

One-Stop Action Planning Resources

Coalition Check-Up



1. Resources



MO-Specific

ACT Missouri is a private not-for-profit corporation promoting drug and alcohol awareness throughout Missouri. They work with community coalitions and national organization to spread the message about making healthy choices. <https://actmissouri.org/>

They keep state facts, policies, and trends about drug use, and serve as a communication hub for community coalitions with a goal of producing healthy, drug-free communities.

Access their annual reports:
<https://actmissouri.org/about/>

List of resources:
<https://actmissouri.org/training-and-resources/>

List of coalitions:
<https://actmissouri.org/prevention-resource-centers/community-coalitions/>



Mini Grants

MO-Specific

ACT offers "mini grant" opportunities "intended for registered, community coalitions that collaborate with other health and human service providers, schools, faith-based organizations and others who work to strengthen children, families and communities as a part of a comprehensive and long-lasting approach to prevent alcohol use, drug use and risky behaviors in youth ages 10-24."

See a list of the awards, strategic planning guide, and a list of FAQs: <https://actmissouri.org/mini-grants/>



Red Ribbon Week

MO-Specific

ACT supports Red Ribbon Week which is the longest running drug prevention campaign in the country. It is a way communities can unite in a visible way against substance misuse. Red Ribbon Week takes place October 23 – 31.

For guides and other resources checkout:
<https://actmissouri.org/events/annual-events/red-ribbon-week/>



Substance Use Prevention Conference

MO-Specific

ACT Missouri hosts an annual Substance Use Prevention Conference to bolster prevention efforts, motivate volunteers, network within the field, collaborate, and get the latest resources to preventionists. Community coalition members, counselors, law enforcement officers, educators, school nurses, and all those that work with or care for youth are invited to attend.
<https://actmissouri.org/events/annual-events/prevention-conference/>



Trainings

MO-Specific

ACT Missouri offers their own trainings and webinars, as well as links to other recommended additional trainings. <https://actmissouri.org/trainings-and-webinars/>

See a list of their archived webinars, including ones on funding, alcohol awareness, drug trends, action planning, avoiding burnout and compassion fatigue, and more: <https://actmissouri.org/trainings-and-webinars/archived-webinars/>



Resources

MO-Specific

The Mid-America Addiction Technology Transfer Center (Mid-America ATTC) supports practitioners, agencies, and communities, in implementing evidence-based treatment and recovery practices for all people accessing SUD services in Iowa, Kansas, Missouri, and Nebraska. <https://attcnetwork.org/centers/mid-america-attc/home>

Resources about Opioid Misuse (things like: educational packages, courses, toolkits, recorded webinars, and more!):
<https://attcnetwork.org/centers/global-attc/taking-action-address-opioid-misuse>

Addiction Science Made Easy (Research Briefs):
<https://attcnetwork.org/asme>





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Community Anti-Drug Coalitions of America (CADCA)

Leading the way in advocacy, training, and providing resources nationally and internationally for coalitions working against substance use.

Learn more: <https://www.cadca.org/about-us>

Subscribe to their newsletter:

<https://www.cadca.org/subscribe-cadca-updates>

Resources

CADCA offers a variety of resources and tools to help coalitions working to prevent alcohol, tobacco, and other drug use. **Their resources range from publications, to webinars, podcasts, and shows.**

See the resources page:

<https://www.cadca.org/resources>

They also have toolkits, two of which are highlighted here:

Prevent Impaired Driving:

<https://www.cadca.org/resources/prevent-impaired-driving-toolkit>

Prevent Rx Use:

<https://www.cadca.org/resources/prevent-rx-abuse>

Training and Events

CADCA supports a variety of training opportunities that apply to many different coalition roles. Some of the opportunities listed include: the **Mid-Year Training Institute, National Coalition Academy (NCA), E-learning, and Coalition Development Support, etc.**

See the full list of training opportunities here:

<https://www.cadca.org/events>



Resources

The Community Toolbox, developed by University of Kansas Center for Community Health and Development, offers free online resources for building healthy communities. <https://ctb.ku.edu/en>

Learn community-building skills and access toolkits:

<https://ctb.ku.edu/en/table-of-contents>

A quick overview of guidance:

<https://ctb.ku.edu/en/help-taking-action>

Training and Services overview:

<https://ctb.ku.edu/en/services>



CPA Conference

PA-Specific

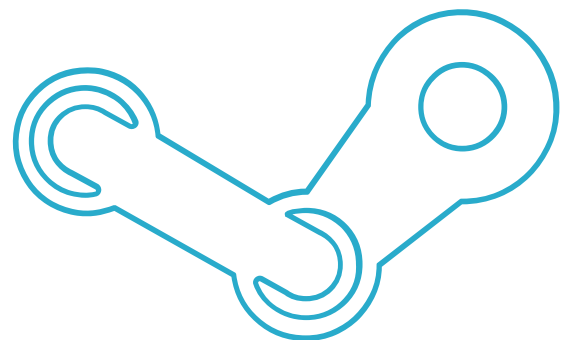
The Commonwealth Prevention Alliance hosts an **annual conference** for prevention professionals across Pennsylvania. The three-day conference includes a diverse panel of speakers, workshops, and networking sessions.

To see more details of this year's speakers and register for the conference, visit:

<https://commonwealthpreventionalliance.org/>

The Pennsylvania Commission on Crime and Delinquency (PCCD) and Evidence-Based Prevention and Intervention Support (EPIS) as a project of the Edna-Bennett Pierce Prevention Research Center in the College of Health and Human Development at Penn State, offer **scholarships** for this conference.

more information and to apply, scroll to the bottom of the conference page.



Action Planning Resources



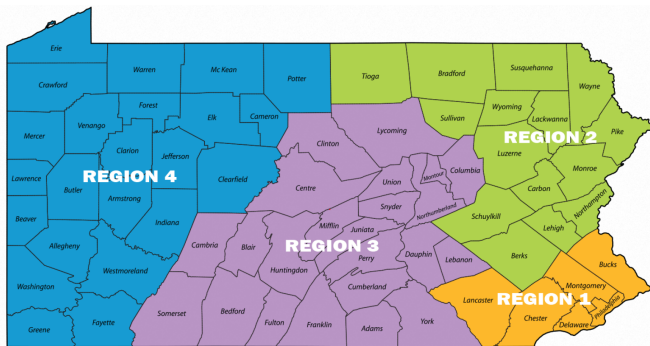
Regional Meetings

PA-Specific

The CPA regional meetings, in coordination with Penn State EPIS, will provide prevention training and **networking opportunities** to peers and professionals across the state. Anyone with an interest in Prevention is welcome to attend.

Checkout the website for regional meeting information:

<https://commonwealthpreventionalliance.org/about/regional-news/>



DDAP

Prevention Resources

PA-Specific

DDAP develops, oversees, and manages substance misuse intervention and prevention strategies across the commonwealth.

Checkout their prevention resources, including the **Prevention Staff Handbook, SAP Liaison Handbook, and prevention resources for parents, schools, and communities!**

<https://www.ddap.pa.gov/Prevention/Pages/Prevention.aspx>

Drug Free Workplaces

Resources about the dangers of substance use for communities and families, and also provides online courses and training opportunities.

Checkout **SAMHSA's Drug-Free Workplace Toolkit:** <https://www.samhsa.gov/workplace/toolkit>



Meeting of the Minds

Conference

MO-Specific

Meeting of the Minds is an annual conference in April that includes topics such as: alcohol, tobacco, and other drug prevention, mental health, violence prevention and well-being. This is a peer-education opportunity. Check back for more information: <https://www.mopiptraining.org/mom/>

Conference Schedule:

<https://www.mopiptraining.org/mom/schedule.html>



Missouri Department of MENTAL HEALTH

Campaigns and Resources

MO-Specific

The Missouri Department of Mental Health has provided a list of Prevention resources, which includes **Public Education Campaigns, Reports, and more.** <https://dmh.mo.gov/alcohol-drug/prevention>

The Division of Behavioral Health (DBH) within the Department of Mental Health is responsible for assuring the availability of substance use prevention, treatment, and recovery support services for the State of Missouri. They have provided a list of resources including: **fact sheets, PDFs, helpful links, etc.** <https://dmh.mo.gov/behavioral-health/resources>



Missouri Institute of Mental Health

Resources

MO-Specific

The Missouri Institute of Mental Health offers innovative research, program evaluation, professional training, and community outreach.

Professional Training:

<https://mimh.configio.com/content/mimh>

Upcoming Events: <https://mimhtraining.com/events>

Subscribe to live-online behavioral health trainings with MIMH CE Circle <https://mimh.configio.com/pd/2337/mimh-ce-circle>



National Institutes of Health
Turning Discovery Into Health

Resources

The NIH or National Institutes of Health is the largest biomedical research agency in the world and is comprised of about 28 institutes. <https://www.nih.gov/>

NIH has a list of resources for communities, students and educators.

See a list of their resources:

<https://www.nih.gov/research-training/science-education>

Action Planning Resources



Health Information

The National Institute on Minority Health and Health Disparities, an institute of NIH, offers **health information resources in multiple languages**. This includes information on mental health, and substance abuse.

Checkout the resources here:
<https://www.nlm.nih.gov/programs/education/language-access/health-information/>



Technical Assistance

The Opioid Response Network (ORN) is a national Technical Assistance network with local consultants in all 50 states and 9 territories, to help communities meet their opioid response needs using evidence-based practices, and offering educational resources and training. <https://opioidresponsenetwork.org/>

To receive TA, individuals can [submit a TA request form](#), and the designated technology transfer specialist for your state will respond within 24 business hours.

Diversity, Equity, and Inclusion Training:
<https://opioidresponsenetwork.org/Education/DiversityEquityandInclusion.aspx>

Upcoming Events:
<https://opioidresponsenetwork.org/Events.aspx>

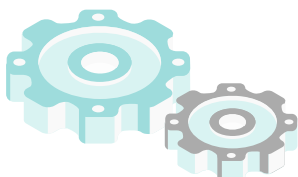


Alcohol Education Conference

PA-Specific

The Pennsylvania Liquor Control Board (PLCB) hosts an annual Alcohol Education Conference. This conference is free to attend and hosts alcohol education experts who share the same mission to reduce underage drinking and promote responsible drinking to those of legal age.

Information about the conference can be found here:
<https://www.lcb.pa.gov/Education/Programs/Pages/Conference.aspx>



Public Meetings

PA-Specific

PLCB holds public meetings with access to meeting minutes online as well. The meetings discuss any motions or changes the board agrees on. Although these are not being held in-person at the present time, they are still available to the public via telephone.

Access the meeting information here:
<https://www.lcb.pa.gov/About-Us/Board/Pages/Public-Meetings.aspx>



Prevent Prescription Drug Misuse

MO-Specific

Missouri Partners in Prevention have published a website dedicated to preventing prescription drug misuse. Here you can find informative resources on prescription drug misuse, educational materials, training available to anyone, information about Missouri law, infographics, and more.
<https://www.mopip.org/RX/index.html>



Campaign

PA-Specific

PAStart is a marketing campaign about building healthy capable children. Their website has resource links, materials, suggestions for positive action, and downloadable materials for evidence-based program promotion.
<https://pastart.org/about/>



Campaign

PA-Specific

PAStop is a CPA campaign funded by PCCD, to prevent opiate abuse in Pennsylvania. The campaign includes free materials about opiate addiction and information and other resources for individuals looking for help.
<https://pastop.org/>



Grants and Funding Announcements

PA-Specific

The Pennsylvania Commission on Crime and Delinquency offers a wide range of grants and funding opportunities.

Resources to guide the grant application process:
<https://www.pccd.pa.gov/Funding/Pages/default.aspx>

Grant Announcements: <https://egrants.pccd.pa.gov/>



Prevention Week

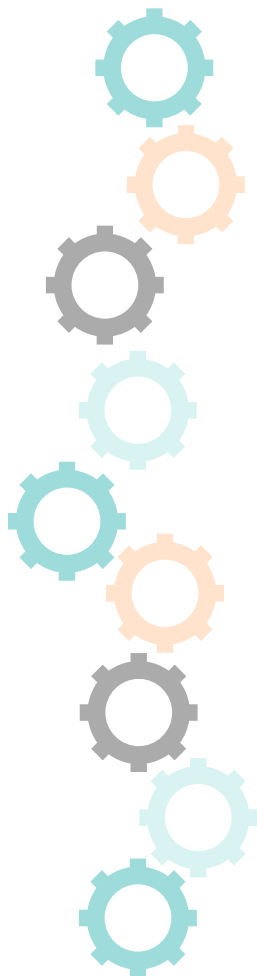
PA-Specific

CPA observes and hosts a week-long celebration of prevention efforts in Pennsylvania. This celebration is held during the same week as SAMHSA's National Prevention Week Celebration. These campaigns look to promote and encourage prevention year-round. Pennsylvania specifically looks to increase the prevention of substance use and to promote positive mental health.

In order to engage everyone who touches prevention, CPA hosts speakers on prevention topics, highlights the importance of using PAYS data, and provides fun activities to take part in during the week.

Learn more about prevention week here:
<https://commonwealthpreventionalliance.org/>

Follow CPA's Facebook Page to stay connected to Prevention Week activities:
<https://www.facebook.com/commonwealthpreventionalliance>



Resources

MO-Specific

The Mid-America Prevention Technology Transfer Center (Mid-America PTTC) promotes healthy drug-free communities across Missouri, Iowa, Nebraska and Kansas. With culturally competent and locally focused services, they work to improve implementation and delivery of effective interventions, and provide training and technical assistance to professionals, within the substance abuse prevention field.

Learn more: <https://pttcnetwork.org/centers/mid-america-pttc/home>

Missouri-specific resources:
<https://pttcnetwork.org/centers/mid-america-pttc/missouri?destination=/group/27/nodes>

Training and Events calendar:
<https://pttcnetwork.org/centers/global-pttc/training-and-events-calendar>

Evidence-Based resources:
<https://pttcnetwork.org/centers/global-pttc/evidence-based-resources>

Vaping and Tobacco resources:
<https://pttcnetwork.org/centers/global-pttc/vaping-resources>

Marijuana Prevention and Education Toolkit:
<https://pttcnetwork.org/centers/global-pttc/news/pttc-network-launches-new-marijuana-prevention-and-education-toolkit>

SAMHSA-highlighted resources:
<https://pttcnetwork.org/centers/global-pttc/samhsa-resources>



Grants

"The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities." <https://www.samhsa.gov/>

For information on grants opportunities and how to apply, visit: <https://www.samhsa.gov/grants/applying>



Tribal Affairs

SAMHSA is committed to ensuring that tribal communities have access to and receive, prevention, treatment, and recovery services. They have provided resources to help communities work towards these needs, including providing Tribal Technical Assistance, and funding opportunities.

To learn more: <https://www.samhsa.gov/tribal-affairs>



Resource Links

MO-Specific

The goal of Time2Act Missouri is to provide support, treatment, and resources to those impacted by the opioid crisis. <https://time2actmissouri.com/>

The resource links include trainings, access to treatment, data, information on drug take back locations, initiatives, programs, and more.

Resource Links:

<https://time2actmissouri.com/resource-links>

Information about Naloxone:

<https://time2actmissouri.com/naloxone>



YouTube Channels

For more visual and auditory learners, these YouTube Channels offer training, overviews, tools, and tips.

Coalition Check-Up:

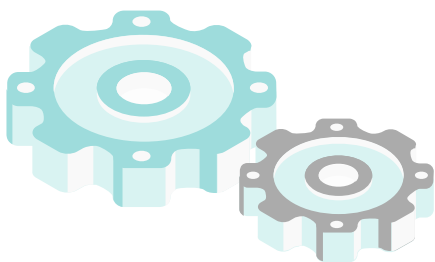
<https://www.youtube.com/channel/UCOfuJqABtlg0-gaJ182UJVw>

EPIS:

<https://www.youtube.com/channel/UCsALuB4x5iIBY7u-YNftKLw/featured>

The Community Toolbox:

<https://www.youtube.com/channel/UCbVCwAugo8lhkVJoZfZHMug>



2. Coalition Functioning



PCAC White Papers

The Prevention Coalition Advisory Council of PA (PCAC) has created a series of three papers on effective prevention coalitions and the importance of primary prevention.

See the White Papers here:

<https://commonwealthpreventionalliance.org/prevention-resources/coalition-resources/>



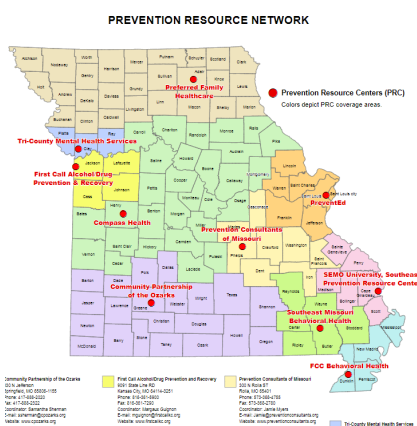
Prevention Resource Centers

MO-Specific

Community coalitions can look to their local TA provider or prevention specialist for resources and funding. The PRC are the primary source of technical assistance support for community coalitions. Each PRC has a prevention specialist who works to develop teams and task forces in communities to make changes in substance use patterns in their community.

Prevention Resource Network Map:

<https://dmh.mo.gov/media/pdf/prevention-resource-network-map>



Communities That Care

Both EPIS and PCCD support the Communities That Care (CTC) model, which is a coalition "operating system" that takes CTC communities through a process of using data to set priorities and select evidence-based programs for action.

About: <http://epis.psu.edu/ctc>

The Five Phases: <http://epis.psu.edu/ctc/phases>

CTC Trainings: <http://epis.psu.edu/ctc/trainings>

Implementation Tools: <http://epis.psu.edu/ctc/tools>



EPIS Learning Communities

EPIS hosts monthly learning communities for all community coalitions. These networking meetings discuss various topics relevant to coalition functions and strategies.

To get involved and attend these learning community meetings please contact a Systems Change Specialist at EPIS. <http://epis.psu.edu/epis-staff>



Technical Assistance (TA) Resources

PA-Specific

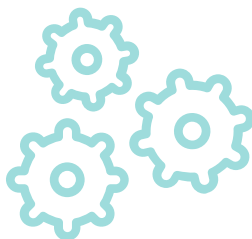
"The Systems Change team provides training and technical assistance to systems-change efforts that are focused on healthy youth development in communities throughout the Commonwealth; most notably, with coalitions that focus on the Communities That Care Plus model a proven approach to preventing youth violence, delinquency and drug use, and promoting positive youth development and strong families.

Training and Technical Assistance is provided to individual and group audiences through in-person and/or virtual site meetings."

Checkout the **TA Resources** page:

<http://epis.psu.edu/ta-resources>

Contact a **Systems Change Specialist** for more information regarding TA: <http://epis.psu.edu/epis-staff>





Resources

MO-Specific

Building Health Equity and Inclusion:

<https://pttcnetwork.org/centers/global-pttc/cultural-responsiveness>

For Community Coalitions and Collaborators:

<https://pttcnetwork.org/centers/global-pttc/community-coalitions-and-collaborators-priority-area>

Resources for Data-Informed Decisions:

<https://pttcnetwork.org/centers/global-pttc/data-informed-decisions-priority-area>



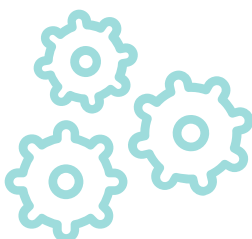
Strategic Prevention Framework

The Strategic Prevention Framework or SFP is a planning model to support coordinated, comprehensive, data-driven planning and accountability. The SFP is made up of five steps of which organize prevention strategies and objectives for change:

For **SAMHSA's flyer on the SFP**, checkout:

<http://dpbh.nv.gov/uploadedFiles/dpbhnavgov/content/Programs/ClinicalSAPTA/Docs/Appendix%201%20SFP%20Guidance.pdf>

More resources on the SFP can be found by a simple google search



MO-Specific

"The Community Innovation and Action Center at UMSL conducts applied research, builds skills, and convenes partners to create whole communities."

They are committed to strengthening community partnerships and coalitions, understanding that these have an undeniable impact on individual and neighborhood outcomes.

<https://ciac.umsl.edu/partnerships.html>

Staff Contact Info: <https://ciac.umsl.edu/staff.html>

3. Community Improvement Activities



Advocacy

MO-Specific

"Advocacy is educating your community, leaders, and decision makers on a topic so that they can make informed decisions."

ACT encourages advocacy and provides resources on locating your legislator, advocacy tips, etc.
<https://actmissouri.org/advocacy/>



Clearinghouse for Military Family Readiness

"The Clearinghouse is an applied research center created to help professionals identify, implement, evaluate, and improve programs that strengthen military service members, veterans, and their families."

Find a program using their continuum of evidence:
<https://www.continuum.militaryfamilies.psu.edu/search>

Checkout their **Program Implementation Toolkit:**
<https://militaryfamilies.psu.edu/resources/program-implementation-toolkit/>



EBP (Evidence-Based Programs) 101 Video Series

"This series of informational videos will guide you through selecting, implementing, evaluating, and sustaining an evidence-based program that's a perfect fit for the needs of your community. Tips on relevant grant writing issues supplement each section."

View the video series here:
<http://epis.psu.edu/EBP101>

Consider: "**Assessing Community Needs**" and "**Planning for Sustainability**".



Resources for Program Providers

EPIS has compiled a list of resources for program providers in response to the Opioid Epidemic in Pennsylvania. **A toolkit for faith-based communities, prevention programming best practices, look-up drug take-back locations, fact sheets, and more.**
<http://epis.psu.edu/opioid/resources/providers>



School-Based Primary Prevention - Video Series

"This video series is comprised of 20 videos broken into 5 Learning Modules. While viewing this series, you will receive a comprehensive overview of the opioid epidemic and the role primary prevention plays in combating the opioid epidemic."

Video Series:
<http://epis.psu.edu/opioid/resources/school-videos>



Questions to ask when selecting EBPs, and EBP Registries

Assess program quality, match, and your organization's readiness for implementation. Visit the evidence-based program registries to find programs to fit your community needs and purposes.
<http://epis-web2.vmhost.psu.edu/sites/default/files/2020-10/M4A-Questions-to-ask-when-selecting-ebp.pdf>



NOMODEATHS

Training

MO-Specific

NoM0Deaths.org PROVIDER EDUCATION AND TRAINING

The efforts of the Missouri Opioid State Targeted Response (STR) and Missouri State Opioid Response (SOR and SOR 2.0) **include provider education and training about evidence-based practices for treating opioid use disorder (OUD).**

"Trainings were delivered by a multidisciplinary group of clinical experts from around Missouri and were tailored to the needs of the staff and patient population. Consultants included physicians, counselors, social workers, peer specialists, and experienced program administrators who could each unpack both the "why" and the "how" of effective OUD care across diverse healthcare settings."

Provider Education and Training:

<https://www.nomodeaths.org/provider-education>

PA LCB

Alcohol Awareness Programs

PA-Specific

"The PLCB partners with community groups, state and local agencies, schools, law enforcement organizations and concerned parents and citizens. The Bureau of Alcohol Education develops, promotes and uses various tools that have been proven effective in achieving goals."

PLCB funds programs focused on reducing underage and high-risk alcohol consumption and supports related law-enforcement activities.

<https://www.lcb.pa.gov/Education/Programs/Pages/default.aspx>

Partners in Prevention

Trainings

MO-Specific

"Partners in Prevention is Missouri's higher education substance misuse consortium dedicated to creating healthy and safe college campuses."

<https://www.mopip.org/>

See a list of online training opportunities they offer:

<https://www.mopiptraining.org/>



Evidence-Based Programs Highlights

The Pennsylvania Commission on Crime and Delinquency highlights and supports evidence-based Blueprints and Model programs in PA. They highlight a few on their website:

<https://www.pccd.pa.gov/Juvenile-Justice/Pages/Juvenile-Justice-and-Delinquency-Prevention-Preventing-Delinquency.aspx>

PCCD also supports EPIS' list of evidence-based programs found here: <http://epis.psu.edu/programs>



Resources

MO-Specific

The Evidenced-Based Working Group (WG) promotes the selection and implementation of evidence-based interventions. They have provided products for prevention professionals and stakeholders, like webinars, slides, and guides available for free.

Resources for Evidence-Based Interventions:

<https://pttcnetwork.org/centers/global-pttc/evidence-based-interventions-priority-area>



Evidence-Based Practices Resource Center

"SAMHSA is committed to improving prevention, treatment, and recovery support services for mental and substance use disorders.

The Evidence-Based Practices Resource Center provides communities, clinicians, policy-makers and others with the **information and tools to incorporate evidence-based practices into their communities or clinical settings.**"

<https://www.samhsa.gov/resource-search/ebp>



Social Development Strategy

The Social Development Strategy (SDS) is the framework or strategy used by The Center for Communities That Care. It provides youth with the skills, opportunities, and recognition which strengthens bonding with healthy adults in their life.

<https://www.communitiesthatcare.net/prevention-science/>

For information on how to be trained in this strategy, contact a Systems Change Specialist at EPIS, <http://epis.psu.edu/epis-staff>

4. Youth Outcomes



Youth Risk Behavior Surveillance System (YRBSS)

The YRBSS monitors health behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the U.S.

The six categories that the YRBSS surveys are:

- Behaviors contributing to unintentional injuries/violence
- Sexual behaviors related to unintended pregnancy and STDs
- Alcohol/other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity

"YRBSS is a system of surveys. It includes 1) a national school-based survey conducted by CDC and state, territorial, tribal, and 2) local surveys conducted by state, territorial, and local education and health agencies and tribal governments."

<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>



Youth Risk Behavior Survey (YRBS) Toolkit

The YRBS Toolkit offers **resources, fact sheets, infographics, data analysis tools, etc.** to help educate communities and stakeholders about the youth health risk behaviors.

Checkout the Toolkit here:

<https://www.cdc.gov/healthyyouth/data/yrbs/toolkit.htm>



Data

MO-Specific

The Missouri Department of Health and Senior Services (DHSS) provides a great list of data sources and reports various community and individual outcomes. <https://health.mo.gov/data/>

Opioid Crisis Response data:

<https://health.mo.gov/data/opioids/>

Youth Risk Behavior Surveillance System (YRBSS):

<https://health.mo.gov/data/yrbss/index.php>

Youth Tobacco Survey (YTS):

<https://health.mo.gov/data/yrbss/index.php>



Missouri Student Survey (MSS)

MO-Specific

The Missouri Department of Mental Health, Division of Behavioral Health (DBH) and the Missouri Department of Elementary and Secondary Education have jointly conducted the Missouri Student Survey (MSS) since 2004.

The survey is conducted in even-numbered years and tracks risk behaviors of students related to alcohol, tobacco, and drug use in grades 6-12 attending public schools in Missouri. The data collected is analyzed and summarized by the Missouri Institute of Mental Health and is published in MSS reports.

Survey reports and wording comparisons available:

<https://dmh.mo.gov/alcohol-drug/missouri-student-survey>



PAYS Workbook and How-To Guide

PA-Specific

The PAYS Guide and How-To Workbook is a helpful tool for data-driven decision-making. **It offers planning tools to help analyze data, determine priorities, conduct a resource assessment, explore and select EBPs, develop an action plan, and then share results.**

Checkout the guide here:

<http://epis.psu.edu/pays/paysguide>



Pennsylvania Youth Survey (PAYS)

PA-Specific

The Pennsylvania Youth Survey or PAYS is a survey administered to students every other year to grades 6, 8, 10 and 12. This survey provides data to school administrators, legislators, state agency directors, and community coalitions on student behaviors, perceptions, attitudes, and knowledge about alcohol, tobacco, marijuana, other drugs, and violence.

State and county profiles are released every other year, opposite the survey administration year, and anonymity is ensured through the use of data-release thresholds.

[https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\).aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS).aspx)



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<http://epis.psu.edu/ccu>