



## **BACCHUS Initiatives of NASPA**

### **Region III Conference Guide**

**Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina,  
South Carolina, Tennessee, Texas, Virginia**

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

**Welcome to RVA:  
Reaching Goals, Visualizing Success, Taking Action**



**Saturday, April 14, 2018  
University of Richmond**

# BACCHUS Initiatives of NASPA Region III Conference

## University of Richmond • Richmond, VA

April 14, 2018

On behalf of the BACCHUS Initiatives of NASPA and the BACCHUS Region III Leadership Team, we are delighted to bring this year's regional conference to [University of Richmond](#). The conference is hosted by the [Wellness Education Bandits](#).

The Region III 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 the Southeast region
- Learn how to revitalize, recruit, and re-energize your organization
- Learn more about how the BACCHUS Initiatives of NASPA can support your efforts

## Robins School of Business

All student breakout sessions will be on the 1<sup>st</sup> and 2<sup>nd</sup> floors. There are elevators as well as stairs. The Ukrop Auditorium (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 R10 which is located next to the Robins Business School, no permits are required. Please see interactive map here: <http://virtualtour.richmond.edu/>

### Spaces:

- Ukrop Auditorium (1<sup>st</sup> floor): Breakfast, Kick-off, Keynote, Awards Ceremony
- Room 1: Breakout Sessions (Robins School of Business Classroom 113)
- Room 2: Breakout Sessions (Robins School of Business Classroom 114)
- Room 3: Breakout Sessions (Robins School of Business Classroom 115)
- Room 4: Breakout Sessions (Robins School of Business Classroom 205)
- Heilman Dining Hall: Lunch

Restrooms: Located on each floor of the Robins School of Business.

Technology: There is computer/AV setup 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/HDMI cord. If you need help setting up your presentation to the projector, find Gibran Merchant or Slade Gormus to assist.

Lunch: Will be served at the Heilman Dining Hall, a short walk from Robins Business School.

Dietary Restrictions: For those that indicated a dietary restriction during registration, your name tag should have a small sticker on the back of it which you can show to University of Richmond staff and they will help you find food that meets your dietary needs.



# Schedule Overview

<u>TIME</u>	<u>EVENT</u>	<u>ROOM</u>
7:45am-8:30am	Registration and Breakfast	Ukrop Auditorium Atrium
8:45am-9:00am	Conference Welcome	Ukrop Auditorium
9:00am-10:15am	Keynote: Matt Barnay	Ukrop Auditorium
10:30am-11:30am	<b>Breakout Session 1</b>	
	1.1 Building the Ideal Peer Education Program Tools for Success	Room 1
	1.2 Diversification of Peer Education: A Deep Dive Into Inclusivity Within Our Organizations	Room 2
	1.3 Sense & Sensitivity: Trauma-Informed Responses to Post-Program Testimonials	Room 3
	1.4 Effective Collegiate AOD Prevention: Lessons Learned From a Statewide Coalition	Room 4
11:40am-12:40pm	<b>Breakout Session 2</b>	
	2.1 Stand Up, Speak Out	Room 1
	2.2 Marijuana and Other Leafy Greens: What's the Risk?	Room 2
	2.3 Sleepy Knights: An Initiative to Promote Healthy Sleep on Campus	Room 3
	2.4 Collegiate Drug & Alcohol Use: How it Interacts with Mental Illness, General Health & Working Toward the De-Stigmatization of Addiction	Room 4
1:00pm-2:00pm	Lunch	Heilman Dining Hall
2:15pm-3:15pm	<b>Breakout Session 3</b>	
	3.1 Student Advisory Committee Candidate Session	Room 1
	3.2 Sex With The Greeks	Room 2
	3.3 Should I Stay or Should I Go?	Room 3
	3.4 Presentation on Consent	Room 4
3:25pm-4:25pm	<b>Breakout Session 4</b>	
	4.1 Pleasurefest, It's Not Just a Health Fair	Room 1
	4.2 Programming and Performing: the Anatomy of Successful Outreaches	Room 2
	4.3 Peer Educator Round Table	Room 3
	4.4 Advisors Round Table	Room 4
4:30pm-5:30pm	Keynote and Awards Ceremony	Ukrop Auditorium



# Detailed Schedule

**7:45am - 8:30am (Ukrop Atrium)**

## Registration and Breakfast

Join in the fun as we welcome you to the Region III Conference! If you have not already picked up your registration materials please make sure to see one of the Conference staff at the Registration Table. Please enjoy breakfast while getting to know the other attendees.

**8:45am - 9:00am (Ukrop Auditorium)**

## Welcome and Opening Remarks

*President Crutcher*

Join us in the Ukrop Auditorium to kick off the Region III Conference with a warm welcome from University of Richmond's President, President Ronald Crutcher.

**9:00 am - 10:15 am (Ukrop Auditorium)**

## Keynote Speaker:

*Matt Barnay*

Matt Barany has helped to establish a tradition of excellence as the head swim coach at the University of Richmond. Out of the water, Barany focuses on the "athletics is education" concept. The swimming & diving Spiders work hard to balance success in the water with the rigors of college academics at Richmond. The program has come to set the standard for academic excellence on campus.

- Arrived at Richmond 2005 as Head Women's Swim Coach
- Graduated from Robins School of Business with MBA in 2014 (2014 Outstanding Graduate of the Year)
- Named Director of Athletic Innovation in March 2017
- Coached 11 A-10 team championships (2006, 2007, 2008, 2009, 2011, 2012, 2013, 2014, 2015, 2016, 2017)
- 8-time A-10 Coach of the Year (2006, 2007, 2008, 2011, 2013, 2014, 2016, 2017)
- Seven Olympic Trials qualifiers since 2008

"We stumbled into the sleep revolution when we began to examine strain on the student-athletes. Understanding strain greatly helps us understand sleep."

Matt has worked extensively with his swimmers to understand the effects of lack of sleep on performance. Through this study he and his athletes have developed a better understanding of sleep and performance.

**10:30 am - 11:30 am**

## Breakout Session 1

### 1.1 Building the Ideal Peer Education Program Tools for Success (Room 1)

*Aimee Hourigan, Substance Abuse Prevention & Education Director*

What makes a peer education program successful? If you could create a program from scratch, what would you include? Come explore ways to integrate evidence-based best practices and a solid framework to make your peer education program effective and sustainable. Be prepared to share what works on your campus and learn from others!



**1.2 Diversification of Peer Education: A Deep Dive Into Inclusivity Within Our Organizations (Room 2)**  
*Sonia Jindal, Health Outreach Peer Educators (HOPE) – College of William and Mary*

William and Mary HOPE (Health Outreach Peer Educators) members will present on the challenges of recruiting, retaining, and conversing about diversity within peer education. This presentation will outline the difficulties in inclusive peer education and will give audience members a space to brainstorm potential ways to increase representation of diverse populations. This space will allow attendees to critically engage with each other and learn how to have a self-reflective conversation. Audience members will leave this program with a greater understanding of the cultural dimensionality embedded within peer education and with tools to create a more diverse space within their own peer health education programs.

**1.3 Sense & Sensitivity: Trauma-Informed Responses to Post-Program Testimonials (Room 3)**  
*Eric Marlow Garrison, Assistant Director, Office of Health Promotion - College of William and Mary*

Did you know that the first response to a victim of sexual misconduct is the most crucial step in the serpentine path from victim to survivor to thriver? Done poorly, your actions could hinder a student from seeking further treatment or justice. Yet when done well, your trauma-informed response could help contribute to the healing process and eventual flourishing. Wouldn't you like to know more about handling these delicate situations, so that everyone from the survivor to the peer education team feels more comfortable and less anxious? Eric will help you become aware of your own comfort levels and build on your current knowledge and training, so that you and your team are prepared for that next SA testimonial. Furthermore, Eric will discuss the latest research within forensic sexology on the mind's response to trauma.

**1.4 Effective Collegiate AOD Prevention: Lessons Learned From a Statewide Coalition (Room 4)**

*Laurie Jevons, Assistant Director of 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.

## **11:40 am - 12:40 pm**

### **Breakout Session 2**

**2.1 Stand Up, Speak Out (Room 1)**

*Julia Diesel, Stand Up, Speak Out Coordinator*

Ever been to an unforgettable presentation? What about it stuck with you? Come build on your skills as a student facilitator at this presentation centered around student leadership experiences. This presentation will touch on facilitation tips and skills gained through a semester of presenting bystander intervention to on campus groups, using examples from UNC Asheville's bystander intervention program entitled "Stand Up, Speak Out". Along with building on presentation and personal facilitation skills this workshop seeks to educate attendees on general intervention tips in a fun, educational and interactive manner.



## **2.2 Marijuana and Other Leafy Greens: What's the Risk? (Room 2)**

*Aimee Hourigan, Substance Abuse Prevention & Education Director*

Is marijuana harmless? Is it medicine? What does science and research tell us? From legal changes to new forms like concentrates, the landscape of cannabis use is changing. How do we educate students about edibles, oil, CBD, and the potential impact of using these substances without resorting to scare tactics and misinformation? What resources are available to guide evidence-based, harm reduction education for this drug? Come with questions and ready for an interesting discussion.

## **2.3 Sleepy Knights: An Initiative to Promote Healthy Sleep on Campus (Room 3)**

*Emily Werner, Associate Director of Campus Wellness*

This presentation will discuss the development and implementation of an initiative focusing on sleep health. The American Academic of Sleep Medicine shares that "research is increasingly showing that more and more college students are not getting enough sleep, which can have a negative impact on their grades." Sleepy Knights is a comprehensive initiative promoting sleep health among college students. Come learn how you too can implement a similar initiative around sleep. Everyone deserves a good Knights rest!

## **2.4 Collegiate Drug & Alcohol Use: How it Interacts with Mental Illness, General Health & Working Toward the De-Stigmatization of Addiction (Room 4)**

*Lauren Bulla, Peer Educator*

It has been addressed as a national epidemic at this point, but the use and misuse of opioids is causing great detriment to college campuses and their respective communities on a astronomical scale. Access to prescription medication, and opioids in general is incredibly easy. Many college students who are not medically prescribed such medications turn to such drugs as a means of coping & experimentation as well as an outcome of peer pressure. Opioids paired with Alcohol lead to an incredibly worrisome reality for many. Seeing as alcohol is the #1 drug used to commit sexual violence, the addition of opioids creates a very dangerous situation for many. The general health of the individual as well as the whole of the campus community takes a incredible hit when dealing with these issues. Though this is true, the unfortunately reality is that there is quite a lot of stigma surrounding issues of addiction and not enough resources on college campuses to effectively deal with these issues that many students face daily. PEPAH has worked around this initiative on a number of fronts, to the point where this semester we hired on a student 'Campus Opioid Educator' to deal with the issue peer to peer. Events and programs around this initiative have also proved to be fruitful and a discussion around effective means of having these conversations will be part of this presentation.

## **1:00pm -2:00pm (Heilman Dining Hall)**

### **Lunch**

Please enjoy lunch in the University of Richmond's main dining hall, the Heilman Dining Hall. We encourage students to sit with students from other schools, so they can get to know one another and discuss their experiences as peer educators. At each lunch table there will be index cards with talking points and questions to help get the conversation started.

## **2:15 pm - 3:15 pm**

### **Breakout Session 3**

## **3.1 Student Advisory Committee Candidate Session (Room 1)**

*Sarah Kook, Region III SAC Representative*



SAC directors and Region III Student Advisory Committee representative will host an information session for potential SAC applicants. The session will allow attendees to learn about the responsibilities of the SAC directors and regional representatives and receive information on the application process and requirements. Attendees will also have an opportunity to ask questions and receive advice.

### **3.2 Sex With The Greeks (Room 2)**

*Taylor Whitlow, Peer Education President*

This program was created to educate our peers about sex in all aspects. We discuss topics such as: STDs, HIV, consent, condoms, positions, and etc. Since Greek-letter organizations are very prominent on our campus, we invite them to be a part of our panel to discuss sexual education and to share their knowledge about sex as well. Throughout this program we give out surveys, play games, and watch videos, so our peers can be comfortable and more knowledgeable when it comes to sexual education.

### **3.3 Should I Stay or Should I Go? (Room 3)**

*Katherine Chiu, REACH Peer Educator*

Building and maintaining a healthy relationship can be hard, but how do you know when a partner's behavior has crossed a line? How do you talk to a friend who you might suspect is in an abusive relationship? In *Should I Stay, Or Should I Go*, we explore the sometimes complicated dynamics of abuse in an interactive, activity-based program designed specifically for and facilitated by college students. Learn about red flags of an abusive relationship, and gain a better understanding of how these red flags play out in the cycle of abuse. Equally as important, come discuss what defines a healthy relationship, and learn tips for increasing effective communication with a sexual/romantic partner. This program is gender and sexuality inclusive, and doesn't make assumptions about the health of a relationship based on its longevity – no matter how you define it, everyone deserves to be safe and happy in their relationship!

### **3.4 Presentation on Consent (Room 4)**

*Britnie Hopkins, Sexual Misconduct Education and Prevention Coordinator – University of Richmond*

This presentation looks in-depth at how University of Richmond created and launched a campus-wide, ongoing consent campaign. In this presentation, you will see tools that can be implemented at your Institution, identify key stakeholders to partner with on your campus, and learn core concepts needed to create impactful programming.

## **3:25 - 4:25 pm**

## **Breakout Session 4**

### **4.1 Pleasurefest, It's Not Just a Health Fair (Room 1)**

*Slade Gormus, RN, Taylor Pak, Wellness Education Bandit (WEB) – University of Richmond*

We call it Pleasurefest because if we called it a health fair no one would attend. It is important for students to get health related information in a way that is fun and interactive so that they can become engaged during the day. This program will not only describe how to run a wellness fair but it will also give some ideas on how to get students involved. We receive help from different sources on and off-campus to contribute to our interactive stations in order to develop an inclusive well-being community.

### **4.2 Programming and Performing: the Anatomy of Successful Outreaches (Room 2)**

*Lauren Welch, Outreach Coordinator Intern*

Peer health outreaches at the University of Virginia (UVA) have grown to be highly credible and sought-after educational programs. What makes our outreaches successful? At UVA, PHE outreaches are both inviting to present and inviting to attend. Presentations are structured enough to ensure presenter comfort, but flexible



enough to tailor to an organization's needs. This session will demonstrate a few key elements of an effective outreach system including 1) creating and performing outreaches, 2) making the process as simple as possible, and 3) gathering and using feedback. Participants can expect to learn different ways of making outreach activities engaging, discuss strategies to improve their outreach activities, understand methods for streamlining outreach processes, and identify opportunities to utilize audience and presenter feedback.

#### **4.3 Peer Educator Round Table (Room 3)**

*Regional Volunteer Team*

NASPA Staff and the Region III Student Advisory Committee representative will host an open discussion for peer educators. This space will allow attendees to seek advice and feedback from other peer educators, learn best practices from national leadership and effectively problem solve issues on their own campuses.

#### **4.4 Advisors Round Table (Room 4)**

*Regional Volunteer Team*

NASPA Staff and volunteer leadership will host an open discussion for peer education advisors. This space will allow attendees to seek advice and feedback from other advisors, learn best practices from national leadership and effectively problem solve issues on their own campuses.

### **4:30pm - 5:30 pm (Ukrop Auditorium)**

## **Keynote and Award Ceremony with Refreshments**

Join us in the Ukrop Auditorium as we wrap up the conference with closing remarks and the announcement of our award winners for:

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

Enjoy light refreshments as we congratulate our fellow peer educators and advisors on all of their hard work and dedication to promoting wellness on college campuses across the Southeast.



# Region III Resources

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

## Leadership Team

**Region III BACCHUS Regional Consultant:** Aimee Hourigan, University of South Carolina (ahouriga@mailbox.sc.edu)

**Region III Student Advisory Committee:** Sarah Kook, College of William & Mary (ykook@email.wm.edu)

**Alabama State Coordinator:** Brittney Vigna, University of Alabama (bevigna@cchs.ua.edu)

**Florida State Coordinator:** Whitney Platzer O'Regan, University of Miami (w.oregan@miami.edu)

**Georgia State Coordinator:** Alma Keita, Georgia Southwestern State University (alma.keita@gsw.edu)

**Kentucky State Coordinator:** Emily Werner, Bellarmine University (ewerner@bellarmine.edu)

**Louisiana State Coordinator:** La'Tesha Hinton, Tulane University (lhinton1@tulane.edu)

**North Carolina State Coordinator:** Leslie Robinson, University of North Carolina at Charlotte (ldill2@uncc.edu)

**South Carolina State Coordinator:** Chris Donevant-Haines, Coastal Carolina University (cdhaines@coastal.edu),

**Virginia State Coordinator:** Eric Marlowe Garrison, College of William & Mary (emgarrison@wm.edu)

Interested in becoming more involved with the Regional Team? State Coordinator Positions for **Mississippi, Tennessee and Texas** are currently open!

Application materials for the Region III Student Advisory Committee position can be found [here](#) (including a position [description](#)). Applications are due by April 16, 2018.

## Regional Conference Hosting

If your peer education group is interested in hosting the Region III Conference in the future, please contact Aimee Hourigan, 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](http://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.



For more information on CPE, please contact our training team at [cpe@naspa.org](mailto: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

Laurie Jevons, NASPA; Assistant Director, Alcohol and other Drug Prevention Initiatives  
Aimee Hourigan, University of South Carolina; Region III BACCHUS Regional Consultant  
Slade Gormus, University of Richmond; Conference Host  
Zoe Rydzewski, '18, University of Richmond; Student Conference Coordinator  
Khuslen Enkhbold, '21, University of Richmond; Student Conference Coordinator

## BACCHUS Initiatives of NASPA

David Arnold, AVP for Health, Safety and Well-Being Initiatives ([darnold@naspa.org](mailto:darnold@naspa.org))  
Laurie Jevons, Assistant Director, Alcohol and Other Drug Prevention Initiatives ([ljevons@naspa.org](mailto:ljevons@naspa.org))  
Mallory Jordan, Assistant Director, Health and Well-Being Initiatives ([mjordan@naspa.org](mailto:mjordan@naspa.org))  
Rachael Novick, Coordinator, Peer Education Initiatives and Training Programs ([rnovick@naspa.org](mailto:rnovick@naspa.org))  
Maureen Dechico, Health and Well-Being Programs Assistant ([mdechicho@naspa.org](mailto:mdechicho@naspa.org))

