



Newsletter of the Illinois Higher Education Center - October 2023

SEEKING PRESENTERS FOR FALL & SPRING EVENTS

In the upcoming months, IHEC will be in need of presenters for webinars, trainings, and affiliate meetings. Individuals who work within the field of AOD Prevention within the state of IL are most requested for speakers. IHEC staff encourages members of numerous campuses to present on current prevention programming, prevention policies, and other related work at their institution.

Individuals who apply for speaking roles will have the opportunity to share their work at the biannual affiliate meetings. These meetings will provide a space for 2 & 4 year institutions to meet and learn from one another. Workshop options will be available as well.

If interested in being a speaker or trainer, please reach out to Annabelle for further information. We look forward to hearing from you!

UPCOMING EVENTS

Advisory Board Meeting Meeting

- October 17th at 2pm CST on Zoom.
[Register Here](#)

Webinar: Navigating a Changing Legal Environment Related to Cannabis Use

- Rescheduled to November 28th

Foundations Trainings:

- Sessions are available upon request; 9-contact hour training available for individuals interested in AOD prevention.

Mental Health Awareness Month

The month of October is Mental Health Awareness Month. Mental health has been an increasing topic within the news, schools, and communities. Within the public health field, mental health plays a large role into overall wellness. Additionally, mental health challenges can also negatively impact health behaviors, leading to substance use and other maladaptive coping mechanisms for stress.

In the prevention field, effectively managing substance use can positively impact mental health. It is important to understand the association between alcohol and cannabis use & the related impacts on mental health as adverse effects can be difficult to manage.



National Substance Abuse Prevention Month

October is National Substance Abuse Prevention Month! To reduce the impact of substance use and mental disorders, you need prevention and early intervention. You can prevent the use and misuse of alcohol and other drugs, and what could develop into substance use disorder, through education and support.

Not All Prevention Efforts Are Treated Equal

Knowing your college campus is an important aspect in implementing effective alcohol and other drug prevention. For example, social norms marketing campaigns had shown mixed effectiveness. Two Social Norms Research Project (SNMRP) studies were reviewed to determine why one study showed the campaign to be effective and one did not. The research found that colleges used in each study had different alcohol outlet densities, or “the number of on-premise outlets (i.e., bars, taverns, and restaurants) within 3 miles of the campus boundary per 1,000 graduate and undergraduate students enrolled.” Thirteen out of eighteen colleges were described as having low on-premise alcohol outlet density in the study that found social norms campaigns to be effective. In the non-effective study, eleven of thirteen colleges were described as having high on-premise alcohol outlet density.

References

Prevention of substance use and mental disorders SAMHSA. (2023, July 26).
<https://www.samhsa.gov/findhelp/prevention#:~:text=Prevention%20and%20early%2>

0intervention%20strategies,development%20of%20substance%20use%20disorders.

Scribner, R. A., Theall, K. P., Mason, K., Simonsen, N., Schneider, S. K., Gomberg Towvim, L., & DeJong, W. (2011). Alcohol prevention on college campuses: The moderating effect of the alcohol environment on the effectiveness of social norms marketing campaigns. *Journal of Studies on Alcohol and Drugs*, 72(2), 232-239. DOI: [10.15288/jsad.2011.72.232](https://doi.org/10.15288/jsad.2011.72.232)

ORIENTATION MEETINGS AND FOUNDATIONS TRAININGS

Starting this year, IHEC will be offering a virtual IHEC Orientation session on a monthly basis (as needed). This session will go over general information, upcoming events and ways to get involved.

Further into the fall session, we will be offering the Foundations in Substance Misuse for Higher Education Training, which was created by the PTTC for the Great Lakes region. Our Assistant Director, Annabelle, has been certified to train this series. The course is a 9 contact-hour training that focuses on the prevention science, methodology, and theories behind substance misuse in higher education settings. The training serves as an introductory course for professionals who work in prevention, such as administrators, health educators, law enforcement, Dean of Students offices, and more. Schools are encouraged to bring teams of individuals from their school, up to 3 individuals per institution. The cost is free & will provide CEU credits for those who attend the full course.

Email List & Advisory Board Applications

To join our email list, reach out to alescamilla@eiu.edu for more information. We are taking applications for our advisory board that meets once a month. This position helps provide guidance, feedback, and ideas for IHEC events, professional development, and ways to stay active in the field. Email Annabelle at alescamilla@eiu.edu if you are interested.

Facebook: Illinois Higher Education Center for AODV Prevention
Instagram: IHEC_EIU
Twitter: IHEC_EIU

MEET THE GRADUATE ASSISTANTS: KENDRA
OSTERMEIER

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



Meet Kendra Ostermeier, one of the IHEC graduate assistants. Kendra graduated with a bachelor's degree in psychology and English from Illinois College in Jacksonville, Illinois and is currently working on her master's degree in clinical psychology at EIU. Kendra's personal and clinical experiences with substance use disorder have drawn her interest to the prevention field. She enjoys playing games with her family, spending time on the lake, and cuddling her dogs.

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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