January 2013 – LIVE REAL Mentor Listserv Email

Hello LIVE REAL Mentors,

Do you know someone who has faced or is facing addiction? Are you worried about your own risk factors for addiction? A new LIVE REAL Mentor session, Family and Genetic Factors, will be presented on January 24th at Noon in the Rose Room, Memorial Union. This session is intended to share information about the role that family factors and genetics play as risk factors for substance abuse and addiction. Coping mechanisms for family members and friends of individuals with addiction will also be discussed. Here is a quick preview of some of the questions that will be answered in the session:

- What influence does the family environment have on my likelihood for AOD addiction?
- What influence do my genetics have on my likelihood for addiction?
- What impact does addiction have on friends and family members?
- What resources are available to help me, as a friend or family member of someone with addiction?

Be sure to attend the LRM Family & Genetic Factors session next week for answers to these questions. Have a great Spring semester!

Best,

Erika

Upcoming LIVE REAL Mentor Sessions:

- Family and Genetics Factors Session: Thursday, January 24th, Noon – 1:00 p.m., Rose Room, Memorial Union
- Basic Session: Wednesday, February 27th, 4:00 – 5:00 p.m., Rose Room, Memorial Union
- Advanced Session: Wednesday, April 10th, 1:00 - 4:00 p.m., Mandan Room, Memorial Union
(Please RSVP to Erika.Beseler@ndsu.edu by April 3rd)