

**Southern Utah University  
Counseling and Psychological Services  
Substance Abuse Prevention, Alcohol, and other Drug Education Program**

**R.E.A.L. Peer Health Educator Interest Application**

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This application contains the following:

- Level 1 Peer Position Description
- Timeline
- Fall 2015/Spring 2016 Schedule
- Level 1 Peer Applications due **June 14<sup>th</sup> through August 14<sup>th</sup>, 2015**
- Level 1 Peer Applications due **December 8<sup>th</sup> – January 6<sup>th</sup>, 2016**

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Please return completed interest form to:

Nikki Gwin  
Prevention Specialist, Alcohol, and other Drug Education  
Sharwan Smith Student Center, Mentoring Center, ST117 *or* email it to [gwin@suu.edu](mailto:gwin@suu.edu)  
Office #: (435)865-8435 Cell #: (435)327-1987



**Position Title:**

Level 1 Peer Health Educator

**Goal:**

The R.E.A.L. Peer Health Educators work in conjunction with the Counseling and Psychological Services office to create a presence on campus that links the community with the message of positive decision-making, and empowers the students to make a difference on campus through social and educational initiatives.

**Primary Function:**

Under the direct supervision of Nikki Gwin the SUU Prevention Specialist, Alcohol and Other Drug (AOD) Education, the Level 1 Peer Health Educator will:

- Assist in developing and implementing educational and social programs geared towards education of mental health, physical health, sexual health, healthy decision making skills, depression and suicide prevention, as well as alcohol and other drug issues.
- Assist in wellness campaigns/event overseen by Level 2 Peers and in partnership with various university departments, including Residence Life, SUU Student Activities, Athletics, Counseling and Psychological Services, and the Center for Women and Families.
- Become well versed on wellness and health related topics, including: alcohol and other drug use/abuse, nicotine use, healthy relationships (communication, abstinence, verbal/physical abuse, rape), and personal/mental health (body image, eating disorders, depression, suicide, etc.)
- Serve as a University role model and advocate for responsible and healthy lifestyle choices.

**Qualifications:**

- Must be a registered Southern Utah University student.
- Must be a role model for responsible and healthy lifestyle choices and enthusiastic about educating peers on wellness issues.
- Must possess strong verbal skills and the desire to present information to peers.
- Must demonstrate the ability to work with individuals and groups.

**Duties and Responsibilities:**

- Attend all mandatory trainings and meetings.
- Register and attend the University 1020: REAL Peer Training during fall or spring semesters.
- Develop and implement outreach programs and workshops that educate the Southern Utah University community about AOD and health related issues as they relate to college students.
- Assist Level 2 peers in the facilitation of educational and social and wellness presentations and events.
- All other duties as assigned by the Peer Advisor and Level 2 Peers.

## TIMELINE FOR Level 1 R.E.A.L. PEER HEALTH EDUCATORS

June 14 <sup>th</sup> - August 14 <sup>th</sup> , 2015:	<b>Level 1 Peer Applications due.</b>
August 20th, 2015:	<b>Invitation email</b> sent to selected level 1 peers with Commitment Contract.
August 23rd, 2015:	<b>First PHE Meeting @ 8 p.m.</b> in ST117 (across from SUU Cafeteria). Signed contracts due to Nikki Gwin - the Prevention Specialist/Peer Advisor.

### **Fall 2015 – Spring 2016 Semester Schedule:**

#### *Campaigns:*

Mental Health Awareness: September  
Addictions Week: October  
Great American SmokeOut: November  
Impaired Driving: December  
Health Body Image: January  
Sexual Responsibility Week: February  
Safe Spring Break: March  
De-Stress Day: April

#### *Late Night Events:Dates TBA*

Casino Night  
Game Night  
Murder Mystery  
Scary Movie Night

*\*Brainstorming additional events/ideas throughout the semester.*

### **Expectations for R.E.A.L. Peer Health Educators:**

- Attend all dates with a smiley face 😊.
- Plan, implement, and assist with four campaigns a semester.
- Plan, implement, and assist with four late night events a semester.
- Assist Level 2 peers with at least 2 presentations a semester.
- Actively participate as a member; fulfill tasks/PHE hours as assigned.

**E.E.R. Credit:** For all new incoming freshmen who are required to earn their EER credits, the R.E.A.L. Peer Program is a great option for earning those credits. SUU's Experiential Education Requirement (EER) is based on established experiential education pedagogy and best practices. The design and execution of the requirement affords students hands-on opportunities to gain practical experience while achieving a deep and rich understanding of the process of researching, planning, proposing, completing, and reflecting on a rigorous academic experience. These are skills transferable to any professional life. See chapter 14 in your SUU academic catalog for more information.

