

# Well-Being Support For Fraternity and Sorority Life

While these resources are mentioned specifically, ALL resources and programming offered through Student Well-Being are available to you at no cost and most can be modified to fit your specific needs. Get in touch with Student Well-Being to learn more!



## GROUP-USE RESOURCES

### [Alcohol Risk Management \(wellbeing.mst.edu/presentations\)](https://wellbeing.mst.edu/presentations)

This training teaches strategies to minimize alcohol-related risks.

### [Alcohol Skills Training Program \(ASTP\) \(wellbeing.mst.edu/presentations\)](https://wellbeing.mst.edu/presentations)

ASTP is a program with the goal of teaching students ways to drink alcohol that minimizes risks to their health and safety. Students will learn the psychology and biology of alcohol use and develop skills on how to count and pour standard drinks, properly measure alcohol consumption, find their personalized “limits”, and discuss risk reduction strategies.

### [CHEERS Program \(mopip.org/CHEERS\)](https://mopip.org/CHEERS)

Bars and restaurants participating in CHEERS provide free, non-alcoholic beverages to the acknowledged designated driver of a group of two people or more. Many Rolla businesses participate in CHEERS, such as Hoppers, Alex's Pizza, Public House, Bandana's, Buffalo Wild Wings, and more.

### [Well-Being Ambassador Training \(wellbeing.mst.edu/presentations\)](https://wellbeing.mst.edu/presentations)

This training is for student leaders who want to be trained in mental well-being resources, intervention, and referrals for friends and organization members who may be struggling to cope well, are in distress, or are in crisis.

### [Sexual Health Jeopardy \(wellbeing.mst.edu/presentations\)](https://wellbeing.mst.edu/presentations)

This interactive presentation focuses on consent, sexually transmitted disease awareness, and healthy sexuality in a “game show” environment.

### [STEP UP! Bystander Intervention Program \(stepup.mst.edu\)](https://stepup.mst.edu)

STEP UP! is a series of trainings surrounding stepping in and helping yourself and others in times of need. Additionally, groups can become STEP UP! Green, Silver, or Gold certified.

### [Well-Being Resource Presentation \(wellbeing.mst.edu/presentations\)](https://wellbeing.mst.edu/presentations)

This training covers all of the campus well-being resources available to students. It also provides examples of how to get involved to promote well-being as an individual or for your organization.

## INDIVIDUAL-USE RESOURCES

### [Ask.Listen.Refer Suicide Prevention Training \(asklistenrefer.org/mst\)](https://asklistenrefer.org/mst)

This quick, online, S&T-tailored training prepares students to identify people at risk for suicide, recognize the risk factors, protective factors, and warning signs of suicide, and respond to and get help for people at risk.

### [Health and Well-Being Canvas Course \(umsystem.instructure.com/enroll/G3LY3G\)](https://umsystem.instructure.com/enroll/G3LY3G)

This course on Canvas houses recorded presentations, trainings, resources, and more from Student Well-Being.

### [MACRO Collegiate Recovery Ally Training \(mopip.org/MACRO\)](https://mopip.org/MACRO)

This online training was designed to help faculty, staff, and students support individuals in recovery from substance use disorders. It covers myths and stigmas about substance use disorders, using recovery friendly language, and how to support someone in recovery. While this is an individual, online training, chapters can be recognized for full chapter completion.

### [Miner Well-Being Certification Program \(cglink.me/2nk/t24\)](https://cglink.me/2nk/t24)

This semester-long certification, housed on the Health and Well-Being Canvas Course, allows students to complete activities in five areas of well-being (career, financial, social, physical/mental, community), with the goal of encouraging a more holistic and well-rounded look at well-being.

### [PartySafe \(mopiptraining.org/partysafe\)](https://mopiptraining.org/partysafe)

This online training will increase skills and knowledge in planning and hosting a successful, fun, safe event, and to avoid potential problems.

### [BetterYou \(wellbeing.mst.edu/betteryou\)](https://wellbeing.mst.edu/betteryou)

BetterYou is a healthy habits companion app that is free for S&T students. You can set goals and get rewarded for completing them- working toward and completing your goals allow you to get multiple \$5 rewards to be used at hundreds of retailers. Sign up with your @mst.edu email.

### [College Behavior Profile \(cbp.mst.edu\)](https://cbp.mst.edu)

The CBP is a quick and confidential way to get personalized feedback on your alcohol and marijuana/cannabis use.

### [Wellness Consultations \(wellbeing.mst.edu/appointments/wellness-consultations\)](https://wellbeing.mst.edu/appointments/wellness-consultations)

Meet one-on-one with a Wellness Coordinator regarding a variety of topic areas: nutrition, nicotine cessation, alcohol screening/intervention, cannabis screening/intervention, general wellness, and more based on student needs.

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