September 2012 – LIVE REAL Mentor Listserv Email

Hello LIVE REAL Mentors,

As the school year takes off, one of the important issues to keep in mind is the impact that heavy drinking can have on student learning, retention, and graduation (Keeling, 2000), as well as the association of heavy drinking with accidents, injuries, and violence (Hingson, Zha, & Weitzman, 2009). The first few weeks of fall semester can be a time of heightened risk for some of our students, particularly those new to the college setting (Beets et al., 2009). If you notice concerning behaviors among your peers or the students you work with, please keep in mind we have several services available on campus for students or colleagues who may be struggling with alcohol or other drug misuse or abuse:

- Individuals can measure their drinking using a BAC (blood alcohol concentration) calculator, as well as cost or calorie calculators. Remind those who choose to drink to plan ahead and keep their BAC at a level of .05% or lower in order to reduce the harmful effects of overconsumption.
- eCHECKUP TO GO (Alcohol and Marijuana versions) is a brief interactive online activity that provides individuals with feedback about their personal risk factors should they choose to drink or use marijuana.
- BASICS (Brief Alcohol and Screening and Intervention for College Students) is a service available through the NDSU Counseling Center for students who want to explore their alcohol and other drug use. It is designed to assist students in examining their own behaviors in a judgment-free environment.
- The NDSU Counseling Center offers a therapy group focused on concerns related to substance abuse and dependence facilitated by a counselor trained in mental health and addiction. Individual appointments to discuss substance abuse (or other) concerns are also available by calling 231-7671.
- NDSU’s Employee Assistance Program is available to provide free, confidential assistance related to substance abuse (or many other concerns) for qualified employees and dependents. Referrals and information about using the EAP are available by calling 866-327-2400.

2012-2013 LIVE REAL Mentor Program Schedule and Updates:
There have been several additions to the LIVE REAL Mentor program this year! Current mentors may want to check out the Advanced Session or attend the Marijuana or Family & Genetic Factors sessions. See the schedule below for all of the details about the new sessions and mark your calendars!

**LIVE REAL Mentor Advanced Session:** 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 Erika.Beseler@ndsu.edu if you wish to attend.
- Thursday, November 15th, 1:00 - 4:00 p.m., Mandan Room, Memorial Union (RSVP by Nov. 8th)
- Wednesday, April 10th, 1:00 - 4:00 p.m., Mandan Room, Memorial Union (RSVP by April 3rd)

**LIVE REAL Mentor Marijuana Session:** A supplement to the LIVE REAL Mentor Program. Participants do not need to have previously attended the LIVE REAL Mentor Basics program. 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.
LIVE REAL Mentor Family & Genetic Factors Session: A supplement to the LIVE REAL Mentor Program. Participants do not need to have previously attended the LIVE REAL Mentor Basics program. Attendees will learn about the role that family factors and genetics play in substance abuse and addiction. Risk factors and coping mechanisms for family members and friends of individuals with addiction will be discussed.

LIVE REAL Mentor Basic Session: 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.

Have a wonderful September!
Erika

References