



Newsletter of the Illinois Higher Education Center - January 2023

IHEC is Expanding!

We are excited to share the news that IHEC has received additional grant funding to expand our services for the remainder of FY2024. The grant expansion includes a focus on harm reduction for young adults aged 18-25 in the college setting. This expansion will include hosting a statewide conference in April, rolling out a new Foundations in Substance Misuse Training for Higher Education, and conducting a harm reduction campaign for Illinois state colleges and universities.

These updates are going to provide numerous opportunities to network, collaborate with our colleagues through the state and share beneficial resources among our affiliates.

The staff at IHEC are looking forward to providing you with up-to-date resources and training to enhance your work on your campuses. As always, please reach out to us with any inquiries for trainings or webinars!

UPCOMING DATES

Institutional Needs
Assessment:
Due January 8th, 2024

Advocating for AOD
Policy Change
Webinar by Allie
Pearce:
January 11, 2024 @
1pm on Zoom

Advisory Board
Meeting:
January 16, 2024 @
2pm on Zoom

Foundations in
Substance Misuse
Training:
March 1, 2024 @
Lewis & Clark
Community College

Spring Affiliate

Illinois Substance Use Prevention Conference

Call for Proposals

April 22-24, 2024 at State House Inn in Springfield, IL

- Round Table Discussions
- Quick Hits: 5 Minute Oral Presentations
- Poster Presentations
- Breakout Sessions
- Keynote Speakers

The deadline to submit proposals is February 1st, 2024. Lodging is provided for all speakers/trainers.

Call for
Proposals

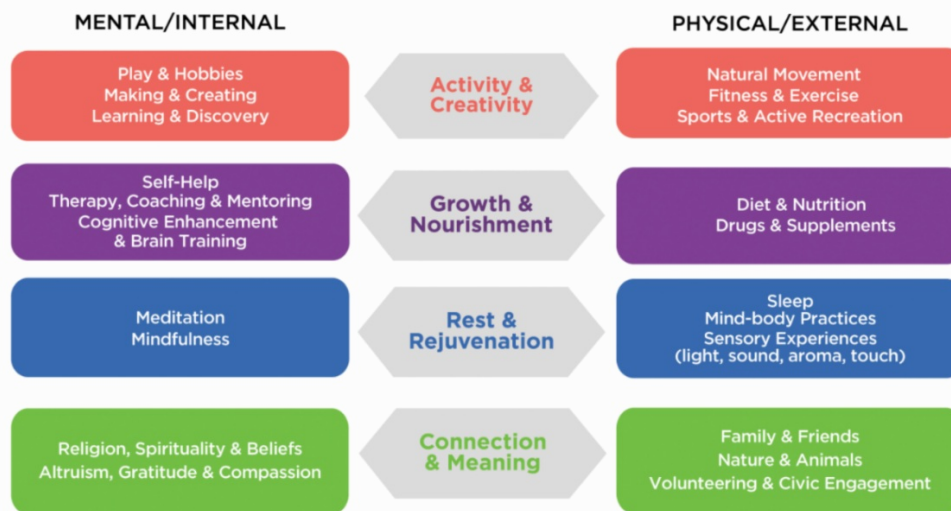
The conference is free to attend and CEU credits will be available. Registration closes March 22nd, 2024.

Register

January is Mental Wellness Month

Mental illness and mental wellness co-exist on two separate continuums. You can have a mental illness and still have positive mental wellness, and the absence of a mental illness does not mean that one is mentally well.

Pathways to Mental Wellness



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Source: Global Wellness Institute

Find more information on mental wellness by the Global Wellness Institute:

<https://globalwellnessinstitute.org/what-is-wellness/mental-wellness/#:~:text=Mental%20wellness%20is%20an%20active,%2C%20loneliness%2C%20anger%20and%20sadness.>

Upcoming Webinar:

Advocating for AOD Policy Change by Allie Pearce

Time and Venue: Thursday, January 11, 2024 @ 1PM on Zoom

Register: <https://eiu.zoom.us/meeting/register/tJEocOmvrzlrHdTmBVMKA1OdhNys4tNQASXC>

Having strong alcohol and other drug policies is an important part of substance abuse prevention. In this workshop, participants will learn and discuss the challenges and successes of implanting a policy related to Narcan/naloxone, changing to a smoke-free campus, and working with grant funded positions.

Facebook: Illinois Higher Education Center for AODV Prevention

Instagram: IHEC_EIU

Only on Socials

Prevention Partner Library – A new resource shared every other week.

Event Updates - This is where you find out what's new and updates on scheduled events.

Event Reminders - You don't want to miss it!

Event Information - Webinar Objectives, Information about Speakers, Webinar highlights, etc.

Weekly Topics - Important Information related to Alcohol and Other drugs.



**ILLINOIS HIGHER
EDUCATION
C E N T E R**

for alcohol, other drug
& violence prevention

Contact Us:

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