



LUNCH AND LEARN

with ACES

Substance Use, Abuse, and Trends

Sept. 20, 2018 | 12:00 to 12:45 | Kirkhof 0073

The presentation will focus on common issues related to alcohol, marijuana, prescription, and other illicit drug use. GVPD's Captain Stoll will discuss the most common substances and issues that occur especially at GVSU, along with discussing legal and overdose components. Information will also be provided regarding methods of ingestion for marijuana and marijuana alternatives (i.e. dabs, oil, butter, high concentrations, and others).

Marijuana Myths and Facts

Oct. 18, 2018 | 12:00 to 12:45 | Kirkhof 0073

Eric Klingensmith, Psy.D. and Bonnie Dykstra, Ph.D. will provide an overview of marijuana such as trends, THC vs CBD, consumption, potency, effects, changes in the law and culture. Myths and facts based upon research will also be discussed, along with available resources.

Navigating Parties & Holiday Events: Supporting Recovery & Addiction Issues

Nov. 15, 2018 | 12:00 to 12:45 | Kirkhof 0073

Bonnie Dykstra, Ph.D. will provide brief information on self-care and strategies for navigating parties and events that occur around the holidays that may be high-risk for individuals in recovery and/or with ACOA* backgrounds. Practical tips on hosting an inclusive event and coping with social situations will also be discussed. Resources for support will be provided.

** "ACOA" or "ACA" is a term used to describe adults who grew up in alcoholic/drug addicted or otherwise dysfunctional home who may have common traits in common. Holiday events may be a particularly stressful time of year.*

**Pack a lunch
and join ACES
in discussing
a variety of
topics.**

**Lunch & Learns
are open to
GVSU faculty
and staff.**