Salutations LIVE REAL Mentors!

I hope you are all adjusting well to the fall! There’s plenty to look forward to, including the changing colors of the leaves, sweater weather, and PUMPKIN EVERYTHING. With the end of the year approaching, many holidays such as Halloween, Thanksgiving, and Christmas are identified high-risk times for increased alcohol use. However it is important to note that recent research conducted by SAMHSA has shown that the upcoming months are also a high-risk time for first-time tobacco and drug use (check out the report here!). This first-of-its kind study not only gives us an insight into peak times for non-medical use for specific drugs, it also shows us what times of the year students are more likely to try specific drugs for the first time.

While alcohol is definitely a focus for our program, it is important for us to realize as LIVE REAL Mentors that substance use may often include a variety of substances – not just one. In fact our CORE survey of NDSU students has shown that students who frequently use marijuana are significantly more likely to use tobacco and alcohol, and are also more likely to consume these substances in higher-risk ways (read the full report here).

As LIVE REAL Mentors, you have identified an interest in helping those around you engage in low-risk behaviors and to assist those who may be struggling with substance misuse. While you have likely received training about how to approach and assist those who may be experiencing these struggles, know that there are plenty of resources available to you to further your knowledge and practice as a mentor. One that has been proven both enjoyable and effective is our upcoming LIVE REAL Mentor Advanced Session. This 3-hour session builds off of the LRM Basics session and provides more information about Brief Motivational Interviewing (a proven strategy for assisting those experiencing substance misuse), environmental factors that contribute to addiction, and also resources at NDSU and in the Fargo-Moorhead community.

If you are interested, please RSVP to me at Christopher.Held@ndsu.edu by November 11th. Space is limited so I recommend to do so quickly if interested! Also, our website has plenty of current research, information, and resources available to you. Please do not ever hesitate to contact our office (or even myself) if you are looking for more information on any substance issue.

BEST OF LUCK with the upcoming month and THANK YOU for all your work as mentors!

Chris Held
Graduate Assistant, Alcohol and Other Drug Abuse Prevention
Student Success Programs
NORTH DAKOTA STATE UNIVERSITY
Upcoming LIVE REAL Mentor sessions

LIVE REAL Mentor Family & Genetic Factors Session
  o  Wednesday, November 18th, Noon
     ▪  Rose room, Memorial Union
     ▪  Add to Calendar

LIVE REAL Mentor Basics Session
  o  Wednesday, December 2nd, Noon
     ▪  Prairie room, Memorial Union
     ▪  Add to Calendar

LIVE REAL Mentor Advanced Session
  o  Wednesday, December 9th, 2015
     ▪  Peace Garden room, Memorial Union
     ▪  RSVP to Chris (Christopher.Held@ndsu.edu) by November 11th
     ▪  Add to Calendar

LIVE REAL Mentor Parent & Caring Adult Session
  o  Wednesday, January 27th, 2016
     ▪  Mandan room, Memorial Union
     ▪  Add to Calendar