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**Coalition of Higher Education Associations for Substance Abuse Prevention (CoHEASAP)**

Monday, September 23, 2019

*NCAA Headquarters*

Indianapolis, IN

**Fall Meeting 2019 Agenda**

**9:00 AM – 9:15 AM Welcome, Introductions, and Association Updates**

* Brief overview of CoHEASAP history and goals as a coalition:
  + CoHEASAP originated as an advisory group around alcohol and BACCHUS programs.
    - Formed in the 1980s
    - Purpose was to bring together higher education associations to look at alcohol use issues. The education efforts in the field were minimal in many aspects (then known as the Inter-association Task Force on Alcohol and Other Substance Abuse Issues - IATF). As the group continued to grow, the efforts in education were changing, and so the coalition shifted its purpose - that this was really less of a task force, and more of a coalition. While alcohol was still relevant, other substances became more important to focus on.
  + Three years ago, the coalition changed its structure to be self-governed and more strategic in program efforts. There is an executive model now in place, with a model for associations to have buy-in.

**9:15 AM – 10:15 AM    Coalition Partner Introductions and Share**

* At CoHEASAP Meetings, we invite partners to share any relevant updates from your association with others in the field. This may include upcoming conferences and events, webinars, or new publications. We ask you to share on behalf of your organization relevant updates to substance abuse prevention. Notes from these updates will be shared out with the group.

* ASCA - Nicole Fergeson, Colorado State University – Pueblo
  + Holding pattern with Title IX
  + Annual conference, February 5-8, 2020 (call for programs is open) in Washington, DC
    - <http://ascaconference.com/>
* NODA - Joyce Holl
  + Annual conference, October 20-23, 2019 in Houston, TX
    - <https://www.nodaweb.org/page/NODAC_2019>
  + Nine regional conferences starting in January - more geared toward student leaders - allows education of students during these events with best practice share
    - <https://www.nodaweb.org/page/Regions>
* NATA - Amy Callender
  + Represent 46,000 athletic trainers, many of whom work in higher education
  + Annual conference, June 17-20, 2020 in Atlanta, GA. Student athletes and national federation –
    - <https://www.nata.org/career-education/education/events/convention>
* NCCPS - Kim Richmond
  + Federal grant funding ending next week - clearinghouse for emergency response and safety resources for higher education professionals - in a holding pattern for the next year. There may be new funds from the federal government next year.
  + Online calendar of events and resources includes a mailing list of 7,000 and webinars archived on webpage
    - Asking folks to highlight themselves for upcoming snapshots: Please write an article that emphasizes your available resources as they pertain to campus safety, including regulatory compliance. Articles are typically 4-5 paragraphs (could be a bit longer) in length and include clickable links to various resources. You can submit your article to Kim Richmond at [KRichmond@nccpsafety.org](mailto:KRichmond@nccpsafety.org). It would then be included in an upcoming edition of Weekly Snapshot.  You can view an example [here](https://myemail.constantcontact.com/Weekly-Snapshot--September-25--2019.html?soid=1117796635558&aid=szrT4sKfU38).
    - <https://www.nccpsafety.org/calendar>
  + Partners sought on a future grant application - emerging issue forums with 30 campus representatives (include recommendations)
* ACPA - Tim Arth
  + Annual convention, March 2-5, 2020 in Nashville, TN
    - <http://convention.myacpa.org/nashville2020/>
  + Upcoming regional/chapter events
  + Commission for recreation and wellness doing online education on wellness
* URIMA - Jenny Whittington
  + URIMA represents 600 colleges/university, 2500 total members. Members are often directors of risk management (partners with NACUA, NACUBO)
  + URIMA just finished annual conference
    - Risk management and alcohol are very linked, working with Jed Foundation on mental health and suicide
  + Next year’s annual conference, September 19-23, 2020, will be in Indianapolis, IN
    - <https://www.urmia.org/hl/events/event-description?CalendarEventKey=581defdc-7b1f-4338-a784-afc244fabb94&Home=%2Fhome>
* AFA – Diana Coyle
  + Annual meeting, December 4-7, 2019 in Anaheim, CA
    - <https://www.afa1976.org/page/AFAAM>
    - New program session is a "Deep Dive" - 90 minutes and includes "Plan for Action, Prescription Medication Prevention" (Kyle, Molly Downing)
    - A lot of programs around student safety (peer education, conduct, understanding policy)
    - Year 2 of new core competencies
    - Monthly webinar series (Advance U) is focusing on town/gown and Title IX moving forward
* NIRSA - Bill Crockett, UM-Baltimore
  + 4600 members, large student component
  + 2nd year of 3 year strategic plan with well-being central focus
  + Annual conference, April 18-21, 2020 in Phoenix, AZ
    - <https://nirsa.net/nirsa2020/>
  + Red Ribbon Week information shared with members
    - <https://nirsa.net/nirsa/2019/08/29/red-ribbon-week-resources-to-prevent-drug-abuse-on-campus/>
  + Inter-association well-being work with ACHA/NASPA
* NACA – Amber Shaverdi Huston
  + Amber has been in the role for a month
  + Annual conference, February 22-26, 2020 in Denver, CO (convention center) - kicking off regional conference season, focused more on the students
    - <https://www.naca.org/NACALIVE/Pages/Default.aspx>
  + In last year of a strategic plan and carrying forward some initiatives - also a signatory
* FEA - Nicki Meneley
  + Members are director level or executive director level
  + Most programs happen in the summer
  + Educational roundtable at AFA - prevention work does happen in the summer
* OoO - Mardie Sorenson
  + International honor society (577 chapters in US and Canada)
  + As an honor society, not usually as concerned about AOD use, but advisors are reporting that OoO is becoming a social drinking club
  + Annual poster initiative around alcohol and hazing issues will be going out in the next two weeks to campuses
* AUCCCD - Denise Hayes
  + Very specific organization for directors of college counseling centers to help develop clinicians as they move in to administrative roles
  + Annual conference, October 17-23, 2019 in San Antonio, TX (conferences are specific for directors; pre-conferences can be submitted externally)
    - <https://www.aucccd.org/conference-registration>
  + Managing service delivery remains a high need (alcohol and other drugs may be part of that, but sometimes separate, sometimes multi-report); open to all campuses
  + Annual survey for directors
    - Available at webpage: aucccd.org
* NASPA - David Arnold
* NCAA - Jessica Wagner, Sports Science Institute
  + Summit on pain management and student athletes, starting to gather recommendations from task force
  + Released myPlaybook - free wellness modules (behavioral health, time management, sexual violence, sleep, and alcohol and other drugs)
    - Course is free to student athletes
  + Mental health continues to be a big focus. NCAA legislation in DI/DII enacted that all schools should make mental health services available within athletics or within the college counseling center - this has been pushed by student athletes and the student athlete advisory committee (SAAC)
  + Taskforce recommended a stakeholder guide on mental health for individuals outside of athletics
  + Campuses hosting mental health summits
* ACUI - Megan Algood
  + Strategic plan focuses largely on equity and inclusion to build community; signatory for commitment for well-being
  + Regional conferences upcoming
  + Annual conference, March 15-19, 2020 in Atlanta, GA - hopefully sessions will improve well-being within the workplace
    - <https://www.acui.org/annual-conference-sites>
* ACHA - Faith DeNardo, BGSU
  + ACHA is turning 100
  + Back in Chicago, IL for annual meeting, May 24-28, 2020
  + October 23 at University of Maryland - Inspiring Hope & Real Solutions to Address College Mental Health and Well-Being
    - <https://www.acha.org/ACHA/Programs_and_Services/Innovation_and_Leadership_Summits/2019/2019_Summit.aspx>
  + National College Health Assessment version III is out and in full utilization, includes updated questions around substance abuse and mental health
  + NCHA national data is available on webpage
  + Connected college health network (data warehouse) is also up, and will be fully implemented this winter
  + ONDCP meeting

**10:30 AM – 12:00 PM Alcohol and Other Drug Update with Dr. Jason Kilmer**

* Below is a brief overview of Dr. Kilmer’s presentation. Please reference PowerPoint slides for further information and references.
* Understanding factors that go into evidence-based decision making
  + Should be combination of environment and organizational context, best available research and evidence, resources (including practitioner expertise), and population characteristics (needs, values, and preferences)
* Substance use data from Monitoring the Future study –
  + Alcohol:
    - Past year:
      * 74.6% report any alcohol use
      * 59.2% report having been drunk
    - Past month:
      * 59.6% report any alcohol use
      * 37.8% report having been drunk
  + Any Illicit drug:
    - 45.2% report past year use
  + Marijuana:
    - 42.6% report past year use
  + Any illicit drug other than marijuana
    - 18.0% report past year use
      * 11.0% Adderall
      * 8.3% amphetamines
      * 5.2% cocaine
      * 5.1% hallucinogens
* Changes in cannabis potency over the past two decades
  + 20% of new cases of psychotic disorder “could have been prevented if daily use of cannabis had been abolished”
  + If high-potency cannabis were no longer available, 12.2% of cases of first-episode psychosis could be prevented
* Marijuana can have cognitive effects, negatively affect academic outcomes, have mental health implication, addiction risk, impaired driving, and impact on athletic performance
* What can campuses, coalitions, and communities do?
  + 1) Nothing should change on campus – enforce laws/policies, and be mindful of mixed messages
  + 2) Screening and brief intervention show promise, so consider opportunities to screen, provide brief interventions, and refer to treatment where indicated
  + 3) If considering reduction approaches, be aware of recommendations for “lower risk” rather than “low risk” use
  + 4) Consider the overlap of marijuana use with other substance use
  + 5) Consider event-specific prevention and/or enforcement
  + 6) correct misperceived norms
  + 7) Increase risk perception, and support prevention/intervention efforts that could impact motivation to change
  + 8) Utilize parents as partners in prevention
  + 9) Remember that any one thing you do is part of an overall puzzle

**12:00 PM – 12:45 PM Lunch**

* Lunch provided for all attendees.

**12:45 PM – 1:15 PM   Review of the NCAA/NASPA Collaborative 360 Proof**

* Review the NCAA/NASPA collaboration which resulted in the 360 Proof program. Leah Kareti from the NCAA will walk participants through the program.

**1:15 PM – 2:15 PM     Strategic Plan Update**

* Review the current strategic initiatives and progress of those initiatives with the CoHEASAP.
* Low participation in subgroups
  + Manage check-ins through graduate assistant
* Executive committee to review the by-laws
  + Post on webpage

**2:30 PM – 3:30 PM     New Business**

* Discuss new directions that we want to take as a coalition and encourage folks who are visiting to make a commitment to join CoHEASAP as full time members and for us to also encourage new representatives for the CoHEASAP executive team and chair positions.
* Next steps:
  + Prioritize substance abuse prevention
  + Build slide deck for CoHEASAP members
  + Disseminate same information/shared resources
    - Coordinate with each other to expand reach
  + Online learning
    - Pre-recorded education (baseline foundation)
    - Individual association discussion guide to be specific to our membership
    - Leveling/foundational – we don’t know what we don’t know
    - Membership and our board leaders
    - “Selling” memberships – may need one for professionals and one for students
    - CHEMA presentation on CoHEASAP
  + Jointly hosted presentation/webinar
    - How to collaborate (with focus on campus)
    - CoHEASAP speaker list of experts by topic
    - Promoting a topic – learning objectives for each association, then evaluate
  + NCAAW distribution to folks regarding CoHEASAP to sponsor/promote on site
    - Grad will manage the work
    - Summarize presentation for our association

**3:30 PM – 3:45 PM     Adjournment**

**Next meeting:** Tentatively – April, 28 in Washington, D.C.