



Stay Dry!

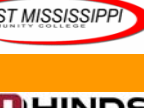
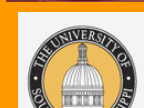
Mississippi Coalition of Partners in Prevention Newsletter

October 2014

Issue 10

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Funding Update: AOD + Suicide Prevention

The Mississippi Department of Mental Health (DMH) awarded \$30,000 to MCPP to address underage drinking and drug use issues, as well as the prevention of suicide on campuses. Funding is effective through July 30, 2015 and is separated into two opportunities:

\$10,000 to focus on underage drinking and drug use prevention:

Underage Drinking/Drug Use Prevention Contract Scope of Services

- Implement a drug/underage drinking media campaign to use at each institution
- Create an action planning tool
- Provide a two-day summer workshop for all MCPP schools focusing on evidence-based practices with college-age students
- Provide a one-day training on the mental health status of college-age students

\$20,000 to further suicide prevention initiatives on campuses:

Suicide Prevention Focus Scope of Services

- Provide Question-Persuade-Refer (QPR) training for all MCPP Members
- Implement a suicide prevention media campaign
- Identify warning signs related to suicide and connect students to local and national resources
- Gather exit training forms on all participants who complete training
- Train gatekeepers to fill out Early Intervention Referral and Follow-up form (EIRF).

Leah Pylate and Kim Kavalsky with MSU Health Education and Wellness are QPR Trainers and will travel to MCPP schools to provide training.

To meet the contract requirements, we will need to establish committees of MCPP members to meet the funding initiatives:

Media Campaign Committee – to create campaigns for the underage drinking/drug use and suicide prevention initiatives

Workshops Committee – to coordinate/plan

Publication Committee – to create the action planning tool

QPR Training Committee – to coordinate these trainings for MCPP members

Please let Michelle LaFleur know on which committee you will be willing to serve. Meeting the above objectives will help to open the door to continued partnership and funding for all MCPP schools.

In addition, DMH requested that MCPP broaden its mission and vision to encompass the overall realm of health education and prevention as a part of our mission and vision. To that end, *the following is proposed to update our scope of work and focus:*

Our Mission:

MCPP proactively addresses the prevention of high-risk, negative health behaviors on Mississippi campuses by providing high-quality consultation and training, research support, and policy development to our member institutions. We actively seek partnerships with state and community agencies in order to provide campuses with a variety of resources to support their prevention efforts.

Our Vision:

MCPP will be recognized as a state-wide resource for encouraging healthy behaviors among Mississippi college and university students. Our members will consistently utilize evidence-based strategies on their individual campuses to reduce high-risk behavior.



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QPR Gatekeeper Training

QPR stands for *Question, Persuade, Refer*, which are simple steps anyone can utilize to help prevent suicide. Participants will learn to recognize the warning signs of a suicide crisis; ask if someone is considering suicide; offer hope and encourage help seeking; and refer the individual to a mental health provider. Gatekeeper Training was developed by psychologist Dr. Paul Quinnett in 1995 and is listed in the Best Practices Registry by the Suicide Prevention Resource Center and the American Foundation for Suicide Prevention.



No previous training is required to become a Gatekeeper. The process takes approximately two hours and includes a PowerPoint presentation and role play exercise. DMH specified that all MCPP schools should take part in Gatekeeper Training, and the committee will reach out to schedule sessions for members at convenient locations. If members of your school have already taken part in QPR, please let Michelle know.

For more information on QPR Gatekeeper Training, please visit <http://www.qprinstitute.com/>

Pylate, L. (2014, September). Question persuade refer. MCPP Conference Call. Conducted from Mississippi State University, Starkville, MS.

Timely Topic: Emerging Drug Trends

Synthetic drugs (otherwise known as “designer drugs”) are chemically produced in a laboratory. Their chemical structure can be similar to naturally occurring drugs, such as marijuana, or other previously designed synthetics. They come in many forms are highly dangerous and constantly changing. In an effort to stay informed about the drugs our students encounter, this section will shed light on two drugs which have found their way into Mississippi: 25I-NBOMe and Molly (MDMA).

25I-NBOMe (N-BOMB)

- No known use before 2010
- Can be taken as a liquid, powder, soaked onto blotter paper, and laced on edible items or sprayed on marijuana
- Route of administration is important: most dangerous when consumed nasally
- Some suppliers may purport or mistake it to be LSD or another Schedule I hallucinogen, but it is nothing like LSD.
- Potency varies widely

Physical complications include mental and physical stimulation, kidney injury, renal failure, seizures, cardiac arrest, respiratory arrest, clonus, anabolic acidosis. Behavioral issues are euphoria, agitation, aggression, insomnia, and prolonged psychosis. For more information, please refer to these sources:



Regional Organized Crime Information Center. (2014). Emerging drug trends-2014. Retrieved from http://fha.informz.net/FHA/data/images/ROCIC_Emerging_Drugs_2014.pdf

Stovall, M. (2014, September). The perils of synthetic drugs. Conducted from Mississippi State University, Starkville, MS.

Molly (TFMPP)

- Pure powder or crystalline form of MDMA (Ecstasy)
- Has been mixed with nitrogen and sold as plant food
- Common party drug
- Often used in combination with Heroin

Physical complications include a dangerous increase in blood pressure and body temperature, dehydration, coma, and death. Molly can cause hallucinations, anxiety, and extreme depression (after prolonged use). Frequent users sometimes commit suicide when coming off the drug due to the extreme depression caused by the lack of dopamine in the brain. For more information, please refer to these sources:



Regional Organized Crime Information Center. (2014). Emerging drug trends-2014. Retrieved from http://fha.informz.net/FHA/data/images/ROCIC_Emerging_Drugs_2014.pdf

Sacco, L.N., & Finklea, K. (2014, August). Synthetic drugs: Overview and issues for congress. Retrieved from <https://www.hsdl.org/?view&did=757033>

The Bridge, Inc. (n.d.) Molly: New drug gains popularity among teens. Retrieved from <http://www.bridgeinc.org/news/?newsID=130>

What's Happening at Your School?

Mississippi University for Women: World Suicide Prevention Day

The MUW Department of Health & Kinesiology's student-run health organization, the W Health Organization (WHO), hosted their first event of the fall semester on Wednesday, September 10, from 11-1 in the lobby of the cafeteria in support of World Suicide Prevention Day 2014. The WHO members handed out goody bags with information from the MUW Counseling Services on suicide prevention along with yellow ribbons to raise awareness. During this time, the students shared the message, "You can make a difference just by being knowledgeable about the warning signs of suicide and knowing what on-campus resources are available to get help for those students at risk." The Contact Helpline of Columbus, MS also stopped by the event to help spread suicide prevention awareness and provide additional information about local resources in the Columbus community and the National Suicide Prevention Lifeline. MUW students were very receptive to the message and many yellow ribbons were donned campus-wide.



Attendees of Suicide Prevention Day

Mississippi State University: AOD Education

As the school year has begun, the Health Education & Wellness AOD prevention team hit the ground running in offering programming to student groups and residence halls. A particular focus, especially with Greek groups, has been to publicize our motivational interviewing program, GAIN, as a possible sanction for any members found to have violated their organization's alcohol policy or for whom alcohol may become a problem due to moderate-to-high risk behavior. The team is also in the midst of bringing a campus-wide drug awareness campaign to campus, including visiting every residence hall with information about synthetic drugs, in particular 25I-NBOMe (N-BOMB).



Hathorn Residents Attending Alcohol Program

Conference Call Recap!

Can you serve on one of the committees to fulfill the DMH funding?

Have members of your school been QPR trained? Please let Michelle (mlafleur@saffairs.msstate.edu) know. If not, we'd love to schedule a training at your location.

What do you think about the edited Mission and Vision for MCPP? Do you have questions or concerns?