

Health, Safety, and Well-being Initiatives of NASPA

Region 1 Peer Education Spring Conference Guide

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

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

Welcome to The College of the Holy Cross



February 24, 2019

Hogan Campus Center, College of the Holy Cross

2019 NASPA Region 1 Peer Education Spring Conference

College of the Holy Cross • Worcester, MA

Sunday, February 24, 2019

On behalf of the Health, Safety, and Well-being Initiatives of NASPA and the Peer Education Region 1 Leadership Team, we are delighted to bring this year's regional conference to The College of the Holy Cross.

The Region 1 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 Health, Safety, and Well-being Initiatives of NASPA can support your efforts

The Hogan Center

All breakout sessions will be on the third and fourth levels of the Hogan Campus Center. There are elevators as well as stairs. The Hogan Ballroom (3rd floor) will be used for our keynote speaker and meals. The room will not be monitored during the day so please consider taking your belongings with you to breakout sessions.

Parking: Free visitor parking is available between the Hogan Campus Center and the Luth Athletic Complex (accessible by entering Gate 7 or McKeon Road) in Hogan Lots A, B and C. [See campus map for parking locations](#) (PDF).

Spaces:

- Hogan Ballroom (3rd floor): Keynote & all meals
- Breakout sessions (all in Hogan Campus Center)
 - 3rd floor: 304/05, 320
 - 4th floor: 401, 402/03, 406/07, 408/09

Restrooms: Restrooms are located on every floor of the Hogan Campus Center

Technology: There will be a PC laptop and projector available in every session room. Holy Cross student technology staff will be on hand to assist. If you are choosing to use your own laptop, please make sure to bring an adapter that has an HDMI input on one end. For Mac users, please bring an adapter.

Lunch: Will be served in the Hogan Ballroom

Dietary Restrictions: For those that indicated a dietary restriction during registration, please check in with the Holy Cross dining staff.

Schedule Overview

<u>TIME</u>	<u>EVENT</u>	<u>ROOM</u>
8:00am-8:45am	Registration and Breakfast	Hogan Lobby & Ballroom (3rd floor)
8:45am-9:15am	Conference Welcome	Hogan Ballroom
9:15am-10:15am	Keynote: Paul Tran	Hogan Ballroom
10:25am-11:25am	Breakout Session 1	
	1.1 LGBTQ&A: Recreating an Award-Winning Q&A for LGBTQ+ Students and Allies	Hogan 320
	1.2 Escape the Vape	Hogan 304/05
	1.3 Rubberwear	Hogan 402/03
	1.4 The Relationship Peer Education Program: Prevention and Promotion Through Thoughtful Collaboration	Hogan 401
	1.5 Advising the Advisor: Enhancing Peer Education Supervision Through Restorative Problem Solving	Hogan 406/07
11:35am-12:35pm	Breakout Session 2	
	2.1 Sunday Scaries: A New Concept in Tabling	Hogan 401
	2.2 Peer Ed and Your Future Career	Hogan 320
	2.3 That's a Good Question: Answering Difficult Questions and Establishing Boundaries	Hogan 304/305
	2.4 Happy Hour: Bringing STI Screening and Sexual Health Education to Students' Living Rooms	Hogan 402/03
	2.5 Advisor Roundtable	Hogan 406/07
12:45pm-1:45pm	Lunch	Hogan Ballroom
1:55pm-2:55pm	Breakout Session 3	
	3.1 The Relationship Peer Education Program: Prevention and Promotion Through Thoughtful Collaboration	Hogan 304/05
	3.2 Financial Wellness	Hogan 320
	3.3 Gathering Leaders Amongst Leaders: Enhancing Peer Education Leadership Through Restorative Problem Solving	Hogan 401
	3.4 Vibing with Student-Led Sex Ed	Hogan 406/07
	3.5 Advisor Roundtable	Hogan 402/03
3:05pm-3:35pm	Awards Ceremony	Hogan Ballroom

3:45pm-4:45pm

Breakout Session 4

4.1 Making Positive Health Messages Pop	Hogan 402/03
4.2 Happiness Strategies	Hogan 304/05
4.3 JUUL @ Your School	Hogan 320
4.4 Two Truths & A Lie	Hogan 406/07
4.5 Advisor Open Networking Session	Hogan 401

Detailed Schedule

8:00am - 8:45am

Registration and Breakfast

Hogan Lobby & Ballroom (3rd floor)

Join in the fun as we welcome you to the Region 1 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 - 9:15am

Welcome and Opening Remarks

Hogan Ballroom

Join us to kick off the Region 1 Conference with a warm welcome!

9:15 am - 10:15 am

Keynote Speaker: Paul Tran

Hogan Ballroom

Paul Tran earned a BA from Brown University and an MFA in poetry from Washington University. Their work appears in the *New Yorker*, *Poetry* magazine, and elsewhere, including in the anthology *Inheriting the War* (W.W. Norton, 2017) and in the film *Love Beats Rhymes* (Lionsgate, 2017). Tran is the first Asian American since 1993 to win the Nuyorican Poets Cafe Grand Slam, and has placed in the Top 10 at the Individual World Poetry Slam and has earned ninth, fifth, second place in three consecutive National Poetry Slams. They live in Missouri, where they are poetry editor at *The Offing* and the Chancellor's Graduate Fellow in the Writing Program at Washington University in St. Louis. They are a 2018 "Discovery"/Boston Review Poetry Prize winner. In 2018, Tran was awarded a Ruth Lilly and Dorothy Sargent Rosenberg Poetry Fellowship from the Poetry Foundation.

10:25 am - 11:25 am

Breakout Session 1

1.1 LGBTQ&A: Recreating an Award-Winning Q & A for LGBTQ+ Students and Allies

Hogan 320

Caroline Jens, Student Health Ambassador, Shivani Arya, Student Health Ambassador, Amy Costello, Student Health Ambassador, Avery Ofoje, Student Health Ambassador, Matt Walker, Student Health Ambassador, Nicole Wehbe, Student Health Ambassador, and Rose Zhao, Student Health Ambassador

Boston University

Do you want to expand LGBTQ+ programming at your university? Are you interested in learning how to plan an LGBTQ-inclusive wellness event? The Boston University Student Health Ambassadors would like to help you! Our LGBTQ&A panel won “Outstanding Peer Education Program” at the 2018 NASPA General Assembly. The event aims to create a safer space for people of all identities to discuss topics related to LGBTQ+ health and wellness. By attending our session, you’ll walk away with specific strategies to plan, execute, and evaluate an interactive and educational LGBTQ+ wellness event.

1.2 Escape the Vape

Hogan 304/05

Garrett Ossolinski, Student Advocates for Wellness, and Sarah Hogan, Student Advocates for Wellness
Springfield College

Vaping is increasingly normalized in modern culture, especially among middle, high school, and college students. The companies that manufacture e-cigarettes and vaping devices say that they were created with the intent of assisting adults in quitting smoking, but the explosive rise of these products has resulted in significant exposure to nicotine and addiction among youth. The relatively new and highly popular e-cigarette, the JUUL, has a USB-style that makes it convenient to carry, comes in many flavors, and is marketed towards young people. It has become an epidemic on college campuses. This program will explore vaping and JUULing, demonstrate the marketing of these products, and discuss some of the potential health risks.

1.3 Rubberwear

Hogan 402/03

Frankie Ashun, UConn Sexpert Coordinator, Jennifer Sturgeon, UConn Sexpert, Kesan Samuel, UConn Sexpert, and Anika Vincent, UConn Sexpert
University of Connecticut

The UConn Sexperts strive to provide sexual health education in a fun, interactive way that allows students to participate by hands-on learning. Stop by to experience our award winning program Rubberwear, and to learn about over 15 different types of condoms, taste an assortment of flavored lubrications, participate in a condom relay race, and brainstorm with us on how to implement a similar program in your schools! We will be discussing lubrication, dental dams, female (internal) and male (external) condoms and demonstrate their uses and benefits. We also recognize that not all colleges are able to provide sexual education information, so we’re happy to share our alternatives to the safer sex supplies we offer, such as Abstinence Kits! Together we’ll explore the topics of abstinence, safer sex supplies, and what adapting this program to different campuses looks like.

1.4 The Relationship Peer Education Program: Prevention and Promotion Through Thoughtful Collaboration

Hogan 401

Matthew Elliott, Sr. Staff Psychologist, College of the Holy Cross

Relationship Peer Educators (RPEs) have maintained a unique service role on campus at Holy Cross for 25 years. Like most viable peer education groups, its programming and methods of delivery have shifted over time, but within a relatively stable mission framework. This program aims to share with you its general structure and approach to sexual and relationship violence awareness and prevention, the nuances of its “non-mandated reporter” status, its evolution and movement towards a more collaborative model of delivery, and its more recent successes and challenges.

**1.5 Advising the Advisor: Enhancing Peer Education Supervision Through Restorative Problem Solving
Hogan 406/07**

*Ashleigh Hala, Director Wellness & Prevention Services
Babson College*

The Health, Safety, and Well-being Initiatives of NASPA Regional Conference provides an opportunity for Advisors of peer education groups to gather, network, and find a safe space to share about areas of struggle. Join other Advisors in Region 1 in a restorative problem solving circle to find new solutions for old challenges.

11:35 am - 12:35 pm Breakout Session 2

**2.1 Sunday Scaries: A New Concept in Tabling
Hogan 401**

*Hannah Dellecave, Student Advocates for Wellness, and April Phelps, Student Advocates for Wellness
Springfield College*

What if there was an easy way for students to get access to beneficial information? The Sunday Scaries program is a themed tabling concept, which provides students with a variety of health and wellness information. Different topical areas are presented as interactive activities in a high traffic campus location. This program will discuss how the Sunday Scaries series was developed, present several sample topics, address what the group has learned about program development, and let attendees participate in example activities. Participants will be able to bring these materials to their home campuses.

**2.2 Peer Ed and Your Future Career
Hogan 320**

*Maeve Sullivan, Marketing Committee, Peers on Wellness, Cayla Murphy, Group Development and Communication Team, Peers on Wellness, and Michelle Buslov, Group Development and Communication Team, Peers on Wellness
Babson College*

Peer educators have unique skill sets and experiences that make them ideal candidates for employment compared to most other college students. However, finding internships and jobs can be complicated despite having the perfect qualifications. In the “Peer Ed and your Future Career” session, you will learn how to highlight your health and wellness related role on a resume, as well as how to talk about your experience during job interviews. Not sure what you want to do for a career? We will provide you with potential job industries and careers where you can continue your passion for helping others.

**2.3 That's a Good Question: Answering Difficult Questions and Establishing Boundaries
Hogan 304/05**

Joleen M. Nevers, Program Director for Regional Campus Wellness Services & Nishelli Ahmed, Health Educator

University of Connecticut

Peer educators and advisors are bound to be asked difficult questions. How can peer educators and advisors be sure that they are answering these questions to the best of their ability? What are your peer education group boundaries? Are they the same as your boundaries? Join us for a workshop about identifying different types of difficult questions and learn some strategies for answering them. We will be presenting tips and strategies for effectively answering difficult questions in addition to discussing group boundaries.

2.4 Happy Hour: Bringing STI Screening and Sexual Health Education to Students' Living Rooms Hogan 402/03

*Marylee Verdi, Nurse Practitioner, Student Health Center, and Tong Meltzer, Healthy Relationships and Sexual Health Specialist
Dartmouth College*

On a residential campus like Dartmouth College, where nearly 90% of students live on campus in our residence halls, academic affinity programs, and co-ed/fraternity/sorority housing, programming in the students' living spaces is a natural selection. The student-centered location choice gives students more space for empowered self-advocacy and vulnerability especially when the topics are culturally and societally tabooed, like STI screening and getting their sexual health related questions answered. This program highlights the strategies, collaborations, logistics and lessons learned from delivering 20 successful, fun-filled Happy Hour on campus.

2.5 Advisor Roundtable Hogan 406/07

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

12:45 pm – 1:45 pm

Lunch

Hogan Ballroom

Please enjoy lunch in the Hogan Ballroom. 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.

1:55 pm – 2:55 pm

Breakout Session 3

3.1 The Relationship Peer Education Program: Prevention and Promotion Through Thoughtful Collaboration Hogan 304/05

*Matthew Elliott, Sr. Staff Psychologist, Emily Wogelius, Relationship Peer Educator, Ajah Eills, Relationship Peer Educator, and Emily Slucky, Relationship Peer Educator
College of the Holy Cross*

Relationship Peer Educators (RPEs) have maintained a unique service role on campus at Holy Cross for 25 years. Like most viable peer education groups, its programming and methods of delivery have shifted over time, but within a relatively stable mission framework. This program aims to share with you its general structure and approach to sexual and relationship violence awareness and prevention, the nuances of its "non-mandated reporter" status, its evolution and movement towards a more collaborative model of delivery, and its more recent successes and challenges.

3.2 Financial Wellness

Hogan 320

My-Linh DeBonis, POW Party Grant Chair, Peers on Wellness, Erica Chin, Chair of the Events Committee, Peers on Wellness, Sarah Tarta, Curriculum Committee, Peers on Wellness, and Maeve Sullivan, Marketing Committee, Peers on Wellness

Babson College

Do you have a lot of student loans piled up? Are you feeling overwhelmed for post-graduation financial independency? Want to learn more about how to control your financial future? In this session, we will be covering a variety of financial topics including budgeting, student debt, saving plans, taxes, and credit score. Our goal is to provide you with the necessary financial knowledge and skills to guide you throughout college and along your journey post graduation so you can make smarter decisions about your spending and savings. This program is designed for personal development rather than a program you might take back to campus.

3.3 Gathering Leaders Amongst Leaders: Enhancing Peer Education Leadership Through Restorative Problem Solving

Hogan 401

Ashleigh Hala, Director Wellness & Prevention Services

Babson College

Leading peers can be difficult. It is not uncommon for peer educators who are designated as leaders in their groups to struggle with skills including a) sharing a vision, b) delegation, c) managing inter-group conflict, d) balancing being a peer and a manager, and more. Join a restorative circle with other leaders amongst leaders to find new solutions for old challenges.

3.4 Vibing with Student-Led Sex Ed

Hogan 406/07

Nick Parrott, Lily Gomberg, and Hannah Taylor, Student Sexuality Information Service

Brandeis University

This program will help students and teachers learn about services unique to the Brandeis Student Sexuality Information Service including our texting hotline and phone service, the “dorm raps”/formal presentations we offer, and the events we hold in our space. In addition, we will speak on how we are generally structured as a club. Participants will have a chance to break into groups and choose one of three potential initiatives that they would be interested in implementing on their campuses and will brainstorm how they may incorporate them. SSIS will also provide the resources we use so that participants can adapt them to their own spaces and use them in the future. Participants will leave with a better understanding of how to empower themselves/their students do sex education work on campus, and a plan for doing so.

3.5 Advisor Roundtable

Hogan 402/03

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

3:05 pm – 3:35 pm

Award Ceremony with Refreshments

Hogan Ballroom

Join us in the Hogan Ballroom 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 New England.

3:45 pm - 4:45 pm

Breakout Session 4

4.1 Making Positive Mental Health Messages Pop

Hogan 402/03

*Meghan Maher and Hannah Verre, Health and Wellness Educators
Roger Williams University*

When it comes to programming about mental health, it can hard to know works best. Our presentation will provide you with a creative approach to systematically and effectively create programs to promote positive thinking within students. "Pop in" to learn about innovative ways to spread positive messaging across campus!

4.2 Happiness Strategies

Hogan 304/05

*Julianna Morrone, SWEET Peer Educator Program Chair and BACCHUS Region 1 SAC Representative, Aine Lannery, SWEET Peer Educator Social Chair, and Gill Guerin, SWEET Peer Educator
Sacred Heart University*

In order to do our best, we need to be our best! Too often, students feel overwhelmed, overworked, and unhappy due to the daily stressors of the college lifestyle. How can we combat hectic schedules, mountains of homework, and the pressures of balancing academics and extra-curricular activities? Happiness strategies. These strategies promote a healthy lifestyle with tips on how to stress less, eat right, and stay active. The ultimate goal: be well so you can do well.

4.3 JUUL @ Your School

Hogan 320

*Sarah Tarta, Curriculum Development Committee Peers On Wellness (POW), and Marion Christensen, Curriculum Development Committee Peers On Wellness (POW)
Babson University*

Juul is now one of the largest e-cigarette companies, owning over half of the e-cigarette market within two years of its first release. Due to the newness of the Juul, many do not know that the device actually contains nicotine and that young adults are not vaping just flavor. The purpose of this program is to inform about the Juul and conduct a Design Thinking Session on the topic of informative and preventive e-cigarette and vape programs on college campuses. Participants will be able to identify and understand the Juul as well as brainstorm programs that will be effective in informing students about Juul use and its consequences.

4.4 Two Truths & A Lie

Hogan 406/07

Joleen M. Nevers, Program Director for Regional Campus Wellness Services, and Frankie Ashun, The UConn Sexpert Coordinator
University of Connecticut

What types of lubrication are used on most condoms? What are the common sexually transmitted infections in this age group? Does condom size matter? What are the updates to birth control? Which condoms can offer pleasure during sex? During this interactive program, advisors and students will be able to play along to try and distinguish between the two truths and the lie while learning, or updating sexual health information for their campus!

4.5 Advisor Open Networking Session **Hogan 401**

Designed for advisors, this session presents an opportunity to have the conversations you didn't get to have earlier in the day. This will provide an opportunity to connect with other advisors, ask questions, and build connections with those throughout New England.

Region 1 Resources

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

Leadership Team

Region 1 Regional Consultant: Joleen M. Nevers, Program Director for Regional Campus Wellness Services, University of Connecticut, joleen.nevers@uconn.edu

Region 1 Student Advisory Committee: Julianna Morrone, Sacred Heart University

State Coordinator: Ashleigh Hala, Director Wellness & Prevention Services, Babson College, ahala1@babson.edu

State Coordinator: Christine Johnston, Assistant Director Alcohol & Other Drug Education and Health Promotion, Springfield College, cjohnston4@springfieldcollege.edu

Interested in becoming more involved with the Regional Team? State Coordinator Positions are currently open!

Application materials for the Region I Student Advisory Committee position can be found [here](#) (including a position [description](#)). Applications are due by April 16, 2019.

Regional Conference Hosting

If your peer education group is interested in hosting the Region 1 Conference in the future, please contact Joleen M. Nevers, Regional Consultant, for an application and details on hosting responsibilities. [Applications](#) are due by October 1, 2019.

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 Health, Safety, and Well-being 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.

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

Joleen M. Nevers, University of Connecticut, Region 1 Consultant; Conference Chair*

Ashleigh Hala, Babson College, Region 1 State Coordinator; Awards Committee Chair*

Christine Johnston, Springfield College, Region 1 State Coordinator; Program Planning Chair*

Elizabeth Drexler-Hines, College of the Holy Cross

Julianna Morrone, Sacred Heart University; Region 1 Student Advisory Committee Representative*

Elise Brucato, Babson College

Kelsi Baker, Springfield College

Frankie Ashun '20, University of Connecticut

Katherine Podgurski, Babson College

*Members of the Region 1 Leadership Team

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