERC will also be providing suggestions to help improve the response rate for all participating institutions during our second implementation of the survey. **Please keep an eye out for information about an upcoming meeting for members participating in the survey later this fall.** If your school has not yet signed on to participate in the survey this year, please let us know how we can help secure your participation. The next cycle of the NACHB will not be done until Spring 2024 so it is critical to ensure participation in this round in order to have access to data that can assist your institution in prevention program planning, the Biennial Review Report, social norms media messaging and funding for your campus initiatives from the NECPA.

2021 Accomplishments Thus Far:

Worked with Jacht Ad Agency to develop a communication plan for the NECPA in order to strengthen our communication with members and members' ability to network with each other. **If you haven't already, please connect with us on LinkedIn!**

Successful social norms media campaign in the spring which utilized geofence and device ID lookback targeting and again saw high performance of ads through TikTok, SnapChat and Preroll Video placements.

Continued support for Collegiate Recovery Communities at UNL and UNO.

Completed innovations of the College Behavior Profile and Year One College Behavior Profile program which included updated and improved graphics and design layout, improved feedback for students and administrative dashboard for member institutions.

EIGHTEEN of our 26 NECPA members will be using the Year One College Behavior Profile with incoming students in fall 2021!! Bryan College of Health Sciences and Western Nebraska Community College are our latest members to implement the program on their campus. If you are interested in the Y1CBP or the College Behavior Profile program for your campus, **please contact Megan Hopkins at mhopkins2@unl.edu for more information.**

Growing knowledge and skills amongst Nebraska professionals in higher education: **We supported the attendance of 12 NECPA members who participated in NASPA's 2021 Strategies conference which was held virtually in January and 23 members who participated in Missouri's Partners in Prevention Meeting of the Minds Virtual Training spring series.** The NECPA was also pleased to offer trainings to our members and partners across the state this summer, Brief Alcohol Screening and Intervention for College Students (BASICS) and individualized College Health for Alcohol & Marijuana Prevention (iCHAMP) with Dr. Jason Kilmer and the Drug Free Schools and Community Act/Biennial Review Report training with Dr. Eric Davidson, all of which were well attended by our members across the state. If you are interested in the recordings and/or materials from these trainings, please contact Megan Hopkins for more information.

Brief Motivational Interviewing Trainings

The NECPA has partnered with Nate Bock, MS, LIMHB, LADC and Associate Director of UNO Counseling & Psychology Services to offer BMI trainings for NECPA member institutions. Nate offers these FREE 90 minute trainings both in person and virtually. Trainings are available for those who are new to BMI and for those who have been introduced to the concept, but are interested in additional practice and skill development. The NECPA currently has funding from the Partnership for Success Grant to provide these trainings on individual campuses at no cost to you! Please contact Megan Hopkins for more information or to schedule your training today!

Fall Social Norms Media Campaign

We know that the first six weeks of the fall semester is oftentimes when schools see some of the highest risk incidences involving alcohol and other drugs on their campuses and coupled with the return to campus for many students this fall, it could be a particularly concerning time for colleges. The NECPA will be launching a statewide social norms media campaign aimed at combating the misperceptions around alcohol and marijuana use and reinforcing low-risk behaviors among college students on August 16th, and spanning this first six weeks of classes. Be on the lookout for our new campaign assets as well as ads that your institution will be able to run on your social media accounts!

A Message From the Director:

Its that time of year again! The start of the fall semester is right around the corner and I know for so many of you this is one of your busiest times of the year so thank you for taking a few moments to read the NECPA's newsletter. You are working hard to make sure your institution is ready for new and returning students as they make their way to your campuses and will spend the days ahead helping students navigate their new adventure of college. I know this is an exciting time for us and also one that may be causing anxiety for you as well. Its hard to know what the year ahead will be like as many of us work to return to a routine that predated COVID while also being aware that the pandemic is still an ever present reality we must confront in a variety of ways on our campuses. Its seems that "two steps forward and one step back" may be how we operate during much of the second half of 2021.

As you all navigate the fall semester amidst this new reality we find ourselves in, I want to remind you that you are not alone in that process. I hope that you'll allow me and the NECPA to be a resource to you in the year ahead. The work that you each do on your campuses and in your campus community is so important to the success of the students we serve. It isn't easy work, but the most important work never is. I have every confidence in our staff from Scottsbluff to Omaha and their abilities to advocate for our students well-being and success and I want to wish each of you a wonderful start to this academic year! Please feel free to reach out to me at any time for support from the NECPA to assist you with your efforts.

Best Wishes,
Megan Hopkins