DAPA Training Schedule

Spring 2015

Tuesdays from 5:00 PM – 8:00 PM
Seminar Room, 2nd floor of 5 – 7 Linden Street

February 17
Class # 1
Themes: Introduction to AODS & DAPA; Teambuilding; Physiology of Alcohol
Welcome from the DAPA President and Board Members
The Circle of Leadership
Are you a circle, squiggle, triangle, or square?
Brownouts, Blackouts, & BAL’s: An Inside Look at Alcohol & the Brain
Presenter: Ryan Travia, Director, Department of Health Promotion & Education and Director of the Office of Alcohol & Other Drug Services

For next week:

Read “Just Say Know” from Buzzed, pp. 23 – 26
Read “Alcohol” from Buzzed, pp. 33 – 67
Review Physiology of Alcohol Information
Review HUHS Health Assessment Data (be prepared with questions/reactions)
Read: “A Call to Action: Changing the Culture of Drinking at U.S. Colleges”
Attend Open A.A. Meeting

February 24
Class # 2
Themes: Harvard Alcohol & Drug Data, Mission & Data-Driven Practice
Harvard University Health Services Health Assessment
Alcohol Admissions Data
Presenters: Michelle Mandino, Prevention Specialist, AODS
Ryan Travia, Director, Department of Health Promotion & Education and Director of the Office of Alcohol & Other Drug Services
Best Practices in Substance Abuse Prevention among College Students
Presenters: Elise Korte, Program Coordinator, AODS
Michelle Mandino, Prevention Specialist, AODS
Ryan Travia, Director, Department of Health Promotion & Education and Director of the Office of Alcohol & Other Drug Services

For next week:

Sign-up for Other Drug Presentations
Review Freshman Workshop Curriculum
Attend Open A.A. Meeting
**March 3**

**Class # 3**

**Themes: Adolescent Brain Development; Working with Freshmen**

*Identifying Consequences of Binge Drinking in Emerging Adulthood*

Guest Speaker: Marisa Silveri, Ph.D., Associate Professor of Psychiatry, Harvard Medical School; Director, Neurodevelopmental Laboratory on Addictions and Mental Health, McLean Hospital Brain Imaging Center

DAPA Connection: Freshman Workshops

Presenters: Elise Korte, Program Coordinator, AODS
Michelle Mandino, Prevention Specialist, AODS
Matt Abrams, ’15, DAPA & AODS Intern
Jackie DelMuto, ’16, DAPA & AODS Intern
Veteran DAPAs

For next week:

Read “Test Your Drug Knowledge” from *Buzzed*, pp. 27 – 30
Read “Brain Basics” from *Buzzed*, pp. 295 – 314
Read “Drug Basics” from *Buzzed*, pp. 315 – 326
Read “Addiction” from *Buzzed*, pp. 327 – 338
Read “Caffeine” from *Buzzed*, pp. 68 – 90
Read “Ecstasy” from *Buzzed*, pp. 91 – 103
Read “Hallucinogens” from *Buzzed*, pp. 104 – 136
Read “Inhalants” from *Buzzed*, pp. 153 – 165
Read “Marijuana” from *Buzzed*, pp. 166 – 203
Read “Nicotine” from *Buzzed*, pp. 204–220
Read “Opiates” from *Buzzed*, pp. 221 – 242
Read “Sedatives” from *Buzzed*, pp. 243 – 256
Read “Steroids” from *Buzzed*, pp. 257 – 265
Read “Stimulants” from *Buzzed*, pp. 266 – 291
Prepare Team Presentations on Other Drugs
Attend Open A.A. Meeting

**March 10**

**Class # 4**

Themes: Other Drugs

Trainee Presentations
Freshman Workshops cont.

For March 24:

Read Chapter One: *Did You Hear What I Said*, pp. 9 – 22
Skim Basic Counseling and Helping Skills Information
Skim “Listening to and Talking with Fellow Students: A Guide for Drug and Alcohol Peer Advisors”
Attend Open A.A. Meeting

**March 17**

Spring Recess (No Class)
March 24
Class # 5
Themes: Advising Skills, Interventions, & Behavior Change
Motivational Interviewing and the Stages of Change
Presenters: Michelle Mandino, Prevention Specialist, AODS
Ryan Travia, Director, Department of Health Promotion & Education and Director of the Office of Alcohol & Other Drug Services
DAPA Connection: Being a House DAPA (Veteran DAPAs)

For next week:

Preview “Alcohol and the Family” Information
Read Chapter One: “Love” from Drinking: A Love Story, pp. 1 – 10
Read: Understanding the High-Functioning Alcoholic: Breaking the Cycle and Finding Hope
Attend Open A.A. Meeting

March 31
Class # 6
Themes: Addiction; Personal Stories; Treatment & Recovery
Guest Speaker: Sarah Allen Benton, MS, LMHC, LPC, Author, Understanding the High-Functioning Alcoholic: Breaking the Cycle and Finding Hope
Guest Speaker: Janet Lawrence, LICSW, Staff Social Worker, HUHS
Recovery Panel Featuring Harvard Students
Freshman Workshops cont.

For next week:

Preview “Alcohol & Sexual Assault” Information
Read Standards of Conduct in the Harvard Community
Attend Open A.A. Meeting

April 7
Class # 7
Themes: Alcohol & Sexual Assault
Guest Speaker:
Alicia Oeser, Director, Office of Sexual Assault Prevention and Response
History of AODS & DAPA
Freshman Workshops cont.

For next week:

Read “Racial and Ethnic Differences in Alcohol and Other Drug Use”
Attend Open A.A. Meeting
April 14
Class # 8
Themes: Programming & Presentation Skills
Presenters: Elise Korte, Program Coordinator, AODS
Michelle Mandino, Prevention Specialist, AODS
Freshman Workshops cont.

For next week:

Attend Open A.A. Meeting

April 21
Class # 9
Themes: Leadership
Guest Speaker: Paul J. Barreira, M.D., Henry K. Oliver Professor of Hygiene and Director of Harvard University Health Services
National Alcohol Screening Day®
DAPA Connection: Standards, Subcommittees, & The BACCHUS Network
Freshman Workshops cont.

For next week:

Read “College Athletes and Alcohol and Other Drug Use”
Read “Fraternity and Sorority Members and Alcohol & Other Drug Use”
Read Harvard’s Drugs and Alcohol Policy; access via:
http://handbook.fas.harvard.edu/icb/icb.do?keyword=k79903&pageid=icb.page418742
Skim “Responding to Alcohol and Drug Use/Abuse on Campus”
Skim “Alcohol Poisoning: How to Help a Drunk Friend”
Attend Open A.A. Meeting

April 28
Class # 10
Themes: Harvard College Drug & Alcohol Policy; Intervention for Students Treated for Alcohol Intoxication
Campus Resources Panel Discussion
Guest Speakers:
Kristin Alexander, Nurse Manager, After Hours/Urgent Care Clinic & Stillman Infirmary, Harvard University Health Services
Tom Dingman, Dean of Freshmen
Brett Flehinger, Interim Associate Dean of Harvard College; Interim Secretary of the Administrative Board
David Friedrich, Associate Dean of Student Life, Harvard College
Bud Riley, Chief of Harvard University Police Department