February 2012 – LIVE REAL Mentor Listserv Email

Hello LIVE REAL Mentors,

NDSU Alcohol and Other Drug Abuse Prevention Programs is looking for LIVE REAL Mentors to share some of their experiences. We are wondering:

- How have you been impacted by becoming a LIVE REAL Mentor?
- What information was most interesting or useful from the LIVE REAL Mentor Training? Did anything surprise you?
- Has becoming a LIVE REAL Mentor changed how you view alcohol use?
- Have you shared any of the information that you learned in the training or had any conversations with others about alcohol use (their own or others’)? What was the nature of those conversations?

If you are willing to share, please send your answers to one or more of the questions above to Erika.Beseler@ndsu.edu.

Resources & Upcoming Training Opportunities:

NDSU Alcohol and Other Drug Research Webpage:
A new page has been added to the NDSU Alcohol and Other Drug Abuse Prevention website. The NDSU Research page provides a list of publications, presentations and research reports related to alcohol and other drug abuse prevention that have been produced by faculty and staff at NDSU. Looking for data for an alcohol or drug-related research project? Check out the NDSU Research page or the resources on the National research page.

LIVE REAL Mentor Listserv Archive:
Are you a new LIVE REAL Mentor? Or you just can’t wait a whole month to read another listserv email? Check out the LIVE REAL Mentor Listserv Archive to access every email that has been sent to the LIVE REAL Mentor listserv!

Marijuana Webinar:
“Marijuana Prevention on College Campuses” by Dr. James Lange will be shown on Thursday, February 23rd from 12:30 – 2:00p.m. in FLC 122. This webinar is being offered by the Higher Education Center for Alcohol, Drug Abuse, and Violence Prevention. Participants of the webinar will:

- Learn about the prevalence of marijuana use among college students and how it affects student health, safety, academic success, and retention.
- Understand the current research on specific harms, including physical health and disease, mental health, traffic safety and injury, and addiction.
- Discover comprehensive prevention strategies and bolstering motivational approaches.

If you would like to attend this webinar, please RSVP to Erika.Beseler@ndsu.edu by Wednesday, February 15th.

Marijuana eCHECKUP TO GO:
Marijuana eCHECKUP TO GO is a marijuana-specific brief assessment and feedback tool designed to
reduce marijuana use among NDSU students. The assessment takes about 10-15 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator. Students, faculty or staff can access Marijuana eCHECKUP TO GO at any time. Please feel free to share this valuable resource with others or check it out yourself!

**Looking for a Valentine’s Day lunch date? Be ours!**
Check out the LIVE REAL Mentor – Marijuana session on Tuesday, February 14 @ Noon in the Arikara Room, Memorial Union. Learn more about the basics of marijuana, use at NDSU, and how to challenge myths and assist those struggling with use.

**Spring 2012 LIVE REAL Mentor Training sessions:**

- Wednesday, February 29 @ Noon – Prairie Room
- Thursday, March 29 @ 4pm – Room of Nations
- Wednesday, April 25 @ 4pm – Room of Nations

Have a fantastic February!

Best,
Erika