

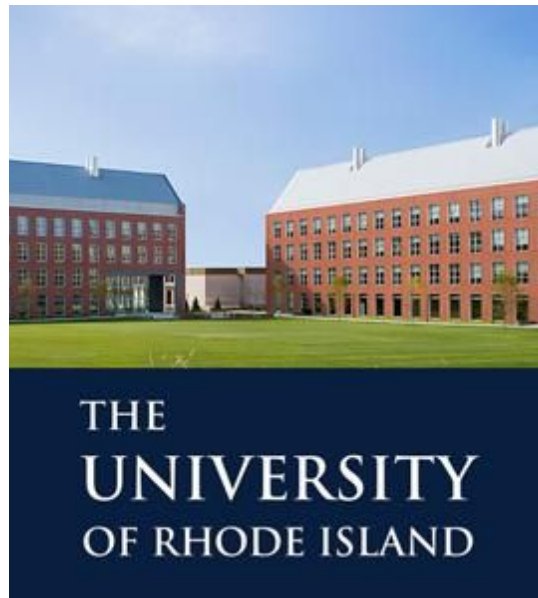


BACCHUS Initiatives of NASPA

Region I Conference Guide

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island & Vermont

<http://www.naspa.org/constituent-groups/groups/bacchus-initiatives>



Saturday, March 24, 2018
University of Rhode Island

BACCHUS Initiatives of NASPA Region I Conference

University of Rhode Island • Kingston, RI

March 24, 2018

On behalf of the BACCHUS Initiatives of NASPA and the BACCHUS Region I Leadership Team, we are delighted to bring this year's regional conference to [University of Rhode Island](#). The conference is hosted by Racine Amos & Hannah Woodhouse, [URI Violence Prevention and Advocacy Services Program](#), and [URI Peers. Learning.Educating.And.Supporting.Everyone \(P.L.E.A.S.E\)](#) programs of the [URI Women's Center](#).

The Region I Conference is a great opportunity for your peer education group to:

- get new program ideas on a variety of health and wellness issues relevant to working with college students
- gain new knowledge and skills to support your peer education efforts
- network with other peer educators and advisors from across New England
- learn how to revitalize, recruit, and re-energize your organization
- learn more about how the BACCHUS Initiatives of NASPA can support your efforts

Paramaz Avedisian '54 Hall: URI College of Pharmacy (PHMC) URI Center for Biotechnology and Life Sciences (CBLS)

All student breakout sessions will be between the two adjacent buildings. There are elevators as well as stairs. The CBLS 010 and CBLS Atrium (first floor) will be used for our keynote speaker and breakfast. The room will not be monitored during the day so please consider taking your belongings with you to breakout sessions.

Parking: Please park in lot behind URI Coastal Institute located off of Flagg Road, no permits are required. Please see interactive map here: <https://map.uri.edu/>

Spaces: Information on Breakout Locations available here: [URI Classrooms A-Z](#)

- PHMC Room 105: Breakout Sessions
- PHMC Room 130: Breakout Sessions
- PHMC Room 170: Breakout Sessions
- PHMC Room 240: Breakout Sessions
- CBLS Atrium: Breakfast
- CBLS Room 010: Keynote, Awards Ceremony, Breakout Sessions
- The 95 Club: Lunch

Restrooms: Located on each floor of College of Pharmacy and CBLS; Gender neutral bathrooms are located on the 2nd floor of College of Pharmacy .

Technology: There is computer/AV set-up available in every breakout session room; please bring your own laptop. If you are planning to use a Mac please make sure to bring an adapter. If you need help setting up your presentation to the projector, find Racine Amos or Hannah Woodhouse to assist.

Lunch: Will be served at The 95 Club, located on Upper College Road a short walk from PHMC and CBLS.

Schedule Overview

<u>TIME</u>	<u>EVENT</u>	<u>ROOM</u>
8:00am-8:45am	Registration, Check-In	CBLS Atrium
	Continental Breakfast	CBLS Atrium
9:00am-9:15am	Welcome and Opening Remarks	CBLS 010
9:15am-10:15am	Keynote: Opportunity and Perception: Defining Heroes	CBLS 010
10:25am-11:25am	Breakout Session 1	
	1.1 Communicate with Impact	CBLS 010
	1.2 Expressive Therapies in Eating Disorder Recovery	PHMC 130
	1.3 A S.W.E.E.T. Way to Reduce Harm	PHMC 240
	1.4 Rubberwear	PHMC 170
	1.5 Advisor Roundtable	CBLS 152
11:35am-12:50pm	Lunch	The 95 Club
1:00pm-2:00pm	Breakout Session 2	
	2.1 Choose Your Own Adventure: How Student Health Ambassadors Drive Their Own Experience	PHMC 130
	2.2 Survivor-Centered & Survivor Inclusive Peer Education	CBLS 010
	2.3 Mind Your Mindfulness	PHMC 240
	2.4 Effective Collegiate AOD Prevention	PHMC 105
	2.5 Advisor Academy: Module 1: Models of Peer Education	CBLS 152
2:10pm-3:10pm	Breakout Session 3	
	3.1 Opioids and Your Campus: An Understanding of the Epidemic	CBLS 010
	3.2 Choose Your Own Path to Relaxation	PHMC 105
	3.3 A “Fresh” New Approach to Mental Health Programming	PHMC 130
	3.4 Mentors in Violence Prevention: How We Combat Violence On Campus	PHMC 240
	3.5 Advisor Academy: Module 2: Group Development	CBLS 152
3:20pm-3:50pm	Awards Ceremony	CBLS 010
4:00pm-5:00pm	Breakout Session 4	
	4.1 Hazing: Are You and Your School Prepared	PHMC 105
	4.2 #GAINZ: When Gains Season Runs Too Long	PHMC 130
	4.3 QPR: Training for Suicide Prevention	PHMC 240
	4.4 Interactive Programming: When Workshops Don’t Work and Tables Have Turned	CBLS 010
	4.5 Advisor Academy: Module 3: Operations	CBLS 152

Detailed Schedule

9:00am - 9:15am (CBLS 010)

Welcome and Opening Remarks

9:15 am - 10:15 am (CBLS 010)

Keynote Speaker: Opportunity and Perception: Defining Heroes

Sean Heffron

Sean Heffron has spent 19 years working with college students in all facets of their lives. Live-in Hall Director, Professor, Baseball Coach, Academic Advisor, Leadership Coordinator...even Advisor to the Snow Club (his personal favorite). In his current role as Executive Director of Student Success at Sacred Heart University, Sean sees many of the same things you do—students in transition. Through his work, he has identified the secret to student success, and we will explore it together in a fun and interactive presentation about you and your inner hero.

10:25 am - 11:25 am

Breakout Session 1

1.1 Communicate With Impact (CBLS 010)

Sean Heffron, Executive Director of Student Success – Sacred Heart University

When it is time to give a presentation, do you say, “Today I have to give a presentation?” Or do you say, “Today I have an opportunity to make everyone in that room say ‘WOW’ because of me?” Being able to present with impact is a skill that opens doors, both in school and throughout your next steps in life, whatever they may be. Come learn how to present with impact, have fun in front of a room, and make others want you to be a part of their team.

1.2 Expressive Therapies in Eating Disorder Recovery (PHMC 130)

Connor Fallon, Suffolk University Peer Health Educator (SUPER) – Suffolk University

In an age of fad dieting and ubiquitous media messaging promoting thinness and unrealistic beauty standards, eating disorder rates among men and women are increasing at rapid speeds. The practice of expressive therapies is a proven effective avenue for treating and coping with mental illness. Expressive Therapies create a separation of the person and the illness as well as introduces a new perspective and the opportunity to see your negative attitudes and harsh beliefs right in front of you, differentiating between the rational and irrational thought processes. Through looking at four types of Expressive Therapies, including Art, Music, Dance, and Drama, we will explore how artistic expression encourages participants to appreciate the moment and what their piece looks like without judgement, adding to their ability to establish new regulations for self-acceptance.

1.3 A S.W.E.E.T. Way to Reduce Harm (PHMC 240)

Amy Ricotta, Julianna Morrone, and Kaitlyn Murphy, s.w.e.e.t. peer educators – Sacred Heart University

This program will show an effective way to help students learn harm reduction strategies and recognize the effects of drinking on the brain and body. Using red solo cups and actual alcohol bottles, students can choose their preferred drink and pour out what they normally consume, while learning what a standard drink actually is. To keep things interactive, we'll use a "Virtual Bar" to track a student's BAC over the course of a typical night out, and see how different choices throughout the night can reduce or increase the likelihood of harm. This program can be adapted to be presented to large or small groups on your campus, and is a great opportunity to have an honest conversation about how students can be safer IF they choose to drink.

1.4 Rubberwear (PHMC 170)

Shannon Blemings, Frankie Ashun, and Adrianna Antigiovanni, SexpertS – University of Connecticut

Join the UConn SexpertS for our two time BACCHUS National award winning program, Rubberwear! This fun and interactive program gets the audience involved with hands-on learning. Race against each other in our Condom Relay Race, taste an assortment of flavored lubrications, and get free giveaways! Lubrication, dental dams, male (external) condoms, and female (internal) condoms will be discussed and demonstrated in detail. We will also discuss alcohol and its impact on consent. Since not all colleges are able to provide sex education, we will talk about the abstinence kits we offer at the UConn Health Education Office and are happy to share the components and teach how to make them for your campus. Discussion with the audience will include abstinence, safer sex supplies, and how to adapt this program to different campuses.

1.5 Advisors Roundtable (CBLS 152)

Joleen Nevers, Associate Director – University of Connecticut and Ryan Travia, Associate Dean of Students – Babson College

Come join fellow advisors for an informal discussion about hot topics on campus and to share the various successes and challenges we face in peer education, followed by an open discussion on topics generated by the group.

11:35 am - 12:50 pm (*The 95 Club*)

Lunch

1:00 pm - 2:00 pm

Breakout Session 2

2.1 Choose Your Own Adventure: How Student Health Ambassadors Drive Their Own Experience (PHMC 130)

Nicole Wehbe, Avery Ofoje, Carline Jens, Avsar Rana and Shivani Arya, Student Health Ambassadors – Boston University

Are you interested in learning how to structure or restructure your group to function more efficiently? Do you want to create new roles to challenge your peer educators? The Boston University Student Health Ambassadors would like to help you! Peer educators are invaluable assets to students across all universities. In order to keep the peer educator experience fresh and engaging, we've developed various processes and roles that allow for both professional and personal development. From content development to leadership experiences, we strive to support constant growth among our team. By attending this session, we hope to teach attendees how to reach their maximum potential in the realm of fostering individual, interpersonal, and professional development at their respective universities.

2.2 Survivor-Centered & Survivor-Inclusive Peer Education (CBLS 010)

Ashleigh Hala, Director of Sexual Assault Prevention & Response Services – Babson College

Survivors are often drawn to peer education groups – especially groups who have responsibility and oversight for sexual or gender based violence prevention programs. This session will explore ways that peer education groups can be both survivor-centered and survivor-inclusive. This session will help peer educators make their group survivor-centered and survivor-inclusive. Using clinical techniques and strategies, we will explore interventions on the micro, mezzo, and macro levels that can make your peer education group welcoming for survivors of sexual violence, intimate partner violence, and students with trauma history.

2.3 Mind Your Mindfulness (PHMC 240)

Mariana Barragan, Connor Fallon, Shay Kaine, Alyssa Montecalvo, and Zoey Patten, Peer Health Educators (SUPERS) – Suffolk University

In a culture that is fast-paced and constantly grounded in future-forward mentalities, this session offers guidance in successfully using one's own external and internal skills to stay present. The Suffolk University Peer Health Educators (The SUPERS) will lead an interactive lesson on conceptualizing the practice of mindfulness within their daily lives by utilizing the "Suffolk Student Wellness Wheel". The SUPERS will assist the audience in better understanding what tools are available to improve mindfulness in areas of education, health, spirituality, financial, and social relationships. We hope that through engaging the audience in a conversation about what personal tools they can capitalize on, an extended "Mindfulness Toolbox" is created to be a resource for all Peer Health Educators to bring to their campus. Audience members will walk away with a better understanding about the benefits of mindfulness as an individual, a Peer Educator, and a student within a larger academic institution.

2.4 Effective Collegiate AOD Prevention (PHMC 105)

Laurie Jevons, Assistant Director – BACCHUS Initiatives

The Coalition of Colorado Campus Alcohol and Drug Educators (CADE) has been a source of training, technical assistance and support for collegiate prevention teams across the state for over a decade. With funding from SAMHSA each year, the CADE selects campuses to implement an evidence based program to address alcohol, marijuana or prescription medication abuse prevention. In this session, project staff will review best practices and share lessons learned for attendees to replicate institutional efforts.

2.5 Advisor's Academy: Modules 1: Models of Peer Education (CBLS 152)

Joleen Nevers, Associate Director – University of Connecticut and Ryan Travia, Associate Dean of Students – Babson College

The role of a collegiate peer education advisor is complex, ever changing, and sometimes poorly defined. There is no handbook, training, or manual when it comes to working with peer education groups. While BACCHUS Initiatives of NASPA has hosted Advisor's Academy for many years, the curriculum used for the training has undergone an extensive editing and renewal. It was debuted at the General Assembly BACCHUS Initiatives of NASPA Conference in November 2017. We are excited to offer this opportunity to professional staff and graduate students at the BACCHUS Peer Education Region I Conference. By attending the Advisor Academy participants will be provided with the training, skills and knowledge needed to be an effective collegiate peer education advisor. This training will include the first three modules. This first module includes skill building in regards to general concepts, definitions and theories for peer education advising, as well as, differences between volunteer, paid and academic credit bearing programs. Additional modules will be made available through webinars so that advisors can complete all five modules and receive a certificate from NASPA.

2:10 pm - 3:10 pm

Breakout Session 3

3.1 Opioids and Your Campus: An Understanding of the Epidemic (CBLS 010)

Carolyn Trottier, Certified Peer Educator – Springfield College

16 individuals die every day from opioid-related drug overdoses, and the opioid crisis has now been classified as a public health epidemic. Our campus communities are not immune to this epidemic. This program will introduce the concepts of legal opioid use, prescription opioid misuse, and discuss the science behind opioid dependency. We will also discuss ways in which participants might start to identify those struggling with misuse or dependency, and ways in which individuals and campuses can begin to understand the misuse of opioids and assist those in need.

3.2 Choose Your Own Path to Relaxation (PHMC 105)

Shannon Blemings, Frankie Ashun, and Adrianna Antigiovanni, Sexperts – University of Connecticut

During this interactive program, students will be given the opportunity to decide which stress management techniques they would like to learn about. Techniques offered include Massage 101, Breathing, Aromatherapy, and Herbal Pillows. Audience members will decide which programs to go over in depth. Examples of our stress management programs will be given and we will discuss how these programs can be adapted for other campuses.

3.3 A "Fresh" New Approach to Mental Health Programming (PHMC 240)

Alex Katz and Jordan Porco – Jordan Porco Foundation

There is a growing mental health crisis within higher education. Approximately one in ten college students contemplates suicide each year, and suicide is the second leading cause of death among young adults aged 15-24. Fresh Check Day is an innovative, fair-like event that utilizes peer-to-peer messaging to provide an inclusive environment where students can learn about and discuss various mental health topics and create a message of hope. Additionally, we have created the Nine Out of Ten Ambassador program (based on the statistic that 1/10 college students contemplate suicide) to help students carry on the messages of Fresh Check Day year-round. Through interactive activities, group discussion, and the chance to win prizes, conference participants will brainstorm and learn ways to engage in mental health activism and replicate these programs at their schools.

3.4 Mentors in Violence Prevention: How We Combat Violence on Campus (PHMC 240)

Casey Sault, Alyson Lear, Morgan Sulham and James Rooney – Keene State College

The program we are presenting will display a few different ways we teach the importance of active bystanders to our peers. The focus of our group is to empower everyone to become active bystanders, and our programs or events typically tie into specific topic areas such as alcohol and consent, healthy relationships, abusive relationships, stalking, pornography, etc. In this program, we are selecting some of our activities that we do with peers in almost all of our programs. We will also be discussing some events that have been happening on our campus to raise awareness on current events happening in the news.

3.5 Advisor's Academy: Module 2: Group Development (CBLS 152)

Joleen Nevers, Associate Director – University of Connecticut and Ryan Travia, Associate Dean of Students – Babson College

By attending the Advisor Academy participants will be provided with the training, skills and knowledge needed to be an effective collegiate peer education advisor. This module includes skill building in regard to group development, recruitment, retention and training models. Additional modules will be made available through webinars so that advisors can complete all five modules and receive a certificate from NASPA.

3:20pm - 3:50 pm (CBLS 010)

Award Ceremony and Snack Break

- Outstanding Program
- Outstanding Peer Education Group
- Outstanding Peer Educator
- Outstanding Advisor

4:00 - 5:00 pm

Breakout Session 4

4.1 Hazing: Are You and Your School Prepared? (PHMC 105)

Dennis Goodwin, Co-Founder – Anti Hazing Collaborative

Hazing is not the word that Administrators, coaches, student athletes, parents, alumni or community members want to hear associated with their school. Come and learn what you as an administrator should be doing to make sure that your staff, students, and overall campus community recognize the signs that hazing is occurring and what to do if it spirals out of control. This is a must for any administrator, coach, parent, residential Life, student and over all campus and community members.

4.2 #GAINZ: When Gains Season Runs Too Long (PHMC 130)

Emmalie Drake and Kerri O'Rourke, Student Advocates for Wellness – Springfield College

The reality is that we are never going to stop scrolling. We go on Instagram, Twitter, Pinterest, or Facebook and see fitness models performing exercise routines and know that our bodies do not look like theirs. We might feel the need to over-exercise to fit in and be socially accepted. With this mindset, some people hit the gym more frequently

than they should. “#GAINZ: When gains season runs too long” is about dismantling the stereotypes around fitness and sports, and working towards a healthy balance of exercise. This program will discuss some of the ways you can identify and improve the #GAINZ culture on your campus.

4.3 QPR – Training For Suicide Prevention (PHMC 130)

Mackenzie Rondeau, Peer Educator – Sacred Heart University

Interested in mental health bystander intervention? This session will focus on how to intervene in a suicide crisis by using the method QPR: Question, Persuade, Refer. We'll review physical and verbal warning signs of an individual contemplating suicide and talk about many of the myths and facts of asking the question “are you suicidal?”. QPR techniques, like CPR, do not have to be used by licensed providers or counselors and they can save a life. Question. Persuade. Refer: three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. The QPR Gatekeeper Training for Suicide Prevention program teaches people how to recognize suicide-warning signs, ask about suicide, and persuade people to accept professional help. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. QPR has been taught to more than two million people worldwide – join us in our mission to pay attention, intervene, and save lives.

4.4 Interactive Programming: When Workshops Don't Work and Tables Have Turned (CBLS 010)

Kayla Devin and Mary Dinnean, Health and Wellness Educators (HAWEs) – Roger Williams University

Are your programming efforts becoming stale and tired? Do you routinely fall back on the tried and true? Are you interested in expanding your reach past the conventional and comfortable? Come learn how to revive your wellness outreach with innovative new programming. This presentation will identify where traditional methods may fail you as health educators and how you can combat these common pitfalls by overhauling your programming to better connect with your campus.

4.5 Advisor's Academy: Modules 3: Operations (CBLS 152)

Joleen Nevers, Associate Director – University of Connecticut and Ryan Travia, Associate Dean of Students – Babson College

By attending the Advisor Academy participants will be provided with the training, skills and knowledge needed to be an effective collegiate peer education advisor. This module includes skill building in regards to budgeting, obtaining and sustaining resources, as well as supervision/leadership styles and methods to hold student leaders accountable. Additional modules will be made available through webinars so that advisors can complete all five modules and receive a certificate from NASPA.

Region I Resources

<http://www.naspa.org/constituent-groups/groups/bacchus-initiatives>

Leadership Team

Ryan Travia, Regional Consultant
Associate Dean of Students for Wellness, Babson College
rtravia@babson.edu
781-239-4218

Kelly Schumacher, State Coordinator (MA)
Asst Director for Wellness Education, Suffolk University
kschumacher@suffolk.edu
617-557-1587

Karen Flanagan, State Coordinator (CT & RI)
Coordinator of Peer Education, Sacred Heart University
Flanagank879@sacredheart.edu
203-371-7955

Kerri O'Rourke, '19, Springfield College
NASPA Region I Student Advisory Committee
Representative
korourke@springfieldcollege.edu

Regional Conference Hosting

If your peer education group is interested in hosting the Region I Conference in the future, please contact Ryan Travia, Regional Consultant, for an application and details on hosting responsibilities. [Applications](#) are due by September 15, 2018.

Stay Connected...

Facebook: Sign into your profile on Facebook.com and search for "The BACCHUS Network". Click "Follow" on the group's page.

National Conferences: Look for current information at: <http://www.naspa.org/events>

NASPA Profile: To make the most of your participation with the BACCHUS Initiatives of NASPA, be sure to log in to your account and update your profile at www.naspa.org. Your profile gives you access to customize your areas of interest, join knowledge communities, set your email preferences, and include other demographic information about yourself. Make sure that you select BACCHUS Initiatives to receive regional and national communications.

Certified Peer Educator (CPE) Training

NASPA's Certified Peer Educator program is a unique opportunity for your peer education group to add a credential to your work on campus. This 8 module, 12 hour course provides foundational skills to aid you in a successful time as peer educators.

Peer Education advisors may facilitate the CPE Training on their own campus by using going through the BACCHUS and NASPA Train-the-Trainer Course. This provides you the opportunity to train your own students as a facilitator. The Train the Trainer program, as well as the certifying materials, provide all the resources and information you need to train your peer educators.

Alternately, the BACCHUS Initiatives of NASPA staff are available to your campus to certify your group members. For less than the cost of a speaker who presents for an hour, you can have a twelve-hour training that empowers your student and peer educators and campus to commit to healthy and safe lifestyle choices. While staff are available to single campuses, you also have the option to partner with other local institutions to help alleviate costs.

For more information on CPE, please contact our training team at cpe@naspa.org.

Acknowledgements

We would like to express our deepest gratitude to those who contributed to the success of this year's Conference.

Our Presenters, Speakers and Award Winners

Congratulations!

Conference Planning Committee

Ryan Travia, Babson College; BACCHUS Region I Consultant; Conference Chair*
Karen Flanagan, Sacred Heart University; BACCHUS State Coordinator for CT & RI; Awards Committee Chair*
Kelly Schumacher, Suffolk University; BACCHUS State Coordinator for MA; Program Planning Chair*
Kerri O'Rourke, '19, Springfield College; BACCHUS Region I Student Advisory Committee Representative*
Racine Amos, University of Rhode Island; Conference Host
Frankie Ashun, '20, University of Connecticut
Shannon Blemings, '18, University of Connecticut
Christine Johnston, Springfield College
Erin Kaminski, Merrimack College
Joleen Nevers, University of Connecticut
Hannah Woodhouse, University of Rhode Island

*Members of the Region I Leadership Team

BACCHUS Initiatives of NASPA

David Arnold
Laurie Jevons
Mallory Jordan
Rachael Novick
Maureen Dechico

