Hello LIVE REAL Mentors,

Happy New Year! I hope 2011 is starting off well for you. The beginning of a new year is often a time that people take stock of decisions they have made and set new goals for themselves. Do you know someone who is hoping to make a change in their consumption of alcohol or other drugs? As a LIVE REAL Mentor, you have an opportunity to identify yourself as a source of referral and support for those around you looking to make changes. As a reminder, here are a few tips to use and services to reference when talking with someone about changing AOD-related behaviors:

- First and foremost – LISTEN. Listening is the easiest way to show the person that you care about them and you would like to help. Ask them about their concerns and their goals.
- Share resources. Each person’s needs are different, and NDSU and the F-M community offer a variety of support services designed to meet individual needs. Here is a brief overview:
  - **On-line Tools** – Brief self-assessments are available online for faculty, staff and students to help assess alcohol and other drug use and provide personalized feedback. Alcohol eCHECKUP TO GO and Marijuana eCHECKUP TO GO are both available at [www.ndsu.edu/alcoholinfo](http://www.ndsu.edu/alcoholinfo) under “Alcohol & Other Drug Information.”
  - **NDSU Counseling Center** – the Counseling Center offers screening services for students who want to explore their AOD use, as well as individual and group counseling services for students in need of outpatient treatment. A licensed addiction counselor is available to meet with students, and there is no fee for these services. Counselors are also available to discuss any concerns you may have about students you interact with and offer suggestions for making referrals.
  - **Local Support Groups** – a listing of local support groups for those in recovery is available through FirstLink at [http://www.irissoft.com/cri1/](http://www.irissoft.com/cri1/).
  - **Other Resources (i.e., inpatient services, support hotline, and counseling for non-students)** – visit [www.ndsu.edu/alcoholinfo](http://www.ndsu.edu/alcoholinfo) and select “Students” then “Alcohol Resources” for a list of NDSU & Fargo-Moorhead alcohol referral resources.
- Keep the door open. Changing AOD-related behaviors is often a long process, and individuals who are considering a change or are actively making one may need support along the way. Don’t be afraid to ask how they are doing, be open and positive when speaking with them, and identify yourself as a source of continued encouragement and assistance.

Have other questions about helping someone who is struggling with alcohol and/or other drug use? Contact Erika Beseler Thompson at Erika.Beseler@ndsu.edu or 231-5478.

**Spring 2011 Announcements:**

There are several LIVE REAL Mentor Training sessions scheduled for this spring. Training sessions will take place on the following dates:

- Tuesday, February 1st – Noon-1pm, Arikara Room, Memorial Union
Two LIVE REAL Mentor “Train the Trainer” sessions will also be held this spring for any mentors who are interested in learning how to facilitate future LIVE REAL Mentor Training sessions. The Train the Trainer sessions will provide additional information about the background of the program and the effects of alcohol and other drugs, as well as taking you step by step through presenting a LIVE REAL Mentor session. All current LIVE REAL Mentors are welcome to sign up for this training opportunity. Lunch will be provided to attendees. Please RSVP to Erika.Beseler@ndsu.edu if you are planning to attend (see RSVP dates below).

Spring 2011 LIVE REAL Mentor Train the Trainer sessions:

- Thursday, February 10th – 11am-1pm, Mandan Room – Memorial Union (RSVP by Monday, February 7th)
- Wednesday, March 30th – 11am-1pm, Peace Garden Room – Memorial Union (RSVP by Friday, March 25th)

Have a wonderful spring semester!

Erika