Hello LIVE REAL Mentors,

I have several announcements to share with you today!

**DUI Awareness Week:** You may remember from the release of the 2012 CORE Alcohol and Other Drug Survey results that the percentage of NDSU students who reported driving under the influence has steadily declined from 48.8% in 2001 to 24.1% in 2012. However, we know that the cost of any intoxicated driving is high for individuals and our community. As part of the efforts of our campus to combat intoxicated driving among our students, faculty, and staff, the President’s Council on Alcohol and Other Drugs is sponsoring a DUI Awareness Week from September 29th to October 5th. During this week, messages related to DUI prevention will be sent to alumni, faculty, staff, and current students. Campus events will include featuring the [Deutscher Crashed Car display](#) on Thursday, October 3rd from 9 a.m. to 2 p.m. on the south side of the Memorial Union, and NDSU alumnus and survivor of a drunk driver, Vince Ulsstad will be an honored guest at the October 5th home football game. Vince’s PSA related to preventing drunk driving will also be shown during the game. Vince’s PSA is available on the Fargo Police Department website (Select “Vince” on the right side of the page). Watch for emails later this month regarding DUI Awareness Week, and please help us spread this important message!

**LIVE REAL Mentor Banner Story:** The LIVE REAL Mentor program will be featured later this month as story on the NDSU homepage. We are in need of a current Mentor who has their LIVE REAL Mentor window cling posted in their office/room and who is willing to be photographed for our story. Please email Erika.Beseler@ndsu.edu if you would be willing to represent our campaign to NDSU and the broader community!

**2013-2014 LIVE REAL Mentor Educational Series:** The LIVE REAL Mentor program is expanding again this year! The Basic session will be offered twice per semester, as usual. Current mentors may also wish to check out the Advanced, Marijuana, and Family & Genetic Factors training sessions, along with the new, Parent-focused session. See the schedule below for all of the details about this year’s sessions and mark your calendars!

**LIVE REAL Mentor Basic Session:** This session is 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.

- Wednesday, October 2nd, Noon (Room of Nations)
- Thursday, December 12th, 11:30 a.m. (Meadow Lark)
- Tuesday, February 25th, 11:30 a.m. (Meadow Lark)
- Wednesday, April 30th, Noon (Hidatsa)

**LIVE REAL Mentor Advanced Session:** 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. This is Level 2 Training for LIVE REAL Mentors; participants should have completed the LIVE REAL Mentor Basic session. Please RSVP to Erika.Beseler@ndsu.edu if you wish to attend.

- Thursday, November 14th, 1-4 p.m. (Peace Garden), RSVP by Nov. 8th
- Wednesday, April 9th, 9 a.m. – Noon (Peace Garden), RSVP by April 4th
**LIVE REAL Mentor Marijuana Session:** 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. This session is a supplement to the LIVE REAL Mentor Program. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, November 20th, Noon (Hidatsa)
- Thursday, March 27th, 11:30 a.m. (Meadow Lark)

**LIVE REAL Mentor Family and Genetic Factors Session:** 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. This session is a supplement to the LIVE REAL Mentor Program. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Tuesday, October 22nd, 11:30 a.m. (Meadow Lark)

**LIVE REAL Mentor Parent Session (NEW for 2013-14):** 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. This session is a supplement to the LIVE REAL Mentor Program. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, January 29th, Noon (Hidatsa)

Thanks and have a wonderful September!

Erika