



**Nebraska Collegiate
Prevention Alliance**

NEW MEMBER PACKET



WELCOME

Hi There!

**WE ARE EXCITED TO WELCOME YOU AS
AN NECPA MEMBER INSTITUTION!**

The Nebraska Collegiate Prevention Alliance (NECPA) was founded in 2006 and is currently serving 26 member institutions of higher education in the state. The NECPA is headquartered in the College of Education and Human Sciences at the University of Nebraska - Lincoln and receives funding from the Department of Health and Human Services, Behavioral Health Division and the Nebraska Department of Transportation, Highway Safety Office.

Our mission is to work collaboratively to develop strategies for reducing and preventing high-risk drinking and substance use among Nebraska college students.

The NECPA partners with colleges across Nebraska to provide the best practices to reduce high-risk behaviors. Through collaboration with statewide college personnel, the NECPA is committed to creating communities across the state that promote and support positive choices for students in higher education. Through coalitions with statewide college staff and faculty, NECPA is committed to creating communities across Nebraska that promote and support positive choices for students in higher education, and to partner with colleges throughout the state to provide the best practices to reduce high-risk behaviors.

Let's do this!





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Our History

In 1997, the Harvard College Alcohol survey showed that 62.5% of UNL students engaged in binge drinking at least once in 2 weeks. Consequences of college drinking often affect the student, their peers, their campus and surrounding community.

In response to this finding, UNL was invited to apply for one of ten A Matter of Degree grants from the Robert Wood Johnson Foundation to address the problem using a comprehensive environmental approach. The NU Directions Campus Community Coalition was formed and an ambitious strategic plan was developed and implemented.

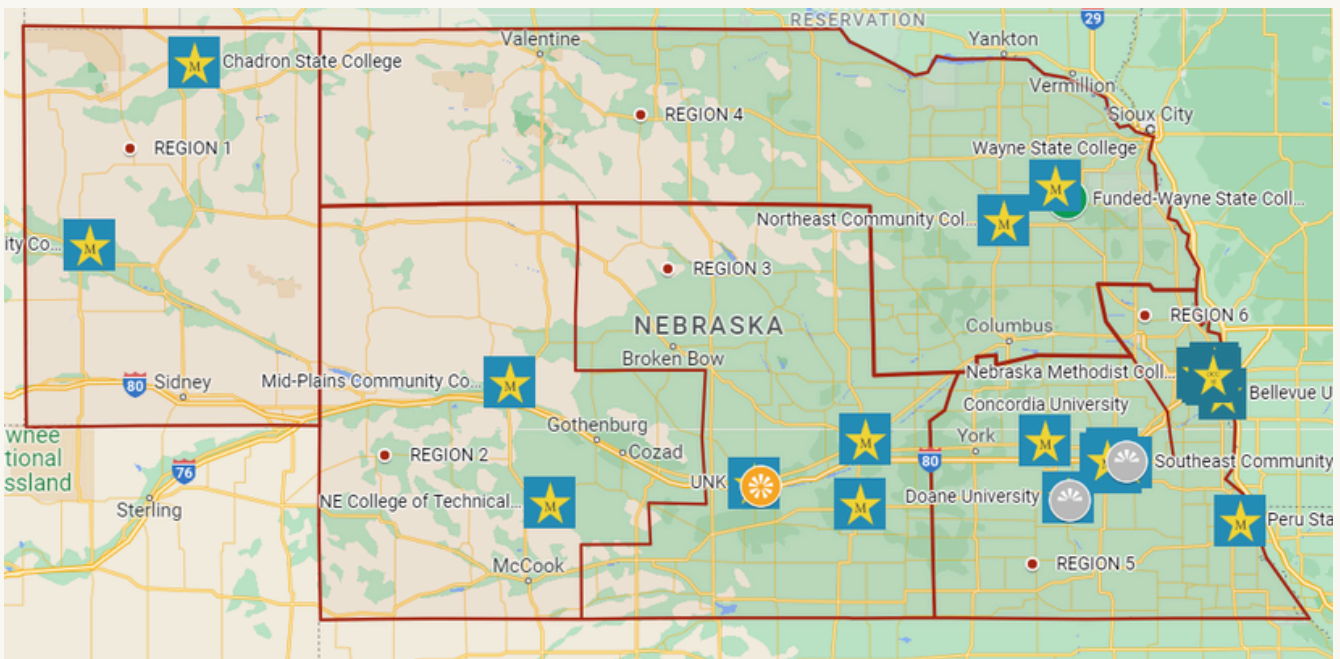
Over the years, NU Directions made great strides in implementing evidence-based prevention and harm reduction strategies, resulting in significant declines in binge drinking rates and related harms on UNL campus.

Due to the success of NU Directions, the coalition believed that comprehensive environmental strategies could be utilized to reduce high-risk drinking among all college students across Nebraska. In 2006, The Nebraska Prevention Center for Alcohol & Drug Abuse received a Model Program Grant from the US Department of Education to replicate the successes of NU Directions across the state, and 13 member institutions came together to form the Nebraska Collegiate Consortium to Reduce High-Risk Drinking (NCC).

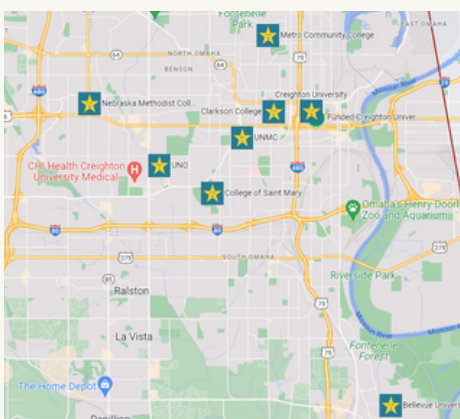


NECPA HIGHLIGHTS

1997	2006	2013	2021
UNL was 1 of 10 institutions to receive Robert Woods Johnson Matter of Degree grants to address high-risk drinking among students	The Nebraska Prevention Center for Alcohol & Drug Abuse received a Model Program Grant from the USDOE to replicate the success of NU Directions across the state	The Omaha Collegiate Consortium (OCC) was formed by a subset of member institutions in the greater Omaha metro area	NCC rebranded the statewide coalition as the Nebraska Collegiate Prevention Alliance (NECPA)
The NU Directions Campus Community Coalition was formed, and an ambitious strategic plan was developed and implemented	13 Nebraska institutions of higher education formed the Nebraska Collegiate Consortium		



Over the next decade, the statewide coalition expanded to include 26 institutions of higher education who have participated in extensive training in campus organizing, needs assessments, strategic planning, implementation of best practices to reduce substance use and other essential skills related to reducing high-risk drinking. The NCC continued to develop as an organization and expand the array of services available to an ever-growing membership.



In 2013, the Omaha Collegiate Consortium (OCC) was formed by a subset of member institutions in the greater Omaha metro area. Currently, seven institutions within the OCC continue to work with NECPA to secure grant funding for their prevention efforts to reduce substance use and related harms on their campuses and in their shared community. The OCC also supports the Collegiate Recovery Community on UNO's campus.





Nebraska Collegiate Prevention Alliance

Since the landscape of prevention in higher education has changed during the last several years, the NCC knew that we needed to adjust our focus to better address the realities that our member institutions were operating in. In partnership with our members, we decided to broaden our scope of work to include prevention related to marijuana, prescription drugs, illicit and polysubstance use. In addition to this change in scope, the NCC also recognized the need to be able to address student well-being and mental health as oftentimes these issues go hand in hand with alcohol and drug use.

In January of 2021 the NCC rebranded the statewide coalition as the Nebraska Collegiate Prevention Alliance (NECPA) to better reflect our new commitments.

Our Mission

Nebraska Collegiate Prevention Alliance (NECPA) works collaboratively to develop strategies for reducing and preventing high-risk drinking and substance use among Nebraska college students.



Our Value

There are no membership dues required to become a member institution. Members have access to the following resources:

- Funding for evidence-based prevention activities on each campus
- Access to programmatic resources
- Opportunities to join local prevention coalitions and apply for state and federal substance abuse prevention grants
- Access to the Power of Parenting website for outreach to parents of incoming students at Nebraska institutions of higher education
- Opportunities to meet with campus alcohol task force members from other institutions of higher education
- Technical assistance from NECPA staff at all steps of the program development process, from initial needs assessment to program evaluation
- Access to data collection resources and assistance with collection and analysis
- Travel support to attend state, regional, and national training when funding allows

In 2020 and 2022, NECPA had grant funding to cover all costs for member institutions to participate in the biennial Nebraska Assessment of College Health Behaviors (NACHB) survey including survey dissemination and analysis, and hope to continue covering these expenses if the grant funding continues.

Members also have access to the College Behavior Profile (CBP) and Year 1 College Behavior Profile (Y1CBP) programs customized for their campus at a significantly discounted rate. Historically, the NECPA has been able to cover the cost to build new programs for members. Members are asked to cover server fees which are around \$200/yr for each program.

Opportunities for mini-grant funding, travel and training stipends, and other resources are announced on the NECPA Website, LinkedIn page, and in the NECPA newsletter.





DATA COLLECTION & ANALYSIS RESOURCES

NECPA has worked with researchers and practitioners at the University of Nebraska – Lincoln (UNL), national brief intervention experts, and UNL students to develop data collection and brief intervention programs for our member institutions to implement with their student population.



- Web-based intervention programs
- Can be customized to fit each campus' unique population
- Designed to reduce high-risk behaviors and related harms among college students
- Can reinforce low-risk behaviors and reaffirm those who abstain
- Utilizes personalized normative feedback and brief motivational intervention
- Data can be broken down by demographics to help identify the most effective prevention strategies
- Y1CBP is used as a pre-matriculation prevention program and provides extensive data about the behaviors of incoming first year students



- Designed to assess students' personal attitudes and behaviors related to alcohol, drugs, mental health issues, and personal violence
- Helps understand individual attitudes towards campus and community policies, other student's behavior, and bystander interventions
- Can help identify campus behavior trends over time





TRAININGS & PROGRAMS

NECPA provides our member institutions with a number of educational resources, training, and access to digital assets to enhance evidence-based prevention programming on campus.



The Power of Parenting shows parents how to support their child as they navigate the changes and new experiences that come with college. Research has found that parents can have a powerful influence on a student's successful transition to college life. College students give parents a great deal of credit for guiding them towards reducing consumption or abstaining from alcohol. Member institutions have access to postcards and resources to share this powerful information with parents of incoming freshmen.



- Brief Alcohol Screening and Intervention for College Students (BASICS)
- Bystander Intervention
- Generation Rx
- Challenge the Silence
- Brief Motivational Interviewing (BMI)
- Drug-Free Schools and Communities Act
- iChamp
- Shot of Reality
- CRC Ally Training
- Travel to regional and national conferences
- Statewide convenings
- Updates on other relevant emerging research

SOCIAL NORMS CAMPAIGNS



Social norms campaigns are one of the most effective evidence-based prevention strategies, focusing on correcting the misperceptions that students have about peer behaviors. NECPA utilizes data from the Y1CBP, NACHB, and other institutional-level resources to create statewide social norms media campaigns. Members have access to digital assets generated from statewide and campus specific data that they can use to run campaigns around their campus during periods known for high risk drinking.



The UNO Collegiate Recovery Community (CRC) builds a common and safe space for students in or seeking recovery from addiction and recovery allies to gather, socialize, support one another, and achieve academic success. Our aim is to create an environment that facilitates connections between students working on maintaining recovery while attending classes, achieving their academic goals, and engaging in UNO and the greater Omaha community. All students are welcome in the CRC - those in recovery, those seeking more information about recovery, and those interested in recovery allyship.

In partnership with Housing and Residence Life, students living on campus have the opportunity to participate in recovery-themed housing. Students living in recovery-themed housing will have direct access to the Collegiate Recovery Community (CRC) and share an apartment with other students in recovery, seeking recovery, or serving as recovery allies.

The CRC offers the following support to students living in recovery-themed housing at UNO:

- Four bedroom, two bathroom, living area, and full kitchen apartment in University Village
- Social support and community with other students living on campus who are in or seeking recovery
- On-campus recovery meetings
- On-campus and off-campus educational opportunities and events
- Leadership opportunities in the CRC student organization
- Referrals to specialized services such as counseling, coaching, and tutoring

Contact:

📍 6502 University Dr S, Room 417
Omaha, NE 68132

☎ (402) 554-2409

✉ unorecoverycommunity@unomaha.edu





BENEFITS OF THE COLLEGIATE RECOVERY COMMUNITY

Research shows that students in recovery who participate in collegiate recovery programs attain higher GPAs, higher persistence rates, and higher graduation rates.

Students in Nebraska's Collegiate Recovery Community will gain:

- Social support and fellowship with other students who are in recovery
- Access to a weekly meeting that is open to all recovery programs and provides a supportive, alcohol and drug free environment to talk with peers
- Opportunities for leadership in the development of Nebraska's Collegiate Recovery Community
- Referrals to specialized services such as individual counseling, peer listening, tutoring, and financial aid

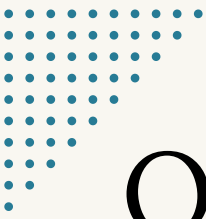
Contact:

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Lincoln, NE 68588-0628
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✉ resilience@unl.edu

The college environment can present additional challenges to students in recovery or seeking recovery from addiction. Nebraska's Collegiate Recovery Community (CRC) will support a student's decision to remain sober by connecting students with a community of like-minded peers.

The UNL CRC also welcomes students in or seeking recovery from other institutions as well as anyone interested in learning more about recovery at Nebraska. The goal is to offer a caring, supportive environment that fosters individual well-being, academic success, and character growth to transform students in recovery into leaders in our community.





Our Funding

Grant Details	Funding Amount	Funding Cycle	Costs & Activities in Workplan	Applying & Reporting
<p>ARP-SABG (American Rescue Plan Substance Abuse and Prevention Block Grant)</p> <ul style="list-style-type: none"> For all NECPA member institutions Provided by NE-DHHS Division of Behavioral Health 	<p>\$500,000</p>	<ul style="list-style-type: none"> Funding cycle October 1, 2023 - May 31, 2025 Project period is 2021-2023 Currently in the 2nd year of funding 	<ul style="list-style-type: none"> NECPA personnel and operating expenses Statewide Social Norms Media Campaigns NECPA Mini-Grants 	<ul style="list-style-type: none"> No reapplications due to one time emergency funding Monthly Demographics reports due to DHHS Quarterly detail reports due to DHHS
<p>NDOT-HSO (Nebraska Department of Transportation, Highway Safety Office Grant)</p> <ul style="list-style-type: none"> For all NECPA member institutions Provided by NDOT-HSO 	<p>\$183,250</p>	<ul style="list-style-type: none"> October 1 - September 30 each year Renewal of funding is not guaranteed, annual reapplication is required 	<ul style="list-style-type: none"> NECPA personnel and operating expenses College Behavior Profile (CBP) implementation and evaluation Year 1 College Behavior Profile (Y1CBP) implementation and evaluation Statewide Social Norms Media Campaign Communication with NECPA member schools Data collection and analysis through NECPA and MERC Provide professional development and education on subject matter relating to NECPA activities NECPA Web site expansion and maintenance 	<ul style="list-style-type: none"> Reapplication begins annually in March Monthly Programming Reports due to NDOT Annual report due to NDOT



Grant Details	Funding Amount	Funding Cycle	Costs & Activities in Workplan	Applying & Reporting
<p>OCC Region 6 Block Grant (Substance Abuse Prevention & Treatment)</p> <ul style="list-style-type: none"> For all seven OCC member institutions Provided by NE-DHHS & Region 6 	<p>\$115,770</p>	<ul style="list-style-type: none"> Funding cycle is July 1 - June 30 each year 	<ul style="list-style-type: none"> NECPA personnel and operating expenses BMI Trainings CBP & Y1CBP (data, improvements, promotion) CRC space and coordinator 	<ul style="list-style-type: none"> Reapplication begins annually in March Monthly Demographics reports due to DHHS Quarterly detail reports due to DHHS

Our Team & Members

NECPA Members from our member institutions come from a variety of backgrounds, but all share the same purpose - reducing and preventing high risk drinking and substance use for Nebraska college students. Representatives from member institutions have expertise in a number of different prevention strategies, and are here to support their cohorts within the coalition and beyond.



Member Directory

NECPA

- Megan Hopkins [▶](#)
- Antoinette Francois [▶](#)
- MeLissa Butler [▶](#)

Bellevue University - Member Since 2013

- Alaina Smith [▶](#)

Bryan LGH College of Health Sciences - Member Since 2011

- Alethea Stovall [▶](#)

Central Community College - Member Since 2006

- Beth Pryzmus
- Luz Colon-Rodriguez

Chadron State College - Member Since 2006

- Austen Stephens

Clarkson College - Member Since 2010

- Jenny Kissinger
- Trish Weber
- Rachel Pfeifer [▶](#)
- Mary Dishman

College of Saint Mary - Member Since 2012

- Kris Czerwiec

Concordia University - Member Since 2007

- Suzanne Briggs
- Gene Brooks [▶](#)

Creighton University - Member Since 2010

- Lacey Craven [▶](#)
- Kipp McKenzie
- Desiree Nownes

Doane University - Member Since 2012

- Brian Stutz
- Andreea Baker
- Judy Kawamoto

Hastings College - Member Since 2008

- Sophia McDermott
- Brian Hessler
- Lisa Smith

Metro Community College - Member Since 2006

- Llani Main

Mid-Plains Community College - Member Since 2006

- Brantleigh Taylor

Midland University - Member Since 2023

- Kristina Cammarano

Nebraska College of Technical Agriculture - Member Since 2006

- Kevin Martin
- Jennifer McConville
- Nathan Nicklas

Nebraska Methodist College - Member Since 2011

- Kathy Dworak [▶](#)

Nebraska Wesleyan University - Member Since 2007

- Kevin Bollinger

Northeast Community College - Member Since 2006

- Lai-Monte Hunter
- Gina Krysl [▶](#)

Peru State College - Member Since 2006

- Matt Thielen
- Donna Menke
- Janell Moore

Southeast Community College - Member Since 2006

- Kalika Jantzen [▶](#)
- Toni Landenberger
- Theresa Webster
- Stephen Deitz

Union Adventist University - Member Since 2013

- Kim Canine
- Roxanne Force

University of Nebraska Kearney - Member Since 2006

- Sally Brechbill
- Wendy Schardt

University of Nebraska Lincoln - Member Since 2006

- Jon Gayer [▶](#)

University of Nebraska Omaha - Member Since 2006

- Nate Bock
- Mark Frillman [▶](#)

University of Nebraska Medical Center - Member Since 2016

- Jeff Knapp
- Hillary Jenkins

Wayne State College - Member Since 2006

- Alicia Dorcey-McIntosh [▶](#)

Western Nebraska Community College - Member Since 2006

- Emily Norman

[▶](#) Click on the blue arrow to view member profile



MEGAN HOPKINS

NECPA PROJECT DIRECTOR

ABOUT ME

I am responsible for the technical assistance and support that the NECPA provides to the 26 member campuses and serve as the Primary Investigator for all grant projects. I coordinate skill building workshops and webinars for member institutions and community partners and provides oversight of the various data collection and screening resources, and a variety of social norms media campaigns.

SPECIALTIES

SKILL BUILDING WORKSHOPS & TRAININGS

SOCIAL NORMS CAMPIAGNS

CBP, Y1CBP, NACHB

HOBBIES & FUN FACTS

- Spending time with my family
- Running
- I am a podcast enthusiast

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🌐 nepreventionalliance@nebraska.edu

EDUCATION

Nebraska Wesleyan University
Bachelor of Science,
Social Work and Sociology

University of Michigan
Master of Social Work,
Community Organization

INSTITUTION



Nebraska Collegiate
Prevention Alliance





ANTIONETTE FRANCOIS

OCC PROJECT MANAGER

ABOUT ME

I am originally from North Platte, NE. After graduating I was able to professionally start practicing my love of serving and helping others. I work with NECPA and OCC members to plan, implement, evaluate, and report on prevention programming as well as supporting the membership with record keeping, grant writing, grant compliance, and sustainability efforts.

SPECIALTIES

GRANTS MANAGEMENT

NECPA & OCC TRAININGS

SOCIAL NORMS CAMPAIGNS

HOBBIES & FUN FACTS

- Spending time with my fiance and dog
- Family time
- Golf
- Outdoor activities

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Lincoln, NE 68583-0806

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EDUCATION

University of Nebraska

Bachelor of Science,
Social Work

2017-2021

INSTITUTION



Nebraska Collegiate
Prevention Alliance





MELISSA BUTLER

NECPA PROJECT MANAGER

ABOUT ME

I was born in Lincoln, NE and have lived here most of my life. I originally went to school for dental assisting, but in my late 20's I decided to go back to college as a non-traditional student to earn my Bachelors Degree. After graduating, I worked in public health at the State of Nebraska for many years where I continued my love of being a lifelong learner and helping people live better lives.

SPECIALTIES

GRANTS MANAGEMENT

EVIDENCE BASED PREVENTION

PUBLIC HEALTH

HOBBIES & FUN FACTS

- Spending time with my family and my dog
- Bike riding
- Adventure racing
- Watching live musical theatre

✉ mbutler2@unl.edu

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EDUCATION

Bellevue University

Bachelor of Science,
Business
2007-2010

University of Nebraska - Omaha

Master of Arts,
Organizational Science & Leadership
2023-2024

INSTITUTION



**Nebraska Collegiate
Prevention Alliance**





ALAINA SMITH

SENIOR DIRECTOR, RESIDENTIAL STUDENT INITIATIVES

ABOUT ME

I have worked at Bellevue University for 13 years. In my current role, I work with Admissions and Advising for on-campus traditional students, as well as Residence and Student Life. I love welcoming new students to campus and watching them grow and change before crossing the stage at graduation. I also teach Sociology part-time and enjoy connecting with students in the classroom and getting to learn more about their life experiences.

SPECIALTIES

SOCIAL NORMS

STUDENT ENGAGEMENT

SURVEY DESIGN

HOBBIES & FUN FACTS

- Traveling
- Entertaining
- Spoiling my nephews!

✉ asmith@bellevue.edu

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Bellevue, NE 68005

🌐 bellevue.edu

EDUCATION

University of Iowa

Bachelor of Arts,
Sociology
2001-2006

DePaul University

Master of Arts,
Sociology
2006-2008

INSTITUTION





ALETHA STOVALL

DEAN OF STUDENTS

ABOUT ME

I was born and raised in Lincoln, NE. In January of 2002, I moved to Colorado and spent time in Denver and Northern Colorado before moving back home. I have always enjoyed meeting with students, demystifying the college navigational process, and establishing equitable policies. I am excited to work with our students in helping them build awareness with healthy decision making and establishing community partnerships to assist with drug and alcohol awareness.

SPECIALTIES

TITLE IX AWARENESS

PREVENTION PROGRAMMING

COACHING

HOBBIES & FUN FACTS

- Kickboxing
- Traveling with Family
- Spending time in the community (currently working with Sister Scholars)

✉ alethea.stovall@bryanhealth.org

☎ 402-481-3804

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Lincoln, NE 68506

🌐 www.bryanhealthcollege.edu

EDUCATION

Buena Vista University

Bachelor of Science,
Biology & Psychology

1992-1997

University of Nebraska-Kearney

Master of Education,
Community Counseling

1998-2002

University of Northern Colorado

Doctorate,
Higher Education

2010-2017

INSTITUTION





RACHEL PFEIFER

*ACADEMIC TRAVEL & MISSION
ADMINISTRATOR*

ABOUT ME

Though I am now in an administrative role, I began as faculty at Clarkson College in 2016. As a social worker and therapist by trade, I have been a member of Clarkson's Student Support Team for over 6 years. I am a passionate advocate for the mental health and wellbeing of our students.

SPECIALTIES

BIENNIAL REPORT

PREVENTION PROGRAMMING

SOCIAL NORMING

HOBBIES & FUN FACTS

- I love being active, traveling, and spending time with family

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Omaha, NE 68131

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EDUCATION

University of Nebraska, Lincoln

Bachelor of Journalism

Journalism

1998-2002

University of Nebraska, Omaha

Master of Social Work,

Mental Health

2005-2007

INSTITUTION





ANDREEA BAKER

*HEALTH & WELLNESS
DIRECTOR*

ABOUT ME

I have worked in college health for 11 years and serve as the Health & Wellness Director at Doane University. This has allowed me the opportunity to care for, minister to, and work with students in a variety of different capacities. I am a registered nurse by profession but I have the opportunity to do more than nursing. The students that I work with every day make my job so amazing.

SPECIALTIES

GENERAL HEALTH AND WELLNESS

ALCOHOL AND OTHER DRUG PREVENTION

MENTAL HEALTH

HOBBIES & FUN FACTS

- Married for 14 years with 3 children
- Decorating my 100 year old farmhouse for the holidays
- I moved to a farm in 2021 and now have 3 dogs, 3 cats (3 kittens too), and a cow named Mabel!
- Avid historian, especially related to the WW2 Era

✉ Andreea.Baker@doane.edu

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EDUCATION

Bryan College of Health Sciences

Bachelor of Science,
Nursing
2006-2009

Bryan College of Health Sciences

Master of Science,
Nursing

2011-2013

INSTITUTION





LACEY CRAVEN

ASSISTANT DIRECTOR OF COMMUNITY STANDARDS AND WELLBEING

ABOUT ME

In my current role I partner with students and student groups to address their behaviors holistically within the context of their own personal experiences and the larger University community. When I am not listening to the latest freshman conduct case involving a beer helmet or mediating a roommate conflict, I am an avid reader, I love a good podcast, and I am a basic believer that people are well-intentioned and good.

SPECIALTIES

STUDENT WELLBEING

CONFLICT RESOLUTION

STUDENT CONDUCT

HOBBIES & FUN FACTS

- Reading
- Camping
- Traveling

✉ laceycraven@creighton.edu

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EDUCATION

Bellevue University

**Bachelor of Science,
Criminal Justice**

Creighton University

**Master of Science,
Negotiation and Conflict Resolution**

INSTITUTION

Creighton
UNIVERSITY





KATHY DWORAK

*DIRECTOR OF STUDENT
COUNSELING*

ABOUT ME

I have been a Licensed Mental Health Practitioner for over 23 years, and I currently work as the Director of Student Counseling at Nebraska Methodist College.

SPECIALTIES

SUBSTANCE MISUSE

MENTAL HEALTH

WELLBEING

HOBBIES & FUN FACTS

- I am an animal lover
- I enjoy kid's activities

✉ kathy.dworak@methodistcollege.edu

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EDUCATION

Creighton University

Bachelor of Arts,
Psychology
1990-1994

University of Nebraska, Omaha

Master of Science,
Mental Health Counseling
1997-1999

INSTITUTION

Creighton
UNIVERSITY



GINA KRYSL

*DIRECTOR OF STUDENT CARE AND
OUTREACH*

ABOUT ME

I was born and raised in Atkinson, Nebraska. I discovered my passion for advocating for others at a young age. I believe in the power of education, which fuels my desire to provide outreach and education to campus. I look forward to working on campus every day because of the opportunities I have to interact with our students.

SPECIALTIES

MENTAL HEALTH COUNSELING

PREVENTION OUTREACH AND EDUCATION

ALCOHOL AND DRUG COUNSELING

HOBBIES & FUN FACTS

- Spending time with my 2 daughters and my dog, Mia
- Traveling to visit my 10 nieces and nephews
- Listening to live music
- I'm a Ted Lasso fan

✉ gkrysl@northeast.edu

☎ 402-844-7277

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Norfolk, NE 68701

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EDUCATION

Northeast Community College

Associates,
Behavioral Science
1999-2002

University of Nebraska - Omaha

Bachelor of Science,
General Studies
2008-2010

Bellevue University

Master of Science,
Clinical Counseling
2016-2018

INSTITUTION





KALIKA JANTZEN

*DIRECTOR, COUNSELING ASSISTANCE
PROGRAM FOR STUDENTS*

ABOUT ME

I use she/her pronouns, and I am dually licensed as a Mental Health Practitioner and Alcohol and Drug Counselor. As the Director of CAPS at SCC, I contribute prevention and awareness learning opportunities across all SCC locations and the communities served there. I also supervise site placement graduate interns, and enjoy being a part of the learning for the next generation of behavioral health providers. In the past I have worked in residential substance use treatment, outpatient settings, and private practice. I enjoy collaboration, and I believe that advocacy for behavioral health & wellness is integral to our communities' success!

SPECIALTIES

MOTIVATIONAL INTERVIEWING

MENTAL HEALTH, ALCOHOL & DRUG COUNSELING

COMMUNITY HEALTH, WELLNESS & BELONGING

HOBBIES & FUN FACTS

- Spending time with my partner and 3 kids
- Reading
- Watching volleyball
- Trying new foods

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EDUCATION

Nebraska Wesleyan University

**Bachelor of Science,
Biology**

1999-2003

Doane College

**Master of Arts,
Counseling**

2003-2006

INSTITUTION





MARK FRILLMAN

*LICENSED DRUG & ALCOHOL COUNSELOR,
ALCOHOL & OTHER DRUG EDUCATOR*

ABOUT ME

I have been with UNO for over 15 years, starting in the UNO Counseling center in 2008, and adding academic advising duties in 2009. I also initiated the Collegiate Recovery Community on UNO campus. In my current role, I provide student counseling, work with student housing and conduct, and I teach the Drug Awareness class for COE Public Health/ Behavioral Health.

SPECIALTIES

COLLEGIATE RECOVERY COMMUNITIES

SOCIAL NORMS CAMPAIGNS

ALCOHOL AND DRUG COUNSELING

HOBBIES & FUN FACTS

- Spending time with my grandchildren
- Woodworking

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Omaha, NE 68182

🌐 uno.edu

EDUCATION

Doane College

**Bachelor of Arts,
Human Relations**

1989-1993

INSTITUTION





ALICIA DORCEY

ASSOCIATE VICE PRESIDENT FOR STUDENT AFFAIRS

ABOUT ME

I am a Licensed Alcohol and Drug Counselor, as well as a Licensed Independent Mental Health Provider. I have been an adjunct professor for Wayne State for over ten years, serves as Associate VP, and directly supervise Student Health and Counseling and Disability Services. I have a passion for adoption and foster care, as well as trauma-informed care, and together my husband and I have five children.

SPECIALTIES

ALCOHOL AND DRUG COUNSELING

MENTAL HEALTH WELLNESS

VIOLENCE

HOBBIES & FUN FACTS

- I am one of 11 children
- I have 32 nieces and nephews
- I have five adopted children

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Recovery Allies

Tips for supporting a person struggling with addiction or in recovery



WHY YOUR APPROACH AND LANGUAGE IS IMPORTANT

Recovery allies in the broader community can play a big role in the lives of people in recovery by becoming educated about addiction and recovery and then using their spheres of influence. Individuals recover from addiction through hard work and by figuring out how to live without the substances that created chaos in their lives, but they don't do it alone. Recovery allies are key to understanding the physical and emotional needs of people in early recovery and beyond.

Tips for Allies

Don't talk when the person is drunk or high. They likely won't be able to process what you are talking about.

Remember and convey that they aren't bad as a person.

Focus on specifics and consequences; distinguish between the person and the behavior.

Avoid all or nothing statements (i.e. saying "always" and "never").

Use "I" statements. Someone can't argue with the way you feel.

Stick to the facts.

Don't take things personally.

Always be kind and offer love and support.

Don't judge or moralize their behavior.

Tough love and punishment have been promoted a lot, but research has shown this approach doesn't really work.

Set healthy boundaries and take care of yourself.

Love them from a healthy standpoint without reacting to them.

Offer to walk them to their first appointment or meeting.

Know that you can't fix them. They have to be an active participant in their care, no one can do it for them.



Common Acronyms

AA	Alcoholics Anonymous	NACHB	Nebraska Assessment of College Health Behaviors
AOD	Alcohol and Other Drugs	NCC	Nebraska Collegiate Consortium
ARP	American Rescue Plan	NDOT-HSO	Nebraska Department of Transportation - Highway Safety Office
ASAM	American Society of Addiction Medicine	NECPA	Nebraska Collegiate Prevention Alliance
ASTP	Alcohol Skills Training Program	NIAAA	National Institute on Alcohol Abuse and Alcoholism
AUD	Alcohol Use Disorder	NIDA	National Institute on Drug Abuse
BASICS	Brief Alcohol Screening and Intervention for College Students	NIH	National Institute of Health
BMI	Brief Motivational Interviewing	NOA	Notice of Award
CAPS	Counseling & Psychological Services	NREPP	National Registry of Evidence-Based Programs and Practices
CBP	College Behavior Profile	OARS	Open Ended Questions, Affirms, Reflective Listening, Summarize
CDC	Centers for Disease Control and Prevention	OCC	Omaha Collegiate Consortium
CHOICES	Cultivating Healthy Opportunities in College Environments	PFS	Partnership for Success
CollegeAIM	College Alcohol Intervention Matrix	RFA	Request for Application
CRC	Collegiate Recovery Community	RFP	Request for Proposals
CSAP	Center for Substance Abuse Prevention	SAMHSA	Substance Abuse and Mental Health Services Administration
DFSCA	Drug Free Schools and Communities Act	SAPT BG	Substance Abuse Prevention & Treatment Block Grant
DHHS	Department of Health & Human Services	SBIRT	Screening, Brief Intervention, and Referral to Treatment
DSM-5	Diagnostic And Statistical Manual Of Mental Disorders, 5th Edition	SPF	Strategic Prevention Framework
EBP	Evidence Based Practices	SUD	Substance Use Disorder
MERC	Methodology & Evaluation Research Core Facility at UNL	Y1CBP	Year One College Behavior Profile





THANK YOU

We are excited to work with you on prevention programming!
Please contact us if you need anything.



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