

**BEYOND THE BOX:  
CREATIVITY & DIVERSITY  
IN PEER EDUCATION**



**BACCHUS Network Area 10 Conference  
Wesleyan University  
April 5 & 6, 2008**

**Connecticut ▪ Maine ▪ Massachusetts  
New Hampshire ▪ Rhode Island ▪ Vermont**

The BACCHUS Network is a university and community based network focusing on comprehensive health and safety initiatives. It is our mission to actively promote student and young adult based, campus and community-wide leadership on healthy and safe lifestyle decisions concerning alcohol abuse, tobacco use, illegal drug use, unhealthy sexual practices and other high-risk behaviors.

## ■ AREA 10 LEADERSHIP TEAM ■

**Lisa Currie - Area Consultant**

Director of Health Education, Wesleyan University  
[lcurre@wesleyan.edu](mailto:lcurre@wesleyan.edu) or 860.685.2466

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[area10sac@bacchusnetwork.org](mailto:area10sac@bacchusnetwork.org)

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## ■ AREA 10 WEBSITE ■

Updated area information can be found at the Area 10 website:

[www.bacchusnetwork.org/area10.asp](http://www.bacchusnetwork.org/area10.asp)

If you have ideas for content, photos to share, or news about your peer education group, email Courtney Cydylo at [area10sac@bacchusnetwork.org](mailto:area10sac@bacchusnetwork.org).

## ■ AREA 10 E-NEWSLETTER ■

The Area 10 e-newsletter is sent to all current advisors of record and any subscribed students at least four times per year by email. To subscribe, sign up today at the Materials Table (by Conference Check-in in the Exley Lobby) or send your request to Courtney Cydylo at [area10sac@bacchusnetwork.org](mailto:area10sac@bacchusnetwork.org).

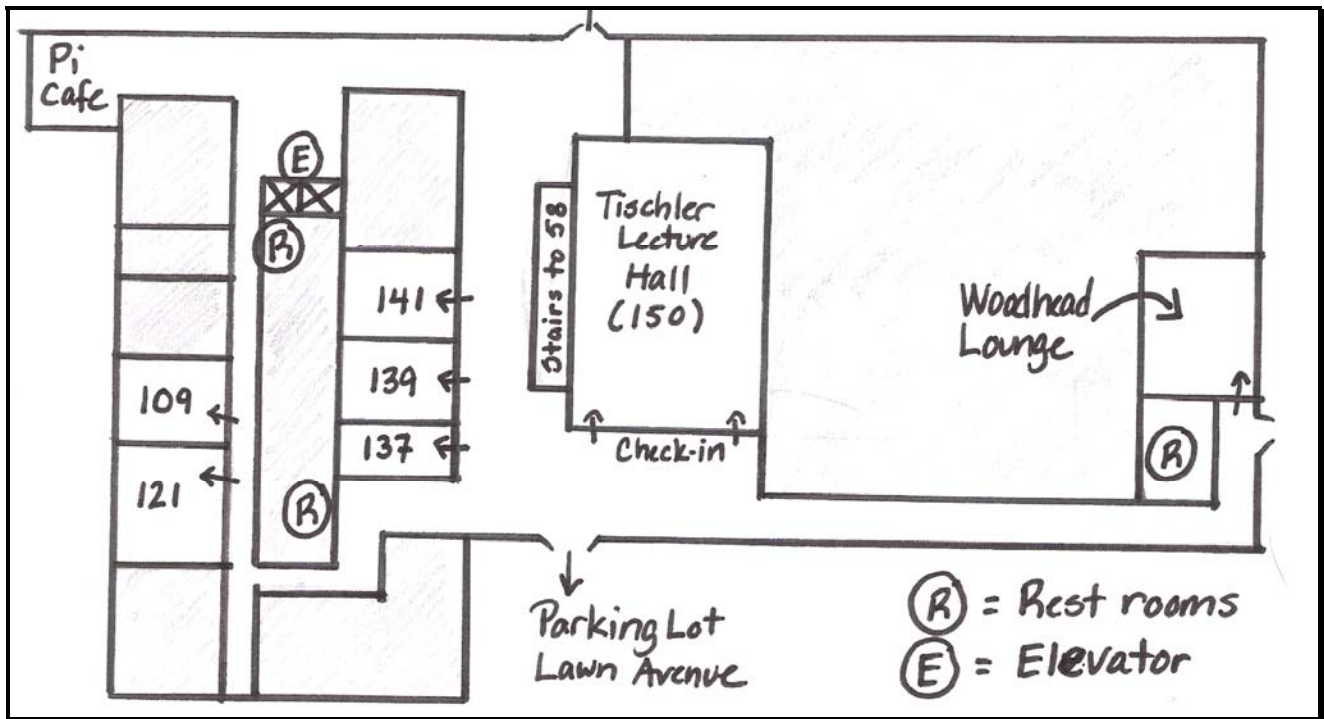
## ■ AREA CONFERENCE HOSTING ■

If your peer education group is interested in hosting the Area 10 Conference in 2009 or beyond, please contact Lisa Currie, Area Consultant, for an application and details on hosting responsibilities. Applications are due September 15, 2008.

## ■ SCHEDULE AT A GLANCE ■

Time	Event	Room
9:00am to 9:50am	<b>Welcome &amp; Opening Session</b>	<b>150</b>
<b>10:00am to 10:50am</b>	<b>Breakout Session 1</b>	
1.1	ULTIMATE Sex Jeopardy!	Woodhead
1.2	Recruitment & Retention Strategies	139
1.3	Mind Mapping: Moving Beyond Brainstorming	109
1.4	Late Night Alternative Program - Devil's Den 10pm	121
1.5	Safe on Campus Peer Education Collaboration	141
1.6	What Can BACCHUS Do for You?	58
1.7	Advisors Track: Reducing High Risk Drinking	137
11:00am to 11:50am	<b>Keynote Speaker: Jessica Pettitt</b>	<b>150</b>
12:00pm to 12:20pm	<b>Optional: Yoga/Stretch Break</b>	<b>Outside</b> (rain: Lobby)
12:00pm to 1:20pm	<b>Lunch</b>	<b>Summerfields</b>
<b>1:30pm to 2:20pm</b>	<b>Breakout Session 2</b>	
2.1	Common Beginnings: "How s'Zy Got Made"	58
2.2	Beyond the Workshop: Creative Approaches	139
2.3	Innovative Ideas to Inhibit Inebriation	109
2.4	Know When to Fold 'Em: How to Talk About Gambling	121
2.5	Women's Ways of Drinking	Woodhead
2.6	College Life 101	141
2.7	Advisors Track: Evidence Based Programs Discussion	137
<b>■ Grab a snack in the Lobby and bring it into the Featured Speaker Session! ■</b>		
<b>2:30pm to 3:20pm</b>	<b>Featured Speakers</b>	
F.1	Jim Matthews: Beer, Booze & Books	58
F.2	Bev Sastri: Solid Ground or Shifting Sands?	Woodhead
F.3	Samuel Lurie: Trans U (Part I)	121
<b>3:30pm to 4:20pm</b>	<b>Breakout Session 3</b>	
3.1	Trans U (Part II)	121
3.2	Rubberwear	141
3.3	A Piece of Your Mind	137
3.4	The ABCs of College Drinking	58
3.5	The Absolute Truth	109
3.6	Just Rescue	Woodhead
3.7	Advisors Track: Recruitment & Retention Discussion	139
<b>■ Please turn in your completed Conference Evaluation Form at the Closing Session! ■</b>		
4:30pm to 5:15pm	<b>Awards Ceremony, Raffle &amp; Closing</b>	<b>150</b>

## ■ MAP OF EXLEY SCIENCE CENTER ■



## ■ MATERIALS TABLE ■

Stop by the Materials Table at Conference Check-in in the Exley Lobby! We'll have:

- Extra handouts from breakout sessions and information on our speakers
- Brochures and posters to support your peer education efforts
- Sign-up list for our Area 10 e-newsletter
- Information on "Sign for Safety", a major BACCHUS Network initiative
- And more!

## ■ ENVIRONMENTAL COMMITMENT STATEMENT ■

In keeping with Wesleyan's participation in the American College & University Presidents Climate Commitment, we are striving to reduce the amount of paper and other waste generated by the BACCHUS Area 10 Conference. We ask for your participation in reducing waste by throwing recyclables and trash in the appropriate receptacles and only taking materials you will use. All handouts are printed on 100% recycled paper.

## ■ SMOKING POLICY ■

Smoking is not allowed inside of any Wesleyan University buildings. As such, the conference will be smoke free. The success of this policy depends on your thoughtfulness, consideration and cooperation. Everyone shares responsibility for adhering to and enforcing this policy.

## ■ MAJOR SPEAKERS ■



**Jessica Pettitt**

[www.jessicapettitt.com](http://www.jessicapettitt.com)

Referred to as the "Margaret Cho" of Diversity Trainers, Jessica Pettitt blends politics, humor, identity, and local flair with big city passion and energy through direct, individualized, and interactive conversations. Her workshops, seminars, and keynotes don't just leave participants invigorated but inspired and motivated to follow through with action to create change.

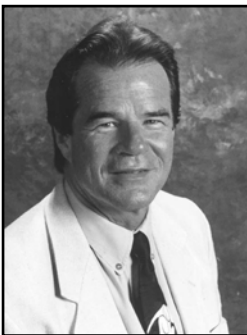
Having traveled and lived in a variety of communities and environments all over the world, while also engaging with education as student, teacher, administrator, and active community member, Jessica uses her take on life to lead participants through a safe but confrontational process of examination, self reflection, and open dialog that is as challenging as it is rewarding.



**Samuel Lurie**

[www.tgtrain.org](http://www.tgtrain.org)

Samuel Lurie, director of Transgender Training and Advocacy, is a nationally recognized expert on transgender issues in health care and higher education. Samuel has presented to over 18,000 people in 28 states and is committed to helping participants increase their comfort and capacity in working with transgender people. He also integrates personal experience into his presentations, which are engaging, interactive and eye-opening.



**Jim Matthews, M.Ed.**

[www.beerboozebooks.com](http://www.beerboozebooks.com)

Jim Matthews provides students, faculty, staff and parents with critical information about college drinking in an entertaining and non-judgmental manner. Jim has developed these unique "Drunk ain't Pretty" products to assist students and staff in distributing a special harm reduction message.

Jim is the Coordinator of Health Education at Merrimack College in Massachusetts. Prior to this position, for 13 years he was the Asst. to the VP for Alcohol and Other Drug Programs at Keene State College in New Hampshire where the campus newspaper identified his courses as the "most popular courses" at Keene State.

He received his Bachelor of Science degree from Manhattan College and his Masters in Education from Queens College, both in New York City. Jim is a certified trainer for the Prevention Research Institute, has a Certificate in Chemical Dependency Therapy, was a participant in the Professional in Residence Program at the Betty Ford Center in

California and is the author of three books: "Beer, Booze and Books...a sober look at higher education," "The ABCs of College Drinking...25 tips for navigating the collegiate party scene," and "The Parents Guide to College Drinking...facing the challenge together." The NCAA has approved Jim's presentations as part of its Sports Sciences Speaker Program. Jim has been recognized by the New Hampshire Legislature for his work in alcohol and other drug education and abuse prevention.

He has appeared on ABC-TV, WOR-TV, CNN, NBC Radio and New Hampshire Public Radio and has been featured in numerous magazine and newspaper articles. Jim has spoken to over 300,000 students on more than 300 campuses throughout the country.



## **Bev Sastri, MBA**

[www.powersourcenow.com](http://www.powersourcenow.com)

Beverly Sastri, motivational speaker and originator of the "Create a Life You Love" personal development training, earned her MBA degree from Cornell University and worked for 13 years as a Marketing Manager and Director for Fortune 100 companies. After attending a series of personal development training seminars that she felt only represented "half the equation for human potential", Beverly developed her own model of concepts and practices that delivered new levels of personal freedom and prosperity.

Beverly's teachings are informed by her unique life experiences, education and training, including a passionate study of Asian philosophies and religions (Buddhism, Shintoism, Taoism) as an undergraduate at Colgate University. She was intrigued by the idea that we are all part of one large body of energy and began to observe how this dynamic affected her and others' lives in a very real, tangible way.

Beverly also noted that certain universal "truths" remain constant regardless of the source of instruction, be it quantum physics, spiritual texts, ancient indigenous cultures and/or contemporary teachers. "Create a Life You Love" training shows you how to act in alignment with these universal truths and use them to realize tangible and intangible benefits in every area of your life.



## **Tad Spencer**

[www.bacchusnetwork.org](http://www.bacchusnetwork.org)

Tad is an Associate Director of Health Promotions with The BACCHUS Network National Office in Denver, Colorado. He is part of the tobacco team there. Tad received his undergraduate degree from the University of Denver and later returned to DU as the Outreach Coordinator for the Department of Wellness. He also served as the campus advisor for the peer education group. Tad completed his master's degree from Naropa University in 2004. He is also certified as a Tobacco Addiction Specialist and has a deep interest in addiction and cessation. In addition, Tad is a writer and improvisational theatre actor—something that has come in handy over the years.

# ■ DETAILED SCHEDULE ■

**9:00am TO 9:50am**

## **Welcome & Opening Session** **Room 150**

Join in the fun as we welcome you to the Area 10 Conference and give you the chance to get to know more about the BACCHUS Network and Area 10, and meet your fellow conference attendees. Be sure to grab breakfast in the Exley Lobby first!

**10:00am TO 10:50am**

## **Breakout Session 1**

### **1.1 ULTIMATE Sex Jeopardy! Woodhead Lounge**

*George Henry Aulson IV, Kelly Boehm, Tori LaBate, Dora Phomsopha & Sylvia Rodrigues, UMass Dartmouth Peer Health Educators  
University of Massachusetts Dartmouth*

Put your sexual health “know-how” to the test in ULTIMATE Sex Jeopardy!, a fun, interactive game show which provides informed and honest answers to some of the most common sexual health questions asked by college students. Latex, lube, lights, breasts, balls, and buzzers...oh my! Won't you give our program a try?

### **1.2 Recruitment & Retention Strategies Room 139**

*April Bard, Erika Howe, Luke Russell & Kasey Dunn, Sexperts  
University of Connecticut*

Want to know tips on how to recruit and keep your volunteers? This Recruitment and Retention session will offer methods to stimulate interest in your group and improve retention. Groups will share what works on their campuses and what doesn't. Workshop participants will be able to know, utilize, and modify retention and recruitment strategies to fit their own peer education groups on their campuses.

### **1.3 Mind Mapping: Moving Beyond Brainstorming Room 109**

*Tad Spencer, Associate Director of Health Promotions  
The BACCHUS Network*

The problem with brainstorming is twofold: (1) a facilitator controls the discussion and (2) the discussion is open-ended. When a facilitator controls the process, he/she selects the ideas that are captured. When a discussion is open-ended, people who are outspoken tend to dominate the process. Ideas of reticent individuals are not heard or considered. These issues of giving a facilitator complete control and domination by a small number of participants are avoided by using a process called “mindmapping.”

In mindmapping, the facilitator does not lead the discussion; instead, the facilitator designs, develops, and distributes a series of questions that enable individuals to think differently about a project, a policy, a procedure, a product, or a process.

**1.4 Late Night Alternative Program - Devil's Den 10pm Room 121**  
*Magdalena Wawrzyniak, Advisor, Gail Bonaldi, Advisor, & Stephanie Moran, Peer Educator, Natural Helpers*  
*Central Connecticut State University*

Drinking alcohol on Thursday Night is a “tradition” on most of the campuses and we are facing the same issues at Central Connecticut State University. As a part of the collaboration effort, we decided to change the campus culture and give students something else – have some fun without alcohol! If you are interested on how to start or improve late night programming on your campus we have tools, tips and facts to jump start your alcohol free event.

**1.5 Safe on Campus Peer Education Collaboration Room 141**  
*Alison Kiss, Program Director*  
*Eliza Behmyer, Intern, Villanova University*  
*Security on Campus, Inc.*

The Safe on Campus Peer Education Collaboration was developed in 2004. Security On Campus, Inc., the national non-profit dedicated to college campus safety, partners with college-trained peer educators to present programs on alcohol and sexual assault to high school students. We receive grant funding and compensate the peer educators per program. This is an effective way to provide high school students with a real prevention program that they can connect to.

**1.6 What Can BACCHUS Do for You? Room 58**  
*Courtney Cydylo, BACCHUS Network Student Advisory Committee Member*  
*Natural Helpers Peer Educators, Central Connecticut State University*  
*Chance Dorland, BACCHUS Network Student Trustee*  
*Healthy Options Peer Educators (H.O.P.E.), Emerson College*

So you're affiliated with BACCHUS. Now what? This program gets beyond the general information on BACCHUS that you already know and gets to the core of how much BACCHUS has to offer peer educators, advisors, and groups alike. From online resources to national campaigns to conferences to student leadership positions, "What Can BACCHUS Do for You?" will help you better understand what BACCHUS is all about and how you can use your affiliation to its fullest!

**1.7 Advisors Track: Reducing High-Risk Drinking Room 137**  
**Among Freshmen and Athletes: Effective Interventions**  
*Ryan Travia, M.Ed., Director of the Office of Alcohol & Other Drug Services,*  
*BACCHUS Network State Coordinator (Maine, New Hampshire & Vermont) & Paul*  
*Barreira, M.D., Associate Professor of Psychiatry, Harvard Medical School, and*  
*Director of the Department of Behavioral Health & Academic Counseling, Harvard*  
*University Health Services*  
*Harvard University*

Harvard College has developed a novel alcohol education training for student-leaders and professional staff that, supported by social norms and multiple data sets, has been successful in reducing high-risk drinking among freshmen and athletes. The presenters will share their story about creating a successful program from scratch, with many challenges, lessons learned, and a few laughs along the way. Both process and outcome measures that point to the effectiveness of these interventions will be highlighted, with a strong focus on harm reduction strategies.

**11:00AM TO 11:50AM**

**Keynote Speaker: Jessica Pettitt      Room 150**  
**“Be the Change You Want to Be”**

Often, student groups ask a speaker to come in and make the group feel good, laugh, and learn something. This keynote does two of the three, at least at first. Using an interactive and conversational style, this keynote encourages participants to play with their cell phones, raise their hands, and laugh out loud. The laughter comes from well orchestrated humor as well as a slow developing feeling of discomfort. In order to really make change, a person must realize what they are oblivious to and come to understand how this lack of consciousness guides his or her actions and assumptions. Collectively, the group begins to break down behaviors, actions, assumptions, and stereotypes that limit their organizations, friends, and most importantly themselves. Before you know, the participants are creating tangible goals and realistic action steps to do as soon as I get off the stage.

**12:00PM TO 12:20PM**

**Optional: Yoga Stretch Break      Outside**

Want to work the kinks out before lunch? Join our certified Hatha Yoga instructor, Amy Tate, in this yoga-based stretch break. Follow the Peer Health Advocates from the rear door of Exley to the Butterfield Courtyard (next to Summerfields, where lunch will be served). If it is wet or raining, meet in the Exley Lobby.

**12:00PM TO 1:20PM**

**Lunch      Summerfields**

Join your fellow peer educators and advisors in a buffet lunch at Summerfields. Meet the Wesleyan Peer Health Advocates at the rear door of Exley, going towards the parking lot. They will direct you to Summerfields, a short walk to the Butterfield Residential Area. Be sure to be back by 1:30pm for the start of the next session!

**1:30PM TO 2:20PM**

**Breakout Session 2**

**2.1      Common Beginnings: “How s’Zy Got Made”      Room 58**  
*Donna Lynn Darmody, Director of Health Education*  
*Roger Williams University*

Many Peer Education groups do workshops and presentations on safe sex and how to use a condom properly. However, unless the presenter has taken a Sexuality 101 college level class, background information on the anatomy and physiology of the male and female reproductive system and conception is sometimes limited. In one hour you will come away with an in-depth understanding of how you became you.

**2.2 Beyond the Workshop: Room 139**

**Brainstorming Creative New Approaches to Health Education**

*Ari Tolman, Peer Health Advocate Team Leader; Rose Agger, Samantha Charm & Jaimie Huntly, Peer Health Advocates (PHAs). Wesleyan University*

It's easy as a peer health educator to rely on the classic workshop and brochure to reach students and disseminate important information. But in an age of booming technology, there is a huge opening for new, creative approaches to connect with students and promote health in more effective and exciting ways. We invite everyone to discuss these issues, ask questions, and share the ways in which your campus has already been successful with expanding programming tactics—that way, everyone will be assured to leave with some fresh approaches and programs to bring back to their schools!

**2.3 Innovative Ideas to Inhibit Inebriation: Room 109**

**Tools for Encouraging Low-Risk Drinking**

*Ryan Travia, M.Ed., Director of the Office of Alcohol & Other Drug Services, Amelia Kimball '08 & Shiv Gaglani '10, Drug & Alcohol Peer Advisors (DAPAs) Harvard University*

The Drug & Alcohol Peer Advisors (DAPAs) are a two year-old organization at Harvard College that works with the Office of Alcohol & Other Drug Services to reduce high-risk drinking, with a particular focus on supporting first-year students. Novel techniques used by DAPA include active social norms marketing, first-year workshops and DAPA party grants. In less than two years, we have been recognized as one of the top National Alcohol Screening Day screening sites in the country, and have educated the entire incoming classes of first-year students about alcohol use and abuse. We intend both to educate our peers of the techniques we have found to be successful and to encourage active discussion and brainstorming of other tools peer groups could employ to promote safe drinking atmospheres on campuses

**2.4 Know When to Fold 'Em: How to Talk About Gambling Room 121**

*Rayallen Bergman, College Prevention Coordinator, SERAC  
Mary Drexler, Assistant Director, CT Council on Problem Gambling  
Mike Yasko, GAMES Alumni, Quinnipiac University &  
Tom Kenney, GAMES Alumni, Providence College  
Southeastern Regional Action Council (SERAC)*

Poker tournaments, on-line gambling, lottery tickets, and casino trips can all be part of the college experience. Unlike alcohol, tobacco and other drugs, college students have not had years of education on the risks and responsibilities of gambling. With all the legal---and illegal---opportunities to gamble, increasing numbers of students are experiencing academic, financial, and relationship difficulties. In fact, the rate of problem gambling among college students is twice that of adults.

Workshop includes: practical information on the nature and scope of gambling on campus and why it's essential to include problem gambling prevention information in peer education programs; college youth with experience as gambling prevention peer educators; and preview of "21", a soon-to-be released video on college gambling. Each participating school will receive a free copy of video and additional educational materials.

**2.5 Women's Ways of Drinking: Woodhead Lounge**  
**College Women and High Risk Alcohol Use**  
*Margaret A. Smith, Licensed Alcohol and Other Drug Counselor (LADC) & Assistant Professor, Health Science Substance Abuse/Addictions Option & Women Studies*  
*Keene State College*

Current research indicates that college women are drinking at riskier levels – and experiencing more negative consequences – than ever before. The presenter will discuss her research regarding the motives, events, and consequences expressed by college women who participate in high risk drinking. The discussion includes participant and presenter exchange concerning peer education and intervention programs.

**2.6 College Life 101 Room 141**  
*Hannah Johnson, Lauren Bartolotti, Laura Maynard, Mouad Tijani, Lisa Bourassa, Ashley Demers, Justin Cirisoli, Briana Beltramini, Danielle Jordan & Matt Dean, P.E.E.R.s*  
*Roger Williams University*

College Life 101 is an informative and entertaining program created by the Roger Williams University P.E.E.R.s for first year students on our campus. Through skits and personal stories it covers homesickness, date rape, eating disorders, roommate conflicts and long distance relationships. Although it focuses on common issues for first year students, College Life 101 also serves as an introduction to the P.E.E.R.s and their services as well as to other campus resources.

**2.7 Advisors Track: Evidence Based Programs Room 137**  
**Roundtable Discussion**  
*Joleen M. Nevers MAEd, Health Education Coordinator & BACCHUS Network State Coordinator (Connecticut & Rhode Island)*  
*University of Connecticut*

We have all heard of evidence based programs but how many health educators on college campuses are actually implementing them? Find out as we explore this topic and the different interpretations of how evidence based is defined in our field.

**Grab a snack in the Lobby and  
bring it into the Featured Speaker Session!**

**2:30PM TO 3:20PM**  
**Featured Speakers**

**F.1 Beer, Booze & Books Room 58**  
*Jim Matthews, M.Ed, Author, Speaker*  
*Coordinator of Health Education, Merrimack College*

*Beer, Booze and Books* is a high energy, entertaining look at college drinking concerns. Topics include amounts of alcohol in various drinks, alcohol poisoning, hangovers, DUI, tolerance, low risk drinking and much more. Utilizing television commercials, student interviews and print ads, *Beer, Booze and Books* juxtaposes misperceptions about drinking with the true concerns that must be addressed when discussing this highly-

charged topic with students. While providing accurate and applicable information about alcohol consumption, this program also supports social norms strategies. *Beer, Booze and Books* is a nationally recognized program that has been enjoyed by more than 300,000 students on more than 300 campuses around the country.

**F.2 Solid Ground or Shifting Sands? Woodhead Lounge**

**How to help others make sound life style decisions**

*Beverly Sastri, MBA*

*LIVE like YOU MEAN it!, Power Source Now, LLC*

Are those you mentor making important lifestyle decisions based on the solid ground of knowing who they are and what they value? Or are their decisions based on the shifting sands of trying to fit in with the crowd, or escape a problem, or create a sense of self-worth? In this interactive presentation you will learn how to help others make strong decisions and respond to challenges with confidence and effectiveness by first accessing the solid ground of their inner truth. This inner GPS will help them see the true nature of their current circumstances, what they are feeling, and what's really motivating their decision-making process. This high degree of personal clarity is the key that helps everyone make powerful lifestyle choices.

**F.3 Trans U: Room 121**

**An Introduction to Transgender Issues on Campus (Part I)**

*Samuel Lurie, Director*

*Transgender Training and Advocacy*

Transgender issues have become a hot topic on campuses, with the increased visibility of gender non-conforming students and the momentum of an international Transgender Liberation Movement. Campus activists and peer educators are hungry for opportunities to discuss issues of gender, and to understand how including transgender issues builds on and contributes to other health and social justice issues on campus. This interactive session will examine basic terminology, issues in access to health resources, and distinctions between gender identity and sexual orientation. *(Part 2 of this session will be held immediately following in the same room)*

**3:30PM TO 4:20PM**

**Breakout Session 3**

**3.1 Trans U: Room 121**

**An Introduction to Transgender Issues on Campus (Part II)**

*Samuel Lurie, Director*

*Transgender Training and Advocacy*

Transgender issues have become a hot topic on campuses, with the increased visibility of gender non-conforming students and the momentum of an international Transgender Liberation Movement. Campus activists and peer educators are hungry for opportunities to discuss issues of gender, and to understand how including transgender issue builds on and contributes to other health and social justice issues on campus. This interactive session will examine basic terminology, issues in access to health resources, and distinctions between gender identity and sexual orientation.

### **3.2 Rubberwear**

**Room 141**

*Anna DeVeau-Jalbert, Amanda L'Bassi, Vu Tran & Lauren Moore, Sexperts  
University of Connecticut*

A 21<sup>st</sup> century version of an “eroticizing safer sex” program, Rubberwear incorporates an educational quiz, as well as exciting chances to demonstrate proper condom use, why lubrication should be used, sample various flavored lubrications, and win prizes. Rubberwear is a fun and interactive program that increases students’ knowledge and comfort level of sexuality topics and the resources available to them. A follow-up discussion will outline how this program can be adapted to work on your campus.

### **3.3 A Piece of Your Mind**

**Room 137**

*Tad Spencer, Associate Director of Health Promotions  
The BACCHUS Network*

**Note: This session is for students only.** You know best! Peer educators are the hearts and minds of BACCHUS, so tell us what you think. This is your best opportunity to guide the organization and the way health promotion is conducted. In this session, students will be able to talk freely with one another and a BACCHUS National Staff member about what types of messages, materials and health education strategies work best on campuses. Your input is invaluable; do not miss this chance!

### **3.4 The ABCs of College Drinking**

**Room 58**

*Jim Matthews, M.Ed, Author, Speaker, [www.beerboozebooks.com](http://www.beerboozebooks.com) &  
Coordinator of Health Education  
Merrimack College*

Two “partiers” will be selected to participate in the program which utilizes the Virtual Bar from the Alcohol 101 Plus program. Participants will consume their virtual drinks and perhaps become virtually impaired. They can immediately evaluate their Blood Alcohol Level based on various drinking patterns. Other viewers will also be able to estimate their own virtual BALs as if they had been drinking along with the “partiers.” Critical topics include tolerance, blood alcohol level, drinking patterns and impairment. Attendees will receive a complimentary copy of Jim Matthews’ new book “The ABCs of College Drinking...25 tips for navigating the collegiate party scene.”

### **3.5 The Absolute Truth**

**Room 109**

*Alicia Jacobs & Joanna Magee, UMass Dartmouth Peer Health Educators  
University of Massachusetts Dartmouth*

Let’s face it, most college students drink. “Just Say No” doesn’t work. Students need to learn how they can drink more safely and how to help others when they drink too much. The Absolute Truth is a fun, interactive program which discusses myths/facts about college drinking, how to estimate your blood alcohol concentration (BAC), drink equivalencies (How many drinks are in your Solo cup?), the signs of alcohol poisoning and how to help, and more. *Do you know The Absolute Truth?*

### **3.6 Just Rescue**

**Woodhead Lounge**

*Jessica Pettitt M.Ed., Social Justice and Diversity Consultant and Facilitator  
[www.jessicapettitt.com](http://www.jessicapettitt.com)*

Who has the power to choose who lives or dies? Who writes the moral code we live by? Who “unwrites” this code? Even with limited information, we are socialized to make quick decisions about another person. This directly relates to how we work with, talk to, and support other people. When given an opportunity to examine “back stories” and

assumptions, participants learn the positives and negatives of stereotypes. Participants can take this knowledge to make informed decisions in the future.

**3.7 Advisors Track: Recruitment and Retention of Peer Educators Roundtable Discussion Room 139**

*Laura C. McAvey, M.Ed. Coordinator of Wellness Education & BACCHUS Network State Coordinator (Massachusetts)  
Emerson College*

An issue for all peer education advisors: how do we find, motivate, and support our peer educators? How do we choose them? What criteria do we use to determine membership in our peer education group? Join this roundtable discussion for advisors focusing on recruitment, retention, motivation, and recognition of peer educators. We'll discuss what works, what doesn't, and the various structures of peer education groups on campuses.

**Please complete your Conference Evaluation Form!  
They will be collected during the Closing Session.**

**4:30 TO 5:15PM**

**Awards Ceremony, Raffle & Closing Room 150**

**Be sure to stay for our Closing Ceremony! We will be presenting Area 10 awards for:**

- Outstanding Peer Educator
- Outstanding Advisor
- Outstanding Program
- Outstanding Peer Education Group (*new this year!*)
- Outstanding Alumnus (*new this year!*)

**We are also giving away a free registration to General Assembly 2008 in Columbus, Ohio as well as other great prizes – but you must be present to win!**

**SUNDAY, APRIL 6 ■ 8:15AM TO 5:00PM**

**Certified Peer Educator (CPE) Training**

For those of you who registered in advance, the CPE Training will be held in the Woodhead Lounge. Your facilitators will be Laura McAvey (Emerson College & BACCHUS Massachusetts State Coordinator) and Lisa Currie (Wesleyan University & BACCHUS Area 10 Consultant). The day's schedule is as follows:

8:15am to 8:45am	Check-in & Continental Breakfast
8:45am to 12:00pm	Training
12:00 to 12:30pm	Lunch (in room)
12:30pm to 5:00pm	Training

# ■ NOTES ■

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# ■ BACCHUS NETWORK RESOURCES ■

## **BACCHUS Websites**

- BACCHUS Network [www.bacchusnetwork.org](http://www.bacchusnetwork.org)
- Area 10 Homepage [www.bacchusnetwork.org/area10.asp](http://www.bacchusnetwork.org/area10.asp)
- Impaired Driving [www.friendsdrivesober.org](http://www.friendsdrivesober.org)
- Sexual Health [www.smartersex.org](http://www.smartersex.org)
- Tobacco Prevention [www.tobaccofreeu.org](http://www.tobaccofreeu.org)

## **BACCHUS Listserv**

To subscribe to the BACCHUS listserv, go to [www.bacchusnetwork.org/listserve.asp](http://www.bacchusnetwork.org/listserve.asp) and enter your name and email address. You may also unsubscribe on the same page.

# ■ SAVE THE DATES ■

Look for current information on all BACCHUS conferences at

[www.bacchusnetwork.org/conferences-training.asp](http://www.bacchusnetwork.org/conferences-training.asp)

- **National Conference for Advisors of Peer Education Groups**  
June 15 to 17, 2008 @ Denver, CO
- **National Conference on the Social Norms Approach**  
July 20 to 22, 2008 @ Burlingame, CA (near San Francisco)
- **BACCHUS General Assembly**  
November 13 to 16, 2008 @ Columbus, OH
- **National Tobacco Symposium on Young Adults**  
Spring 2009 • Location TBA

**Open your heart and mind to everything  
Accept everything and everyone  
Forget your own background, habits and norms  
Follow your heart (or nose)  
Reinvent yourself moment by moment!**

*~ Anonymous*

# ■ ACKNOWLEDGEMENTS ■

**The Wesleyan Planning Committee wishes to express our deepest gratitude to those who contributed to the success of this year's Area 10 Conference:**

**Our Presenters, Speakers and Award Winners**

...without whom this conference simply could not happen

**The Area 10 Leadership Team: Courtney, Joleen, Laura, Ryan & Lisa**

...for making our conference and Area 10 better every year

**The Wesleyan Peer Health Advocates and Student Health Advisory Committee**

...for truly rising to the occasion and embracing the effort required to create this conference

**The Network ([www.thenetwork.ws](http://www.thenetwork.ws))**

...for supporting our Outstanding Advisor Award

**Joyce Walter, Wesleyan Director of Health Services**

...for her unwavering support

**The staff of the BACCHUS Network National Office**

...for everything they do in support of peer education

**The staff of the Wesleyan University Events & Scheduling Office**

...for making sure we attended to all the details

**The staff of Bon Appétit Catering**

...for the terrific food and service

**And to our Raffle Prize Donors**

...Bev Sastri, Jim Matthews, Bridgewater State College McADOC Peer Educators, Harvard University DAPAs, Roger Williams University HAWEs, Sacred Heart University Peer Educators, & Wesleyan University PHAs.

