

# Recommended Reading



Top-level administrators are key partners in prevention.

This document provides several key publications to share with our administrative partners.

## Top 5 Documents to Share with Administrators

Missouri Partners in Prevention is proud to be Missouri's higher education substance abuse prevention and mental health consortium. In order to see measurable change in the health, safety, and well-being on campus, campus prevention practitioners must employ evidence-based strategies and models. This series provides a brief synopsis of the publications, articles, and resource documents available to campuses to assist in their substance abuse prevention and mental health intervention efforts. These documents provide a great deal of technical assistance and support. Browse our recommended reading synopsis to learn more about these publications.

### A New Model for Campus Health: Integrating Well-Being into Campus Life

In NASPA's 2017 Fall Leadership Exchange newsletter, Pam Watts, the Executive Director of the National Intramural-Recreational Sports Association, wrote an article on building a culture of health and well-being on college campuses. Sharing stories from campuses across the country, Watts focuses on integration of health and well-being services, emphasizing student mental health needs, promoting nature as stress relief, creating a philosophy for campus, encouraging faculty and staff well-being, and infusing health and well-being into the curriculum.

**Read 'A New Model for Campus Health: Integrating Well-Being into Campus Life' here!**

[leadershipexchange-digital.com/lexmail/2017fall/MobilePagedArticle.action?articleId=1177614#articleId1177614](https://leadershipexchange-digital.com/lexmail/2017fall/MobilePagedArticle.action?articleId=1177614#articleId1177614)

### Addressing College Drinking and Drug Use: A Primer for Trustees, Administrators, and Alumni

Published in 2019, this guide focuses on issues impacting college student health and well-being including alcohol, cannabis, prescription drug, and other drug use. The latest data about misuse and information about a multi-level, multi-component approach to alcohol and other drug misuse prevention are provided, along with steps for leadership to change the campus culture through evidence-based practices.

**Read 'Addressing College Drinking and Drug Use: A Primer for Trustees, Administrators, and Alumni' here!**

[goacta.org/images/download/Addressing-College-Drinking-and-Drug-Use.pdf](https://goacta.org/images/download/Addressing-College-Drinking-and-Drug-Use.pdf)

**For more information, visit [pip.missouri.edu](https://pip.missouri.edu)**

## Be Vocal, Be Visible, Be Visionary: Recommendations for College and University Presidents on Alcohol and Other Drug Prevention

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Be Vocal, Be Visible, Be Visionary is a 1997 document from the Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention that serves as a call to action for presidents at institutions of higher education to be proactive about alcohol and other drug misuse. This includes outlining the scope of the problem of AOD misuse on college campuses and introducing current prevention efforts. Then, a series of proposals are presented to mobilize action and prescribe ways for presidents to not just acknowledge alcohol and other drug misuse concerns on campus, but to take an active stand on issues and make prevention a priority.

**Read ‘Be Vocal, Be Visible, Be Visionary: Recommendations for College and University Presidents on Alcohol and Other Drug Prevention’ here!**  
[safesupportivelearning.ed.gov/sites/default/files/sssta/20130315\\_plgvisionary.pdf](https://safesupportivelearning.ed.gov/sites/default/files/sssta/20130315_plgvisionary.pdf)

## College Student Mental Health and Well-Being: A Survey of Presidents

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A 2019 study of over 400 college and university presidents conducted by the American Council on Education gives insight into mental health and well-being of college students from a high-level perspective. Overall, the mental health concerns of college students are changing, including rising rates of anxiety and depression, as well as suicide being the second leading cause of death among college students. This report discusses how presidents and institutions of higher education are working to meet the needs of students.

**Read ‘College Student Mental Health and Well-Being: A Survey of Presidents’ here!**  
[higheredtoday.org/2019/08/12/college-student-mental-health-well-survey-college-presidents/](https://higheredtoday.org/2019/08/12/college-student-mental-health-well-survey-college-presidents/)

## The Okanagan Charter

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The Okanagan Charter was developed at the 2015 International Conference on Health Promoting Universities and Colleges in Kelowna, British Columbia, Canada. The charter is a broad call to action to encourage institutions of higher education to embed health into all aspects of campus (administration, operations, academics) and lead health promotion and collaboration both locally and globally.

**Read ‘The Okanagan Charter’ here!**  
[acha.org/documents/general/Okanagan\\_Charter\\_Oct\\_6\\_2015.pdf](https://acha.org/documents/general/Okanagan_Charter_Oct_6_2015.pdf)

## Resources

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For more resources, visit NASPA’s website on healthy, safety, and well-being initiatives for college students at [naspa.org/focus-areas/health-safety-and-well-being/health-safety-and-well-being](https://naspa.org/focus-areas/health-safety-and-well-being/health-safety-and-well-being)

### Citations

1. Watts, P. A New Model for Campus Health: Integrating Well-being into Campus Life (2017). NASPA’s Leadership Exchange.
2. Arria & Wagley, Addressing College Drinking and Drug Use. (2019). American Council of Trustees and Alumni.
3. Chessman & Taylor, College Student Mental Health and Well-Being: A Survey of Presidents (2019). Higher Education Today by the American Council on Education.
4. Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention, Presidents Leadership Group. Be Vocal, Be Visible, Be Visionary (1997).
5. Okanagan Charter: An International Charter for Health Promoting Universities and Colleges (2015).

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