Salutations LIVE REAL Mentors!

The semester is officially in full swing, and we are working hard in Alcohol and Other Drug Abuse Prevention Programs to deliver you with many opportunities and resources to provide ongoing education on AOD issues. As you learned in the LIVE REAL Mentor program, alcohol and other drug misuse is a problem that does not solely impact an individual, but our community as a whole. As such, it is essential that prevention efforts target not only these high-risk individuals, but also the environmental factors and community members that have an impact on the messages regarding the use of alcohol and other drugs.

As many of you may agree, some of the most influential members on campus are the faculty and staff members that students learn from and interact with daily. Last spring, a survey was sent to these faculty and staff members to gauge their perceptions and communication about college student alcohol use and related negative consequences. The information we received serves as a wonderful opportunity for us to do outreach on AOD issues as LIVE REAL Mentors. Here are some of the findings:

1. 95% of faculty are willing to refer students for assistance regarding alcohol use. However, only 66.3% of faculty know how to refer students for alcohol use.
   - As LIVE REAL Mentors, you are aware of the multitude of resources we have on campus for students struggling with alcohol or drug misuse. Don’t be hesitant to inform campus and community members about the NDSU Counseling Center or the work of the Behavior Intervention Team (BIT).

2. 25.6% of faculty would like to know more about incorporating AOD misuse information into lectures and course materials
   - Plenty of information is always available on the AODA Prevention Programs website. Additionally, we encourage you to share information that you have learned in previous LRM presentations with other members across campus. Remember, prevention is everyone’s job.
3. The majority of faculty and staff rarely or never inform students of alcohol-free late night events at NDSU, or encourage students to attend alcohol and other drug (AOD) educational programs.

   o We are extremely fortunate to have such an active campus with equally involved students, departments, and programs. There’s almost always something going on across campus. Checking the NDSU Campus Attractions webpage, upcoming Campus Live events, upcoming LIVE REAL Mentor presentations, or even the NDSU Event Calendar will help you stay informed and involved.

4. The vast majority of faculty and staff reported they do not joke about alcohol use with students.

   o We are grateful for the support from faculty and staff on this prevention effort as research indicates that the way we communicate about alcohol has a powerful impact on students’ drinking decision. When encountering inappropriate jokes or humor that normalizes or encourages alcohol use, remember CHIMS (CHallenging Inappropriate humor, Mi$information, and Stereotypes). Listening for the underlying meaning of the messages being conveyed and responding in a way that causes more thought, not less can assist in challenging those normalizing thoughts that maintain high-risk beliefs and behaviors.

OTHER ANNOUNCEMENTS:

The LIVE REAL Mentor Advanced Training session is scheduled for Wednesday, April 8th from 9:00 am – 12:00 pm. (Add to Calendar)

Attendees will develop an increased understanding of the role of mentors in referring individuals for assistance with substance abuse concerns, gain knowledge of the stages of change, and an increased confidence in recognizing and referring individuals of concern. This will be a 3-hour session incorporating skill-building sessions and participant interaction. Participants are required to have completed the LIVE REAL Mentor Basics program. Please RSVP to Christopher.Held@ndsu.edu by April 3rd if you wish to attend.

Other Upcoming Presentations:

LIVE REAL Mentor – Marijuana Session:

Thursday, March 26th, Noon (Meadow Lark Room)

“What do we really know about Marijuana?”

Attendees will learn about the basics of marijuana, use rates at NDSU and nationally, and how to challenge myths and assist those struggling with use. These sessions are open to all NDSU students, staff, and faculty. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.
LIVE REAL Mentor – Alcohol & Sexual Violence Session

Wednesday, April 15th, Noon (Arikara Room)

"How is alcohol used as a weapon for sexual assault?"

Attendees will learn about the relationship between alcohol and sexual violence. Social norms regarding sexual behavior and alcohol will be discussed, along with the impact of alcohol on both victims and offenders and the role of alcohol in victim blame. This session is open to all NDSU students, staff, and faculty. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

Best,

Chris