

ALCOHOL AND SUBSTANCE USE AND MISUSE**HEAT-LED AWARENESS PROGRAMS FOR STUDENTS**

College Drinking: Changing the Narrative
The Power of Sober Curiosity
Normalizing & Glamorizing Sobriety

HEAT-LED AWARENESS PROGRAMS FOR STUDENTS, STAFF AND FACULTY**Recovery Month Programming**

This is held every September to educate and provide awareness about recovery, to celebrate DePaul students who are in recovery, and to celebrate that recovery is possible.

National Collegiate Recovery Day (Prostaff led) (April 15th)

This is a social media campaign that serves to celebrate the DePaul Collegiate Recovery Community and all DePaul students who are in recovery.

HEAT-LED PREVENTION PROGRAMS FOR STUDENTS**St. Patrick's Day Programming**

We provide harm reduction tips in March to help you have a fun and safe holiday!

Nightmare on Sheffield

Have no plans for Halloween? We got you! Learn about harm reduction if choosing to drink as well as fun and substance-free activities. We have free food, fun and freebies! Come for food, fun, and freebies.

Alcohol Awareness Week

For one week in November, we shed light on the negative effects of excessive drinking among college students. We also share education and resources to that help make healthy choices.

SEEDS Meetings

Join HPW and Residential Education in our Substance-free Environment Empowering DePaul Students (SEEDS) meetings. This is a place for first-year students living in the SEEDS Living Learning Community to come together each month to focus on wellness and to prioritize and celebrate living substance-free.

[CHOICES Alcohol Workshop/CHOICES Cannabis Workshops](#)

This a peer-led group session that facilitates education and discussion around alcohol and cannabis from a variety of perspectives. Students will engage in conversations around the culture of drinking and cannabis use, challenge myths and facts, and learn more about the impact on the body and harm reduction strategies to practice safety.

Alcohol Awareness Month Programming (April)

In April, we shed light on the negative effects of excessive drinking among college students. We provide education, harm reduction tips and resources to help students make healthier choices.

FEST Your Best (Prostaff included)

Whether your substance-free or choosing to use, join HPW and our peer health educators for education on drug use. Learn about the risks, make a safety plan, and be informed on harm reduction strategies.

HEAT-LED AOD PREVENTION & INTERVENTION PROGRAMS FOR STUDENTS

Quit the Nic

The process of quitting nicotine can feel overwhelming! Join HPW's peer health educators for a workshop designed to equip you with the information you need to learn more about your nicotine use, find ways to cut down, and to make a plan to quit.

HEAT-LED AWARENESS PROFESSIONAL TRAININGS FOR STUDENTS, STAFF AND FACULTY

Recovery Ally Training (*Prostaff included*)

Join HPW for a training to become a recovery ally. We know substance use, eating concerns, and mental health issues are all highly stigmatized conditions. And stigma leads to decreased likelihood of help-seeking. As a recovery ally, you will learn the facts around recovery, strategies to be a safe space for those in recovery and become aware of resources available to those in recovery in our DePaul community.

PROSTAFF-LED AOD INTERVENTION PROGRAMS FOR STUDENTS

Alcohol Awareness Day- Screening Day (Nov)

In November, we dedicate day to providing a brief, non-judgmental alcohol screening for students where you learn about your alcohol use, harm reduction strategies, and available resources with our substance misuse prevention specialist.

PRO-STAFF LED AOD AWARENESS TRAININGS FOR STAFF AND FACULTY

Motivational Interviewing Training

Join HPW for a training on Motivational Interviewing. A technique typically used to support individuals in their process of changing substance use behaviors, this approach to interaction is useful when supporting students who may be lacking in motivation, looking to change any behavior, or generally needing support. By attending, you will learn concrete tools and strategies to help you improve your ability to support students.

Collegiate Recovery Meetings*

Recovery meetings are open to any DePaul student who identifies as being in any type of recovery (from substance use, eating concerns, mental health, etc.). Meetings start and end with mindfulness, have a topic discussion, and include time for open sharing. While you might be anxious before your first meeting, know our group is full of people who were once newcomers. Please know these meetings are open to folks who are in recovery but not open to those looking to complete class assignments or other observation of recovery group requirements.

PROSTAFF-LED AOD INTERVENTION TRAININGS FOR STUDENTS, STAFF, AND FACULTY

Narcan Training



Join HPW for a Narcan training. Narcan, an opioid overdose reversal agent, is available for use on campus. During this training you will learn about the importance of destigmatization, how to assess the need for and provide Narcan, and how to link yourself or others to resources on and off campus.

SEXUAL AND RELATIONSHIP VIOLENCE & HEALTHY RELATIONSHIPS

HEAT-LED PREVENTION PROGRAMS FOR STUDENTS

[You + Me= We Program](#)

This is an 8-week program where students can explore the relationship to self and others and deepening the sense of belonging to the DePaul community. This program will give you the opportunity to meet others that are looking to make new friends as well as learn new strategies to be a better friend. Each week will feature a new topic and have time to get into breakout rooms to chat and meet new people.

Holiday Safety Plan

Holiday is a joyful time for some, but not for all. This workshop will address your anxiety and safety concerns during the holiday time. You can learn how to assess safety, address boundary, and create safety plan to protect yourself and loved one from harmful relationships.

Sex In the Dark

Join us for activities and Q&A answered by guest panelists from the community. Each year, we invite experts in the field of sexual health, sexual and relationship violence, and healthy relationship to have open and non-judgmental conversation.

HEAT-LED PREVENTION TRAININGS FOR STUDENTS

[Vinny Vow: Bystander Intervention Training](#)

A Bystander Intervention Training is a 3-hour workshop that empowers and equips participants with the knowledge and skills to effectively assist in the prevention of sexual and relationship violence. Recommended for all student leaders.

Escalation/One Love Mini Series *(Pro-Staff included)*

Based on the movie and curriculum created by the One Love, this workshop opens up the conversation on relationship violence. The workshop includes 40 minutes film viewing and follow up discussions. Topics of discussion include, healthy and unhealthy relationship, sign of abuse, how to support friends and loved one etc.

HEAT-LED PREVENTION PROGRAMS FOR STUDENTS, STAFF, FACULTY

The following programming can be a specialized event, workshop, and / or online-campaign lead by HEAT team.

Stalking Awareness month

In the month of January, we place attention to the fact that stalking is a crime, and we provide awareness to the several types of stalking. We also push out provide support and resources to survivors.

Valentine's Day Programing

On Valentine's Day, we provide programs that goes beyond talking about romantic love, what about friendship and familial love? We collaborate with other departments and offices



Sexual Assault Awareness Month

Sexual harassment, assault, and abuse can happen anywhere, including in online spaces. In April, we provide education on digital consent, how to support a survivor and learn how to intervene in different spaces.

Domestic Violence Awareness month

In the month of October, we bring attention to the issue of domestic violence, and we highlight resources on how to support survivors.

PRO-STAFF LED PREVENTION TRAININGS FOR STUDENTS, STAFF, FACULTY

I Care for You: Trauma-Informed Response Training

Survivors of sexual violence are most likely to confide in friends and trusted staff and faculty members. You may be the first person that they tell about an incidence of sexual assault, harassment, relationship violence or stalking. By educating yourself and following some simple guidelines, you can effectively support student survivors.

PRO-STAFF LED EMPOWERMENT PROGRAMS FOR STUDENTS

Know Your Rights

Do you know rights you have on campus and off campus? When you experience sexual or relationship violence, navigating system and understanding your options may be overwhelming. This workshop will help you understand both on campus and off campus options and resources, which include but not limited to, Title IX, Civil and Criminal law, Law enforcement, VAWA and other immigration options etc.

MENTAL HEALTH & WELLBEING PROGRAMS

Brain Fuel Programming

[Mental Health First Aid Training](#)

Clear Your Head to Get Ahead

Be Kind to Your Mind Workshop

[Things We Don't Say Workshop](#)

OTHER HEAT-LED PROGRAMS FOR STUDENTS

Healthy Relationships Workshop

Alcohol Safety

Sexual Assault and Prevention 101

AOD: Highs, Lows, and Everything In-Between

Sexual Violence 101

[Wellness Wednesdays](#) (Topics vary weekly)

Sexual Health: Safer Sex

Sexual Health: Sex Positively Workshop

To stay informed on our events and stay connected with us, [join our group via DeHub.](#)

For other requests, email hpw@depaul.edu



www.go.depaul.edu/hpw

