

BACCHUS Initiatives of NASPA – Region II Spring Conference

Montclair State University

Center for Environmental and Life Sciences building

Conference Registration & Breakfast: 8:15 AM - 9:00 AM

Atrium

Conference Opening & Welcome: 9:00 AM - 9:45 AM

Room: CELS 120

Breakout 1: 10:00 AM - 11:00 AM

Spreading the Word: How to Recruit, Engage, and Keep Great Student Leaders for Your Peer Education Program – University at Albany

Room: CELS 110

Whether you are looking to increase the number of peer educators in your group or recruit a wider variety of students, successful peer educator recruitment requires organization, planning and effective communication skills. Likewise, once peer educators are recruited, it is important to continue to engage and motivate them in order to retain them. Come and learn about some creative strategies for finding and keeping great student leaders that have been put together by staff and students from a peer education program that has been active on campus for 47 years. We will share our successes, challenges, and specific recruitment tips and resources with workshop participants.

Lead Presenter: Craig A. Kimmelblatt

How to Help a Sexual Assault Survivor: Training the Peer Educator – University at Buffalo

Room: CELS 209

Learn how to help others recover from sexual assault, tap into local resources, and get involved with prevention efforts. This program is from the perspective of peer educators teaching each other of how to present on issues of Sexual Assault. This workshop is based on “The Men’s Program” by John D. Foubert.

****Trigger warning: not recommended for individuals with personal experiences of sexual violence**

Lead Presenter: Jamie Core

Beauty Versus the Beast: Making Peace with Our Bodies – Marywood University

Room: CELS 223

Eating disorders currently impact up to 20% of college students. Further, numerous students struggle with feeling good about their appearance and body size. To help create a culture of body acceptance we must honor and respect the diversity of all body types. As such, we must reprogram the way we think about our own body and the bodies of others. This education program is designed to help students define body image and explain how it relates to each individual, explore the role which the media has in influencing body image, and explain the set point theory and other steps towards positive body images and body size acceptance. We will also discuss and present activities to utilize at your own university that promote a culture of body acceptance and challenge the narrow ideals of beauty that we see in our everyday lives.

Lead Presenter: Sarah Davis

Musical Mindfulness – DeSales

Room: CELS 227

This program invites peer educators to explore the role that music of various genres plays in our mental and emotional life. Even Aristotle stated in the 4th century B.C.E. that music, more than any other art form, imitates the rhythms and cadences of the human psyche. As such, music can be employed in auditory meditation to bring a heightened awareness to the color and magnitude of thoughts and emotions that reside in a person's consciousness in such a way that provides an opportunity to manage one's thoughts and feelings while doing so in a calm and relaxed internal and external environment.

Lead Presenter: Matthew Trovato

Breakout 2: 11:15 AM - 12:15 PM

Tobacco-Free Red Hawks Cessation Groups – Montclair University

Room: CELS: 110

The purpose of the Tobacco-Free Red Hawk Cessation program is to provide all those who participate the information, skills and resources to make a quit attempt. This 4 week program was designed by the American Cancer Society and adapted by the Office of Health Promotion to make it relevant to our campus community. This project is currently funded by the American Cancer Society and the CVS Health Foundation's Tobacco-Free Generation Campus Initiative

Lead Presenter: Marie Cascarano

A Day in the Life of my Super Ability – WV State

Room CELS: 209

As a peer educator, each of you know and understand that you will encounter people, most likely fellow classmates, of various ages, races, genders, religions, abilities, sexual orientations, and many other factors. Today, we present to you six activities covering disability awareness. For each of the three types of disability, which include mental and emotional, cognitive and learning, and physical, we will present interactive demonstrations highlighting the difficulty an individual may face. For mental and emotional disability, we will focus on autism and posttraumatic stress disorder (PTSD); for cognitive and learning disability, we will simulate the point of view of an individual with dyslexia and communication disorder, also known as aphasia; and for physical disability, we will provide insight into the difficulty of day-to-day activities for someone with hearing impairment and use of a single hand.

Lead Presenter: Emily Robinson

Happy First Villanova Birthday! – Villanova University

Room: CELS 223

Looking for a new and innovative ways to reach the freshman on your campus? Come celebrate YOUR First Villanova Birthday with us! Our Birthday program has helped us to reach over 300 freshman students on our campus. This informal outreach initiative is an easy program that any campus can implement. Through this program, peers use motivational interviewing strategies to educate new students on a number of topics such as protective drinking strategies, alternative ways to celebrate - such as weekly campus events and activities, campus resources, and more! We have adapted this program to reach our commuter and off-campus students as well as those who have birthdays over the holidays and breaks. If you are looking for a fun and easy way to reach your first year students, come celebrate "Your First Villanova Birthday" with us!

Lead Presenter: Kristy Sillay

S.T.A.R - Stop The Abusive Relationships – Frostburg State

Room: CELS 227

STAR is a program designed to help educate and empower peer educators to be advocates of people in abusive relationships, and to encourage them to take this program to their own campus. By going through concepts such as #WhyIStayed, the effects of staying, and other components - we challenge peer educators to help bring the fight to their own campus.

Lead Presenter: Kaelan Keller

Lunch/Keynote: 12:30 PM - 1:45 PM

Room: CELS 120

Breakout 3: 2:00 PM - 3:00 PM

Safer Sex Olympics – Montclair University

Room CELS 110

Safer Sex Olympics is an interactive session where students engaged in semi-competitive activities and discussions about safer sex practices including masturbation, choosing to abstain, how to use condoms safely and effectively, reasons condoms break, and HIV/STI information and campus resources for getting tested.

Lead Presenter: Marie Cascarano

Peer Education Roundtable

Room: CELS 120

Join your regional and national peer education team for a joint-roundtable discussion to open dialogue about peer education on campus, and gather resources from your peers to make the next year even more successful.

Peer Career Advising: A New Direction for Peer Education – University at Albany

Room: CELS 209

Among the various issues college students face, one of the biggest ones is figuring out what they are going to do with their lives. Choosing a major, what to do with it, what happens after graduation, and beginning a job search are all things students must address at some point, yet not all students get the guidance they need to help them make these decisions. In this workshop, you will learn about how peer educators can work as Peer Career Advisors (PCAs) and how trained peers can make a unique contribution to the career services that colleges and universities provide. We will discuss the training PCAs are required to go through before they are permitted to work with other students and how this unique group of peer educators are continuously expanding their knowledge on the different aspects of career services.

Lead Presenter: Craig A. Kimmelblatt

WV Consortium Project – WV State

Room: CELS 223

In West Virginia, the Intercollegiate Council Against Sexual Violence (ICC) has been in operation since 2002 and is made up of 4 year institutions of higher education, rape crisis centers (RCCs), the Higher Education Policy Commission (HEPC), and WV Foundation for Rape Information and Services (WV FRIS). In 2012, a grant was submitted to the Office on Violence Against Women (OVW), US Department of Justice in which 9 campuses, 7 RCCs, WV FRIS, and HEPC all partnered to create the WV Consortium Project. This presentation will highlight the project goals and activities of the 3 year grant cycle, as well as the newly re-submitted grant proposal for 2016-2019 cycle. Attendees will also receive access to training tool kits for law enforcement and security officers, personnel involved with interpersonal violence prevention efforts, and judicial boards.

Lead Presenter: Robin Tabor

Breakout 4: 3:15 PM - 4:15 PM

Advisors Round Table

Room: CELS 120

Advisors are welcome to join together for an opportunity to explore the current state of Peer Education in Region II, updates from NASPA, and discuss ways that we can be empowered leaders in Region II in the next year!

Get Woke, Stay Woke – Rutgers

Room CELS 110

Immigration rights, intersectionality, and intergroup conflicts...Let's move beyond politics and make it personal. What does diversity look like on your campus? Why should we value difference? Play with us through interactive games and applied theater techniques, and then discuss how you can adapt these methods for your own campus needs.

Lead Presenter: Theresa Tantay-Wilson

Bulk or Sulk – DeSales

Room: CELS 209

Everyday there is evidence of a huge push to correct and end women's issues. Negative self-images, social pressures, and traditional gender roles have come under attack. It is a great cause and progress still need to be made, but what about men. Have we forgotten to apply these enlightened views to the men of the world? Are we holding our men down to fit a certain social construct with narrow boundaries and strict definitions? This program looks at the societal expectation placed on men, and the negative effects of the typical ideas of what a man is and societies warped view of masculinity.

Lead Presenter: Michael Romano

Resiliency Boot Camp – Slippery Rock

Room: CELS 223

The HOPE Peer Educators from Slippery Rock University of Pennsylvania will share their most requested program, Resiliency Boot Camp. This program educates students about possible stressors and tips to become more resilient throughout their college career. It includes an interactive activity that simulates the stress of college life and how to manage stress. Those in attendance will better understand how this program is facilitated to undergraduate students, primarily first year students, and the learning outcomes gained by attendees.

Lead Presenter: Carly Thorne

Awards and Closing Session: 4:15:00 PM - 4:45:00 PM

Room: CELS 120