Welcome to...
The 2015 New Jersey Peer Institute!

Funded by the NJ Division of Highway Traffic Safety with special consideration for issues pertaining to safe driving habits
www.NJSafeRoads.com

Supported by the Alcohol & Drug Education Program (ADEP) at The College of New Jersey
Hosted at Rider University

Event Schedule for:
Tuesday, June 9th – Thursday, June 11th 2015
9:00AM – 10:00AM (Outside West Village)
**Check-In**
Students and advisors check-in at the residence halls (Outside West Village) and drop off their luggage into their rooms. Immediately after, students register for the conference with the Peer Institute Staff at the Mercer Room in the Daly Dinning Hall.

9:30AM – 10:30AM (Daly Dining Hall - Cafeteria)
**Breakfast**

10:30AM – 10:55AM (Daly Dining Hall - Mercer Room)
**Welcome, Opening Remarks, & Bacchus Gamma Pre-Test**
Joe Hadge, Assistant Director, Alcohol & Drug Education Program (ADEP), The College of New Jersey

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**STUDENTS**
11:00AM – 12:15PM (Daly Dining Hall – Mercer Room)
**Opening Ceremonies, and Ice Breaker for Students**
Leah Savadel, Dana Landesman, & Zach Gall, Peer Institute Coordinators, The College of New Jersey

Find out which team you’ll be a part of and then join us for a fun and exciting group icebreaker prepared by the 2015 New Jersey Peer Institute Staff from The College of New Jersey. Also earn some points and prizes for your team!

**ADVISORS**
11:00AM – 12:15PM (Daly Dining Hall Piano Classroom)
**Advisor Meeting**
Joe Hadge, Assistant Director, Alcohol and Drug Education Program (ADEP), The College of New Jersey
Marianne Edmond, Peer Institute Coordinator

Join other advisors attending the Peer Institute to meet, mingle, and sign up to play a key role in the 2015 New Jersey Peer Institute! Discuss topics for round-table discussion.

12:15PM – 1:15PM (Daly Dining Hall – Cafeteria)
**Lunch and a chance to meet your fellow peer educators 😊**

1:15PM – 2:15PM (Daly Dining Hall - Mercer Room)
**Absolute Effectiveness Bacchus Gamma Strategies for Change and High-Risk Behavior (Module 2)**
Katie Bean, St. Joseph’s University

This presentation will cover various levels of prevention and intervention including individual, targeted and population based approaches. We will review the Stages of Change model and Social Norms theory and how students can utilize this information to help change high risk behavior on their campus.
### Students

**2:15PM – 3:00PM (Daly Dining Hall - Mercer Room)**  
**The HERO Campaign**  
**NJDHTS**  
*Ed O’Connor, Central Region Supervisor NJDHTS*  
Learn about the Hero Campaign, an initiative you can implement on your campus! Presentation will include a brief overview of the John R. Elliott HERO Campaign for Designated Drivers and how other colleges and universities have successfully implemented the HERO Campaign onto their campuses.

**3:00PM – 3:15PM**  
**Stretch & Snack Break**  
Have a snack and enjoy a beverage!

**3:15PM – 4:00PM (Daly Dining Hall - Mercer Room)**  
**Effective Listening**  
**Bacchus Gamma Listening Skills (Module 3)**  
*Mary Burns, Morgan Gibbons & Anna Poruks, SAVE PEs, The College of New Jersey*  
Being an effective listener is an important aspect of being a peer educator. This session will provide an overview of listening skills that can help you connect within your role. You will participate in engaging activities while exploring the importance of listening skills as part of effective communication.

**4:15PM – 5:00PM (Daly Dining Hall Piano Classroom)**  
**Taking Action: Response and Referrals**  
**Responding and Referral Skills (Module 4)**  
*Kelly Hennessy, Associate Dean of Students, & Kasey March, Health & Wellness Program Assistant, The College of New Jersey*  
Gain a better understanding of the value of helping others and learn to determine when referrals are appropriate.

**5:05PM – 5:45PM (Daly Dining Hall - Mercer Room)**  
**Tech Talk**  
**Bacchus Gamma Programming & Presentation Skills (Module 7)**  
*Ryan Gladysiewicz, Assistant Director of Instructional Technology Services, The College of New Jersey*  
Find out what the latest technologies are and how to use them to market your healthy programs on your campus. This interactive and informative presentation will help you think of new ways to reach more of your students.

### Advisors

**2:15PM – 3:00PM (Daly Dining Hall Piano Classroom)**  
**Round Table Discussion of Hot Topics**  
*Joe Hadge & Marianne Edmond*  
Discuss current trends/issues in the field of higher education, share ideas, and learn how to address issues on your respective campuses.

**3:15PM – 4:00PM (Daly Dining Hall Piano Classroom)**  
**Taking Action: Response and Referrals**  
**Responding and Referral Skills (Module 4)**  
*Kelly Hennessy, Associate Dean of Students, & Kasey March, Health & Wellness Program Assistant, The College of New Jersey*  
Gain a better understanding of the value of helping others and learn to determine when referrals are appropriate.
5:45PM – 6:00PM (Daly Dining Hall - Mercer Room)
Team Challenge
Compete in a team activity to earn points!

6:00PM – 7:00PM (Daly Dining Hall - Cafeteria)
Dinner
Enjoy dinner and an opportunity to continue to meet new people and share ideas.

7:00PM – 7:25PM (Breakouts – Wherever you please!)
Talk time for peer educators and their advisors.
Reflect on some of the skills learned today and how you can bring them back to your own campus.

7:30PM – 9:00PM (Daly Dining Hall - Mercer Room)
The Power of Peer Education
Bacchus Gamma Understanding the Power of Peer Education (Module 1)
Ms. Ann DeGennaro, Lawrence High School
Ann DeGennaro returns to deliver an empowering message on being a peer educator, followed by a discussion about the Power of Peer Education.

9:00PM – 10:30PM (Daly Dining Hall – Mercer Room)
Visit Munchkin Land!
Enjoy a movie, munchkins and emerald green punch!

Wednesday, June 10th, 2015

8:30AM – 9:25AM (Daly Dining Hall - Cafeteria)
Breakfast

9:30AM – 10:15AM (Daly Dining Hall - Mercer Room)
50 Shades of Love, Sex & Bystander Intervention
Bacchus Gamma Intervention Skills (Module 5)
Susan Stahley, Rider University
Easing on down the yellow brick road of your campus as a peer educator requires more than a good pair of red shoes. Each of us has the responsibility to lead change on campus and in the community by encouraging others not to be bystanders in negative situations. Raise awareness that relationships, hook-ups and sex all need to have informed consent and appropriate boundaries. Review how drugs and alcohol factor into a student's life while increasing your skills, confidence, and knowledge of available resources in order to safely advise and intervene in unhealthy situations.

10:15AM – 11:45AM (Daly Dining Hall - Mercer Room)
The NJCU Gothic Knight Ally Safe Zone Program
The purpose of this training is to provide conscious education on the range of diversity in gender identity, gender expression and sexual orientation.

**11:45AM – 12:45PM (Daly Dining Hall - Cafeteria)**

*Lunch*

**STUDENTS**

12:45PM–1:45PM (Daly Dining Hall - Mercer Room)

*When Words Fail: Art for Healing & Self-Expression*

Robbin Loonan, MA, DVS, LPC

Scientific research has shown that art has been useful in empowering individuals, communities, and vulnerable populations cope with many of life’s challenges and tell their stories. Offering our college communities the opportunity to create art is an effective and powerful way to engage, inform, and inspire our campuses. This workshop will provide examples of healing art projects and participants will be given the opportunity to participate in a collective art project.

**ADVISORS**

12:45PM–2:15PM (SRC Seminar Room)

*Paperclip Webinar – “Resilient Students: Strategies for Life-Skill Development”*

What does it mean to be resilient — and how does that play out on today’s college campuses? Join us for an informative webinar that will help us review the concept of resilience and explore strategic ways we can incorporate resilience development into students’ living and learning environments.

**1:45PM – 2:15PM (Daly Dining Hall - Mercer Room)**

*Team Challenge*

Compete in a team activity to earn points!

**STUDENTS**

2:15PM – 2:45PM (Daly Dining Hall - Mercer Room)

*Self-Care for Peer Educators*

*Bacchus Gamma Taking Care of Yourself (Module 8)*

Allie Pearce and StudentCare Peer Educators, Rowan University

College life can sometimes be crazy; it’s important to take care of yourself. A proper sense of self care can bring refreshment to your mind and help you be a more effective peer educator. In this presentation, you will learn the significance of setting personal and professional boundaries and the importance of making time for yourself. Learn a few stress relieving techniques that you can incorporate into your life.

**ADVISORS**

2:15PM – 3:15PM (SRC Seminar Room)

*Steps to Safety: Motivating Change of High Risk Behaviors*

Katie Bean, St. Joe’s University

Katie will talk about how to get students to reduce their risk, take steps towards safety and change their behavior. She will review Kohlberg’s Theory of Moral Development and provide tips to recognize motivating factors for behavior. This interactive program will allow for discussion and activities, including a case study at the end, to practice the specific strategies learned.

**2:45PM – 3:15PM**

*Stretch & Snack Break*

Have a snack and enjoy a beverage!
3:15PM – 3:55PM (Daly Dining Hall - Mercer Room)
Distracted Driving: The Traveling Epidemic
NJDHTS
Lt. Bill Pauli (ret.)
At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving. Hear first-hand about the dangers associated with distracted driving.

4:00PM – 4:30PM (Daly Dining Hall - Mercer Room)
Team Challenge
Compete in a team activity to earn points!

4:40PM – 6:00PM (Wherever you please!)
Review for Bacchus Gamma
Meet with your individual advisors to review for the Bacchus Gamma CPE test. There will be no review with the whole conference on Thursday, so be sure to use this time effectively. Feel free to get some fresh air and study outside if the weather is nice!

6:00PM – 7:00PM (Daly Dining Hall - Cafeteria)
Dinner

7:00PM – 8:00PM (Daly Dining Hall - Mercer Room)
"In La’kech: I Am You, You Are Me, We Are Us"
Bacchus Gamma Developing Inclusive Peer Education Efforts (Module 6)
The Peppers, New Jersey City University
The Peers Educating Peers (PEP) Program will explore the connection between being inclusive of others as a Peer Educator and the importance of maintaining an authentic self. Being inclusive as a peer educator is crucial in order to effectively engage, empower, and reach out to our peers and communities. Peer Education is more than simply sharing information; it is also about provoking thought and inspiring conversation and letting our peers and members of our community know that they are seen, heard and represented. In PEP, it is important for us to be inclusive because having a safe space to be our true and authentic selves allows us to heal and truly connect with each other, building a bond of support, love and self-growth. In order to raise consciousness and awareness to those we present to, we must first embrace perspectives and experiences different from our own, and understanding ourselves is the first step in this process.

8:00PM – 8:30PM (Daly Dining Hall – Mercer Room or outside!)
Talk time for Peer Educators & Advisors / Prep time for Talent Show
Review the day’s sessions, finalize tomorrow’s discussion/presentation session with high school students, and work on those last minute rehearsals for the talent show.

8:30PM – 10:30PM (Daly Dining Hall – Mercer Room)
Annual Peer Institute Talent Show & Ice Cream Social!
Enjoy some amazing talent by your peers while snacking on some ice cream!

10:30PM – 12:00AM (Wherever you please!)
Free Time!
Thursday, June 11th, 2015
8:00AM-12:30PM NJ High School Peer Institute

8:00AM – 8:30AM (The Yvonne Theater Lobby)  
Continental Breakfast for College and High School Peers

8:30AM – 8:45AM (The Yvonne Theatre)  
Welcome to Rider  
Lawrence Johnson, Associate Dean of Students, Rider University  
Welcome High School Students  
Joe Hadge, Assistant Director, Alcohol and Drug Education Program (ADEP), The College of New Jersey

8:45AM – 10:15AM (The Yvonne Theater)  
Keynote Presentation: Matt Bellace, PhD.  
Bacchus Gamma Group Development and Success (Module 9)  
Join Matt Bellace, a nationally recognized, interactive and motivational speaker, as he presents on being a Peer Leader.

10:15PM – 10:30AM (The Yvonne Theater)  
High School Certificates  
Joe Hadge, Assistant Director, Alcohol and Drug Education Program (ADEP), The College of New Jersey  
Marianne Edmond, Peer Institute Coordinator

10:35AM – 11:30AM (Breakout Rooms in the Fine Arts Building)  
Small Group Discussions (2 rotations of 25 minutes with 5 minutes in between)  
Colleges and universities will break up into their small discussion groups and share information with high school peer leaders.

11:35AM – 12:15PM (Daly Dining Hall - Cafeteria)  
Lunch

- High School Student Portion of Conference Ends –

12:30PM – 1:15PM (Daily Dining Hall - Mercer Room)  
Bacchus Gamma Exam for CPE Certification  
Leah Savadel and Dana Landesman, Peer Institute Coordinators, The College of New Jersey

1:20PM – 2:00PM (Daily Dining Hall - Mercer Room)  
Presentation of Certificates & Awards  
Joe Hadge, Assistant Director, Alcohol and Drug Education Program (ADEP), Leah Savadel, Zach Gall, and Dana Landesman, Peer Institute Coordinators, The College of New Jersey
2:00PM – 3:00PM (West Villages)

Checkout
Students and advisors check out of the residence halls (Outside West Village). If advisors need to meet with their students, please do so after you check out.

Thank you for attending the 2015 NJ Peer Institute
We look forward to seeing you again next year!
We welcome your input and feedback: contact us at adep@tcnj.edu or 609.771.2988