January 2015 – LIVE REAL Mentor Listerv Email

Salutations Live Real Mentors!

Hopefully you are all adjusting well to the new semester and are enjoying all of the opportunities this new year presents you! The beginning of each year is often a time that people reflect on decisions they have made and set new goals to achieve for themselves. As a LIVE REAL Mentor you have the opportunity to identify yourself as a source of referral and support for those around you choosing to make changes related to alcohol and other drug related issues. Ongoing education on these topics will not only benefit you, but also those who look to you for assistance. We have many LIVE REAL Mentor sessions for you to attend for the spring, and we hope that you will make them a priority. I hope to see you at some of our LRM sessions this spring semester! Best of luck and GO BISON!

Best,

Chris H.

Chris Held
Graduate Assistant, Alcohol and Other Drug Abuse Prevention
Student Success Programs
NORTH DAKOTA STATE UNIVERSITY

LIVE REAL MENTOR

LIVE REAL Mentor – Parent and Caring Adult Session
Wednesday, January 28th, Noon (Room of Nations)
“How do I talk to my kids about drugs and alcohol?”

Attendees will learn about research related to parental modeling and messaging regarding alcohol and other drug use. Tips for talking with children of all ages about drinking and drug use will be discussed and resources for ongoing education will be shared. Dr. Sharon Query from NDSU 4H Youth Development and Dr. Kent Sandstrom, Dean of the College of Arts, Humanities, and Social Sciences, will be presenting this session. This session is open to all NDSU students, staff, and faculty and all community members. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

Add to Calendar

LIVE REAL Mentor – Basic Session
Tuesday, February 24th, Noon (Meadow Lark Room)
“How much do NDSU students really drink?”

An introduction to the LIVE REAL Mentor Program. Participants will learn about the effects of high risk alcohol and drug use and how to take steps to promote an environment of safe and responsible attitudes toward alcohol at NDSU. These sessions are open to all NDSU students, staff, and faculty.

Add to Calendar

**LIVE REAL Mentor – Marijuana Session:**

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

“How do we 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.

Add to Calendar

**LIVE REAL Mentor – Advanced Session:**

Wednesday, April 8th, 9:00 a.m. – Noon (Peace Garden Room)

“How do I help if I think someone is struggling with alcohol or drugs?”

Level 2 Training for LIVE REAL Mentors. Participants should have completed the LIVE REAL Mentor Basics program. 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. Please RSVP to Christopher.Held@ndsu.edu if you wish to attend.

Add to Calendar

**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.

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