Hello LIVE REAL Mentors,

The 2014-15 LIVE REAL Mentor Educational series schedule is now available! Please mark your calendars for the sessions you are able to attend, and feel free to share the schedule with friends and colleagues.

Alcohol: The Basics 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.

- Wednesday, September 17\textsuperscript{th}, Noon (Room of Nations)
- Tuesday, December 2\textsuperscript{nd}, Noon (Meadow Lark Room)
- Tuesday, February 24\textsuperscript{th}, Noon (Meadow Lark Room)

Marijuana Session: Learn about the basics of marijuana, use rates at NDSU and nationally, and how to challenge myths and assist those struggling with use. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, November 19\textsuperscript{th}, Noon (Room of Nations)
- Thursday, March 26\textsuperscript{th}, Noon (Meadow Lark Room)

Family and Genetic Factors Session: 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. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Tuesday, October 14\textsuperscript{th}, Noon (Meadow Lark Room)

Parent and Caring Adult Session: 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. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, January 28\textsuperscript{th}, Noon (Room of Nations)

Alcohol and Sexual Violence Session: 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. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, April 15\textsuperscript{th}, Noon (Arikara Room)
**LIVE REAL Mentor Advanced Session:** 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 Christopher.Held@ndsu.edu if you wish to attend.

- Wednesday, April 8th, 9 a.m. – Noon (Peace Garden Room), RSVP by April 3rd

Have a great September!

Erika