



**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.

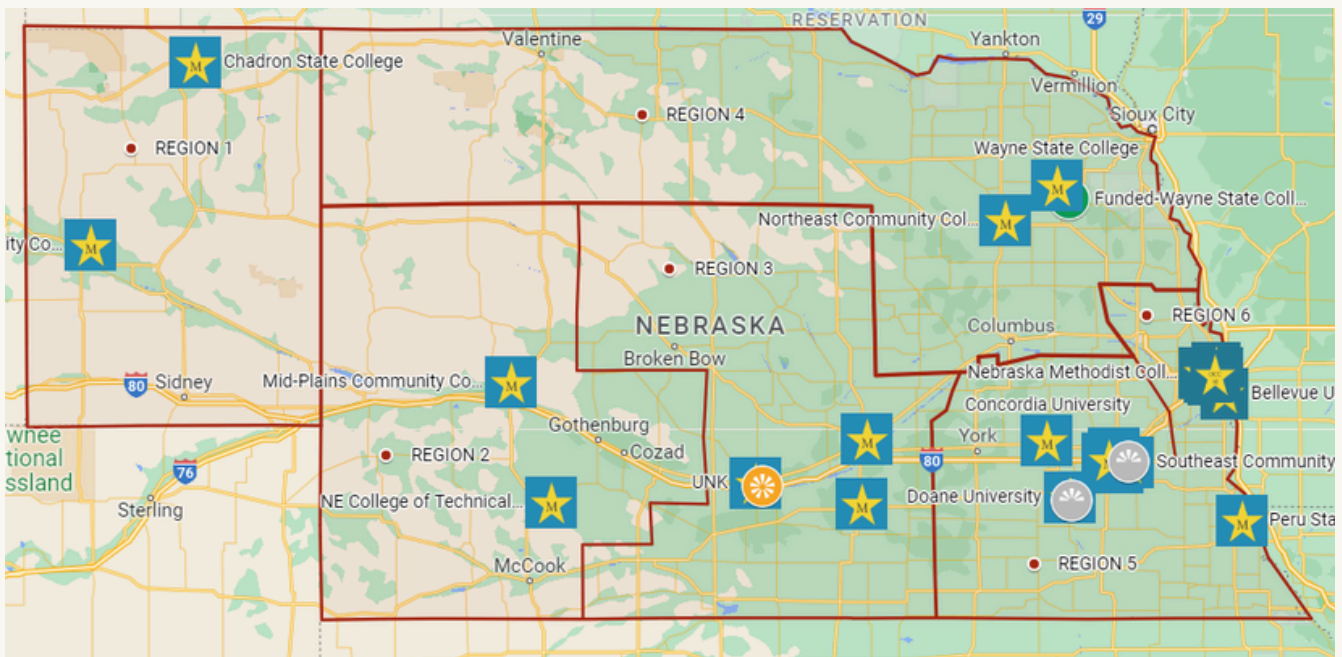
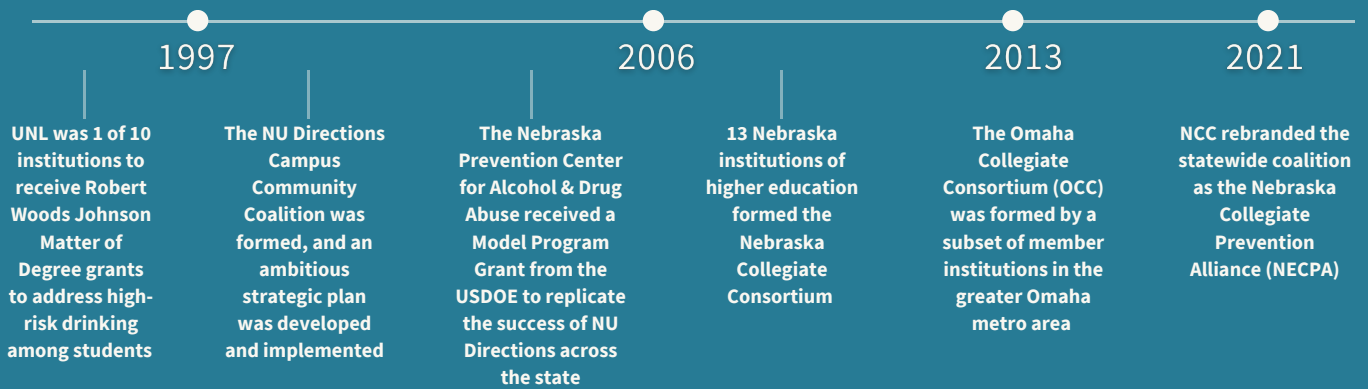


Over the years, NU Directions made great strides in implementing evidence-based prevention and harm reduction strategies, resulting in significant declines in binge drinking rates and related harms on UNL campus.

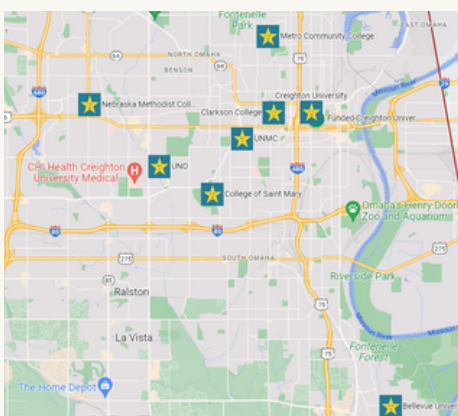
Due to the success of NU Directions, the coalition believed that comprehensive environmental strategies could be utilized to reduce high-risk drinking among all college students across Nebraska. In 2006, The Nebraska Prevention Center for Alcohol & Drug Abuse received a Model Program Grant from the US 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



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 member 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.

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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

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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

From 2020 to 2024, the NECPA secured grant funding to fully cover the costs for member institutions to participate in the biennial Nebraska Assessment of College Health Behaviors (NACHB) survey, including dissemination and data analysis. The NECPA aims to continue funding these expenses, contingent upon the renewal of grant support.

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 \$250/yr for each program.

Announcements about programming support, travel and training stipends, and other available resources are shared on the NECPA website, LinkedIn page, and in the NECPA newsletter.



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BRIEF INTERVENTION & DATA COLLECTION RESOURCES

The NECPA has collaborated with researchers and practitioners at the University of Nebraska–Lincoln (UNL), national brief intervention experts, and UNL students to develop data collection tools and brief intervention programs for implementation by member institutions with their student populations.

COLLEGE
BEHAVIOR
PROFILE
YEAR-ONE



COLLEGE
BEHAVIOR
PROFILE

- 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

NEBRASKA ASSESSMENT
NCHB
OF COLLEGE HEALTH BEHAVIORS

- 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

The NECPA provides our member institutions with a number of educational resources, training, and access to campaign 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.

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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:

📍 6533 University Dr. S, Omaha, NE 68182
Hayden House, Lower Level

☎ (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:

📍 550 N. 19th St., UHC Room 127
Lincoln, NE 68588-0628

☎ (402) 472-8770

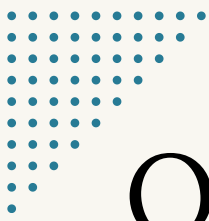
✉ wellbeing@unl.edu

🌐 wellbeing.unl.edu/recovery

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	Cycle & Sustainability	Workplan Activities	Applying & Reporting
NDOT-HSO <ul style="list-style-type: none">For all NECPA member institutionsProvided by NDOT-HSO	\$225,000	<ul style="list-style-type: none">Funding cycle: October 1 - September 30Renewal of funding is not guaranteed	<ul style="list-style-type: none">NECPA personnel and operating expensesTechnical assistance to NECPA membersY1CBP implementation, evaluation, data collection and analysisCBP new builds, program updates & innovationsStatewide Marijuana Education CampaignNECPA Statewide Convening	<ul style="list-style-type: none">Annual reapplication requiredMonthly programming reportsAnnual report
NECPA SPF-PFS Grant <ul style="list-style-type: none">For all NECPA member institutionsProvided by NE-DHHS Division of Behavioral Health	\$93,771	<ul style="list-style-type: none">Funding cycle: October 1 - September 30Renewal of funding is not guaranteed	<ul style="list-style-type: none">NECPA personnel and operating expensesTechnical assistance to NECPA membersCBP program innovationsY1CBP implementation and promotion	<ul style="list-style-type: none">Annual reapplication requiredDemographics & Quarterly detail reports due to DHHS
Region 5 SPF-PFS Grant <ul style="list-style-type: none">For NECPA member institutions located in Region 5 coverage area<ul style="list-style-type: none">Counties served: Lancaster, Saline, and RichardsonProvided by Region 5 and the DHHS-DBH	\$17,514	<ul style="list-style-type: none">Funding cycle: October 1 - September 30Renewal of funding is not guaranteed	<ul style="list-style-type: none">NECPA personnel and operating expensesTechnical assistance to R5 area NECPA membersY1CBP implementation and promotionCBP new buildsPOP booklets and promotions	<ul style="list-style-type: none">Annual reapplication requiredDemographics & Quarterly detail reports due to Region 5
OCC Region 6 Opioid Settlement Funds <ul style="list-style-type: none">Support for 7 OCC member institutionsProvided by NE-DHHS DBH & Region 6	\$186,674	<ul style="list-style-type: none">Funding cycle: July 1 - June 30Renewal of funding is not guaranteed	<ul style="list-style-type: none">OCC personnel and operating expensesTechnical assistance to OCC membersNarcan education, awareness & prevention activities2026 NACHB for OCC schoolsOCC Annual LuncheonUNO CRC Program Support	<ul style="list-style-type: none">Annual reapplication requiredPeriodic detail reports due to Region 6
Region 2 Opioid Settlement Funds Mini-Grant <ul style="list-style-type: none">Support for two NECPA member institutionsProvided by NE-DHHS DBH & Region 2	\$15,000	<ul style="list-style-type: none">Funding cycle: One time award - no funding cycleRenewal of funding is not guaranteed	<ul style="list-style-type: none">NECPA personnel and operating expensesTechnical assistance to membersNarcan education, awareness & prevention activities2026 NACHB	<ul style="list-style-type: none">Annual reapplication requiredQuarterly detail reports due to Region 2

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Our Team & Members

NECPA members represent a diverse array of professionals from Nebraska's higher education institutions, all united by a shared commitment to reducing and preventing high-risk drinking and substance use among college students. Their collective goal is to foster campus environments that support student well-being and help them reach graduation healthy, well, and ready to thrive.

These representatives bring expertise in various prevention strategies, including evidence-based interventions, policy development, environmental approaches, and student engagement initiatives. Through collaboration within the coalition, they support one another and extend their efforts beyond their campuses to promote a statewide culture of wellness and resilience.



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 Czerwicz
- Karly Thurmond

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

Metro Community College - Member Since 2006

- Llani Main

Mid-Plains Community College - Member Since 2006

- Brantleigh Taylor

Midland University - Member Since 2023

- Kris Dvorak

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

Peru State College - Member Since 2006

- Matt Thielen
- Donna Menke
- Janell Moore

Southeast Community College - Member Since 2006

- Kalika Jantzen [▶](#)
- Toni Landenberger [▶](#)
- Theresa Webster [▶](#)
- Lori Romano

Union Adventist University - Member Since 2013

- Kim Canine

University of Nebraska Kearney - Member Since 2006

- Sally Wiarda [▶](#)
- 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 [▶](#)
- Molly Bonuchi

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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.

HOBBIES & FUN FACTS

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

✉ mhopkins2@unl.edu

☎ 402-853-4388

📍 110 Leverton Hall
Lincoln, NE 68583-0806

🌐 nepreventionalliance.org

EDUCATION

Nebraska Wesleyan University

Bachelor of Science,
Social Work and Sociology

2001-2005

University of Michigan

Master of Social Work,
Community Organization

2005-2006

University of Nebraska - Lincoln

Doctor of Educational Administration in
Higher Education
Degree in Progress

INSTITUTION



**Nebraska Collegiate
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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.

HOBBIES & FUN FACTS

- Spending time with my husband & dog
- Family time
- Golf
- Outdoor activities

✉ afrancois2@unl.edu

☎ 531-249-9739

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Lincoln, NE 68583-0806

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EDUCATION

University of Nebraska - Lincoln

Bachelor of Science,
Social Work
2017-2021

University of Nebraska - Lincoln

Master of Arts,
Educational Administration in
Higher Education
2024-2025

INSTITUTION



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MELISSA BUTLER

NECPA SR. PROJECT MANAGER

ABOUT ME

I am a lifelong resident of Lincoln, NE. Early in my career, I explored various professional roles before returning to college in my late 20s to complete my bachelor's degree—a pivotal step that launched my transition into public service. I went on to serve in public health for 11 years with the State of Nebraska, where I remained committed to lifelong learning and helping people live better lives. After transitioning to the NU system, I earned a master's degree in Critical & Creative Thinking from UNO and went on to pursue a second master's in Counseling with a concentration in Student Affairs in Higher Education.

As Sr. Project Manager, I oversee grant activities, provide technical assistance to member campuses, and support our project director with administrative functions. While our primary mission centers on alcohol and drug prevention programming, my true passion lies in promoting student mental health and well-being. With lived experience as a non-traditional student and college parent, I bring a deeply personal perspective to my work and an understanding of the diverse challenges today's students face. I believe student affairs professionals play a crucial role in shaping campus cultures that help students make it to graduation healthy, well, and ready to thrive.

HOBBIES & FUN FACTS

- I enjoy spending time with my family, especially my two children and fur-baby
- I love live musical theater
- I enjoy travel, but also love to be at home

✉ mbutler2@unl.edu

☎ 402-853-0742

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Lincoln, NE 68583-0806

🌐 npreventionalliance.org

EDUCATION

Bellevue University

Bachelor of Science,
Business
2007-2010

University of Nebraska - Omaha

Master of Arts,
Organizational Science & Leadership
2023-2025

University of Nebraska - Omaha

Master of Science,
Counseling, Student Affairs in Higher Ed
2025-2026

INSTITUTION



**Nebraska Collegiate
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ANDREEA BAKER

*DIRECTOR OF HEALTH &
WELLNESS*

ABOUT ME

I have served as Director of Health and Wellness at Doane University for two years. Prior to my time at Doane, I served as director of health services at another small institution in Nebraska. I have worked in college health and well-being for 12 years with a majority of my time focused on clinical health services and prevention programs.

HOBBIES & FUN FACTS

- I have 16 goats, a cat named Kevin and a cow named Mabel
- I have a dream of owning a mini donkey and naming them Bernie

✉ Andreea.Baker@doane.edu

☎ 402-826-6720

📍 1014 Boswell Ave
Crete, NE 68333

🌐 doane.edu

EDUCATION

Bryan College of Health Sciences

Bachelor of Science,
Nursing
2006-2009

Bryan College of Health Sciences

Master of Science,
Nursing
2012-2013

INSTITUTION



DOANE
UNIVERSITY



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LUZ COLON-RODRIGUEZ

*DIRECTOR OF COUNSELING AND PREVENTION
EDUCATION SERVICES & 504 COORDINATOR*

ABOUT ME

I am a Licensed Independent Mental Health Practitioner in Nebraska and currently serve as the Director of Counseling and Prevention Education Services and 504 Coordinator at Central Community College. I was honored to receive the 2023–2024 League for Innovation Excellence Award for my leadership in mental health and prevention education.

My clinical work is grounded in advanced training in Trauma-Focused CBT, Child Parent Psychotherapy, Brainspotting, and DBT. I'm also a certified trainer in Families Thrive, QPR suicide prevention, and Green Dot bystander intervention.

Before entering the mental health field, I worked in Student Affairs at Creighton University and the College of the Holy Cross, leading award-winning diversity and inclusion initiatives. I remain passionate about mental health, social equity, and community engagement, often leading workshops on related topics.

Originally from Puerto Rico and raised in the Boston area, I hold degrees from the College of the Holy Cross, the University of Connecticut, and Northwestern University. I live in Kearney, Nebraska, with my husband and our two children.

HOBBIES & FUN FACTS

- I love to read
- I enjoy cooking and baking
- I love random trivia

✉ luzcolonrodriguez@cccneb.edu

☎ 402-562-1281

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Grand Island, NE 68802-4903

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EDUCATION

College of the Holy Cross

Bachelor of Arts,
History
2001-2005

University of Connecticut

Master of Arts,
International Studies
2007-2009

Northwestern University

Master of Arts,
Clinical Counseling
2015-2016

INSTITUTION



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LACEY CRAVEN

*ASSOCIATE DIRECTOR OF COMMUNITY
STANDARDS AND WELLBEING*

ABOUT ME

Lacey Craven is an Associate Director of Community Standards and Wellbeing at Creighton University. She partners with students and student groups to address their behaviors holistically within the context of their own personal experiences and the larger University community. When Lacey isn't listening to the latest student conduct case or mediating a roommate conflict, she's an avid reader, loves a good podcast, and is an avid believer that people are well-intentioned and good.

HOBBIES & FUN FACTS

- Reading
- Camping
- Traveling

✉ laceycraven@creighton.edu

☎ 402-280-2775

📍 2500 California Plaza
Omaha, NE 68178

🌐 creighton.edu

EDUCATION

Bellevue University

Bachelor of Science,
Criminal Justice

Creighton University

Master of Science,
Negotiation and Conflict Resolution

INSTITUTION

Creighton
UNIVERSITY



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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.

HOBBIES & FUN FACTS

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

✉ aldorce1@wsc.edu

☎ 402-375-7321

📍 1111 Main Street
Wayne, NE 68787

🌐 wsc.edu

EDUCATION

Wayne State College

Bachelor of Science,
Human Service Counseling
1993-1997

Wayne State College

Master of Science,
Community Counseling
2000-2022

INSTITUTION



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KATHY DWORAK

*DIRECTOR OF STUDENT
COUNSELING*

ABOUT ME

I have been a dedicated mental health professional since 2015. As a Licensed Independent Mental Health Practitioner (LIMHP), I lead the NMC's counseling initiatives, offering free, confidential support to all enrolled students. In addition to providing direct support, I supervise counseling interns and work closely with our spiritual development staff to offer holistic care for students and their families. My areas of expertise include anxiety, depression, stress and time management, relationship challenges, grief and loss, substance use, and family or parenting issues. I'm proud to help ensure students have access to mental health support both in person and through 24/7 virtual counseling services, thanks to partnerships like Uwill Mental Health and Wellness.

I've also been a strong supporter of the NECPA since NMC joined in 2011. My commitment to student well-being and substance misuse prevention aligns closely with NECPA's mission to promote healthier, safer campus communities across the state.

HOBBIES & FUN FACTS

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

✉ kathy.dworak@methodistcollege.edu

☎ 402-354-7080

📍 720 North 87th Street
Omaha, NE 68114

🌐 methodistcollege.edu

EDUCATION

Creighton University

Bachelor of Arts,
Psychology
1990-1994

University of Nebraska - Omaha

Master of Science,
Mental Health Counseling
1997-1999

INSTITUTION

NEBRASKA
METHODIST
COLLEGE
THE JOSIE HARPER CAMPUS



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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.

HOBBIES & FUN FACTS

- Spending time with my grandchildren
- Woodworking

✉ mfrillman@unomaha.edu

☎ 402-554-2409

📍 Roskens Hall, #107
Omaha, NE 68182

🌐 uno.edu

EDUCATION

Doane College

Bachelor of Arts,
Human Relations
1989-1993

INSTITUTION



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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!

HOBBIES & FUN FACTS

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

✉ Kjantzen@southeast.edu

☎ 402-228-8135

📍 8800 O Street
Lincoln, NE 68520-1299

🌐 southeast.edu/caps/

EDUCATION

Nebraska Wesleyan University

Bachelor of Science,
Biology
1999-2003

Doane College

Master of Arts,
Counseling
2003-2006

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JENNY KISSINGER

COLLEGE COUNSELOR

ABOUT ME

I have worked in mental health for the past 22 years. I have been active with the OCC for the last 5 years.

HOBBIES & FUN FACTS

- I love to garden
- I have 3 boys, 2 in college and 1 in high school
- I have 2 labs, chocolate and yellow

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EDUCATION

Nebraska Wesleyan University

Bachelor of Psychology

1992-1997

University of Nebraska - Omaha

Master of Social Work

2000-2002

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TONI LANDENBERGER

DEAN OF STUDENTS

ASSISTANT CAMPUS DIRECTOR- BEATRICE

ABOUT ME

I am responsible for overseeing Residence Life and TRiO Upward Bound for all SCC campus locations. Additionally, I supervise student life, recruiting, admissions, registration, career services, disability services, testing, and financial aid personnel. I am involved in coordinating new student orientation and collaborate with other campus Deans of Students for revisions. On a daily basis, I address various issues and projects related to student services and residential housing. I am a member of the CARE Team and SCC Prevention team, and I work directly with students on matters concerning code of conduct, grievances, and sanctions. I also support the Campus Director with the daily operations of the Beatrice campus, including the supervision of the business office, college bookstore, Parents of All Ages program, and the cafeteria. Furthermore, I coordinate campus safety with safety & security personnel and co-chair the campus safety team. I am an active participant on various college teams and prepare financial statements for a grant-funded student family housing project.

HOBBIES & FUN FACTS

- Camping
- Reading
- Kayaking

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EDUCATION

Peru State College

Bachelor of Science,
Business Education

1989-1994

University of Nebraska - Lincoln

Master of Vocational & Adult
Education

1996-2001

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KIPP MCKENZIE

*ASSISTANT DIRECTOR, COMMUNITY
STANDARDS AND STUDENT CONDUCT*

ABOUT ME

No bio provided

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EDUCATION

No info provided

HOBBIES & FUN FACTS

- No hobbies provided

INSTITUTION

Creighton
UNIVERSITY



[History](#)[Value](#)[Funding](#)[Members](#)[Terms](#)

EMILY NORMAN

DEAN OF STUDENTS

ABOUT ME

Within the Dean of Students' Office and Western Nebraska Community College, we aim to provide prevention through programmatic events, education, and open communication. We partner with various local experts to provide opportunities to learn about drug and alcohol use and abuse locally and nationally. I serve as the student conduct officer and organize educational sanctions for any policy violations to avoid repeat incidents. Our office organizes multiple assessment efforts, including the Year One College Behavior Profile, which is accompanied by prevention discussions and events during our New Student Orientation program. I have spent my career focusing on student success, which has always included prevention, education, accountability, and assessment.

HOBBIES & FUN FACTS

- I serve as a city council member in my tiny town of 1000 people
- I was a stage manager for a magic show for many years

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EDUCATION

**University of Wisconsin
Stevens Point**

Bachelor of Arts,
International Studies & Spanish
Language

**University of Wisconsin
Stevens Point**

Doctorate of Education,
Educational Sustainability

INSTITUTION



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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.

HOBBIES & FUN FACTS

- I like to stay active
- I enjoy traveling
- I love spending time with family

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EDUCATION

University of Nebraska - Lincoln

Bachelor of Journalism

1998-2002

University of Nebraska-Omaha

Master of Social Work,
Mental Health

2005-2007

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EDUCATION

Western Maryland College

Bachelor of Art & Art History

1990-1994

Eastern Virginia Medical School

Master of Science,
Art Therapy

1994-1996

INSTITUTION

UNIVERSITY
OF NEBRASKA

UNK
KEARNEY

WENDY SCHARDT

*DIRECTOR OF STUDENT HEALTH &
COUNSELING, CAMPUS RECREATION*

ABOUT ME

I have been in the mental health field for 28 years. I am originally from York, Pennsylvania but began my professional career working with victims of sexual abuse and domestic violence in an outpatient clinic in Baltimore City. I eventually transitioned into school-based mental health through a community-based program managed by Johns Hopkins Hospital. Several years later, I moved to the DC metropolitan area where I continued my interest in school mental health, juvenile justice and healthcare finance. I hold a Master of Science Degree in Art Therapy from Eastern Virginia Medical School and am a Licensed Mental Health Practitioner in Nebraska and have a License in Professional Counseling. I am also a National Certified Counselor and a Registered Art Therapist, Board Certified as well as a Certified Telemental Health Provider. I extended my education in Wellington, New Zealand, as a specialized trainer in Family Group Conferencing, a family engagement system in child welfare that was adopted by the District of Columbia's Juvenile Justice Agency in 2010. In addition to my clinical background, I am a Certified Public Manager and hold a Greenbelt certification in Six Sigma from George Washington University's Center for Excellence in Public Leadership. Prior to my move to Nebraska in 2014, I was the Director of Behavioral Health Programs in a med-surg hospital (acute care) in Washington DC, focused on the treatment of severe and acute mental illnesses in an inner urban population. Currently, my full-time job is the Director of Student Health and Counseling/Campus Recreation at UNK where I provide leadership to the overall mission and vision of the Counseling Department, the University Student Health Clinic, Campus Recreation, the Health Promotion office, and the Loper Mental Health Outreach office. Throughout my career, I have developed specialties in several areas including art psychotherapy, co-occurring disorders, leadership, management, hospital systems, college health, juvenile justice evidenced-based practices, civil forensic matters (e.g. civil commitment legal proceedings in mental health), and healthcare finance. I am married with two children. My daughter is a senior in high school and my son is a junior at UNK. I have been an instructor for the past 9 years. I teach Culture and Ethnic Identity as well as Foundations (LNSK, 103).

HOBBIES & FUN FACTS

- Traveling
- Watercolor painting
- Cooking
- Writing



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ALAINA SMITH

*SENIOR DIRECTOR, RESIDENTIAL
STUDENT INITIATIVES*

ABOUT ME

I have worked at Bellevue University since 2009. In my current role, I work with High School Recruiting, 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.

HOBBIES & FUN FACTS

- Traveling
- Entertaining
- Spoiling my nephews!

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EDUCATION

University of Iowa

Bachelor of Arts,
Sociology
2001-2006

DePaul University

Master of Arts,
Sociology
2006-2008

INSTITUTION





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EDUCATION

Chadron State College

Bachelor of Science,
Business Administration, Management
Biology Minor

2010-2014

Chadron State College

Master of Business Administration,
Community Counseling

2014-2016

INSTITUTION



AUSTEN STEPHENS

DEAN OF STUDENT AFFAIRS

ABOUT ME

Born and raised in Lincoln, NE, I embarked on a journey that would blend my education and personal growth. Initially drawn to Chadron State College on a football scholarship, I discovered more than just athletic pursuits—my time there shaped my career path and personal life profoundly. My professional journey in higher education was set forth in Housing & Residence Life for eight years, where I served by fostering safe and supportive living environments conducive to academic success and personal development. Through roles that spanned from summer RA to Director, I've honed my skills in community building, conflict resolution, and educational programming. Over the years, I've witnessed significant societal shifts, including evolving attitudes towards substance use. I've helped address traditional challenges like binge-drinking to navigating the complexities of cannabis legalization and its impact on campus culture. My approach to disseminating critical information has been multifaceted, ranging from providing thoughtful presentations during freshman move-in to designing residence life programs that promote wellness and responsibility. I've also been involved in implementing educational conduct sanctions aimed at nurturing accountability and growth among students. Beyond my professional endeavors, Western Nebraska has ample scenery and outdoor activities to occupy any downtime. But above all, my "why" is my wife and three children.

HOBBIES & FUN FACTS

- I play a variety of recreational sports like table tennis, softball, & golf
- I enjoy hunting (deer, turkey, dove)
- I play piano

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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.

HOBBIES & FUN FACTS

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

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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

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THERESA WEBSTER

DEAN OF STUDENTS
MILFORD CAMPUS

ABOUT ME

I have over 14 years working in Higher Education Student Affairs and 20+ years working in the child welfare/human services realm. These various roles all involved identifying both strengths and barriers to human flourishing and developing client/student-centered strategies to assist in achieving goals. Currently, I have administrative oversight of the college's Behavior Intervention Team, counseling services, disability services, TRiO and student code of conduct. Additionally, I lead my campus' prevention and student development efforts which are centered around a holistic model of wellbeing and grounded in best practices.

HOBBIES & FUN FACTS

- Mom to 2 boys ages 20 and 17
- I love snow skiing and being surrounded by mountains
- Capital City Fitness & Performance is one of my favorite places and where I can find some of my favorite people
- I subscribe to too many podcasts

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EDUCATION

University of Nebraska - Lincoln

Bachelor of Science,
Psychology

1994-1998

Doane University

Master of Counseling

1998-2003

University of Nebraska - Lincoln

Masters in Counseling;
Ed.D. Educational Administration

Degree in Progress

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SALLY WIARDA

*CARE TEAM CASE MANAGER &
WELLBEING EDUCATOR*

ABOUT ME

My name is Sally, and I'm originally from Northeast Nebraska. I graduated from the University of Nebraska–Lincoln in 2021 and began my career working as an Elementary Director at the Boys & Girls Club in South Dakota. In August 2023, my husband, Chance, and our dog, Watts, and I made the move back to Kearney, Nebraska.

I currently serve as the Case Manager for UNK's CARE Team and also as the Wellbeing Educator. In these roles, I oversee the CARE Team and the Health Promotion office, which includes leading our Peer Health Educators program and coordinating outreach events that support student wellbeing and engagement across campus. I'm passionate about creating a campus environment where students feel supported, connected, and empowered to thrive.

HOBBIES & FUN FACTS

- I've been to over 100 concerts in my lifetime.
- I'm a huge Swiftie and even have a picture with her from when I was young!
- I love to crotchet and read.
- My husband and I had an adventure wedding at the Bonneville Salt Flats in Wendover, Utah.

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EDUCATION

University of Nebraska Lincoln

Bachelor of Arts

2017-2021

INSTITUTION

UNIVERSITY
OF NEBRASKA

UNK
KEARNEY



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 play a vital role in supporting individuals on their recovery journey. By becoming educated about addiction and recovery, and leveraging their spheres of influence, allies help reduce stigma and create more supportive environments. While recovery requires personal commitment and the difficult work of rebuilding life without substances, it is not a journey taken alone. Recovery allies are essential to recognizing and responding to the physical and emotional needs of those 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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