Hello LIVE REAL Mentors,

Welcome back from Spring Break! Recently, Dr. Elizabeth Erichsen from NDSU Education Doctoral Programs conducted a qualitative study to gauge the current climate for high-risk drinking among students at NDSU and how it has changed over the past decade. The results of this study will be used in the upcoming strategic planning process for the President’s Council on Alcohol and Other Drugs. Highlights from the executive summary report are summarized below:

- NDSU’s overall institutional prevention capacity score was a 7.6 on a scale of 1 to 9. This score indicates that prevention activities are well supported by institutional decision makers and stakeholders and prevention efforts on campus are stable.
- Both stakeholders and students recognize and attest to drinking, and particularly high risk drinking, as a perceived normal behavior engaged in by NDSU college students.
- Both stakeholders and students agree that establishing preventative measures before students enter NDSU is necessary, as the first year students are perceived to be at highest risk for negative consequences of overconsumption of alcohol. Data from the CORE survey reveal that first year students actually drink less and experience fewer negative consequences, however, this common perception of Freshman being at highest risk is somewhat supported by national literature. NDSU employs various prevention strategies to address this concern and student population.
- Alternatives [to drinking] need to be promoted more to off campus students and Junior and Senior level students, as well as to graduate students. High risk drinking and the related negative consequences are relevant for all students, not just those who are underage.
- Partnerships and practices in support of the reduction of alcohol related advertisements have been effective, but serious concern remains regarding the aggressive marketing and promotion of alcohol by F-M establishments that support and encourage the overconsumption of alcohol.
- Participants agreed that students need to address their fellow students on the issue of overconsumption of alcohol, as peers have more influence. The eCHUG requirement and Before One More campaign were generally regarded highly by both administrator and student participants.
- Both students and stakeholders felt that the distribution of information and educational materials regarding the risks of overconsumption of alcohol are widespread and effective, especially list serves and the training opportunities available. (We are glad to hear you find the listserv messages and training opportunities to be useful!)

For a full summary of findings, see the attached NDSU High Risk Drinking Climate Study Final Report.

As a reminder, the LIVE REAL Mentor Advanced Training session is scheduled for Wednesday, April 10th from 1:00 – 4:00 p.m. This session is intended to provide current LIVE REAL Mentors with an increased understanding of the role of mentors in referring individuals for assistance with substance abuse concerns and confidence in recognizing and referring individuals of concerns. This will be a three-hour training session that will incorporate skill-building and participant interaction. Please RSVP to Erika.Beseler@ndsu.edu by April 3rd if you would like to attend.

Best,
Upcoming LIVE REAL Mentor Sessions:

- Marijuana Session: Thursday, March 21\textsuperscript{st}, 4:00 – 5:00 p.m., Rose Room, Memorial Union
- Advanced Session: Wednesday, April 10\textsuperscript{th}, 1:00 - 4:00 p.m., Mandan Room, Memorial Union
  (Please RSVP to Erika.Beseler@ndsu.edu by April 3\textsuperscript{rd})
- Basic Session: Thursday, April 25\textsuperscript{th}, Noon – 1:00 p.m., Room of Nations, Memorial Union