



FALL UPDATES · SEPTEMBER 2024

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

WELCOME TO THE NEW SCHOOL YEAR!

The Illinois Higher Education Center would like to welcome everyone to the new school year. Stay connected with us through the new school year as there will be new events coming soon. We are excited to get to work with you & wish you the best this academic year!

MISSION:

Our mission is to assist Illinois universities in reducing the alcohol and other drug violence consequences that impede student academic and personal success.

GOALS:

- To increase the number of universities that have campus task forces.
- To increase the use of evidence-based prevention strategies.
- To increase evaluation of prevention efforts.
- To increase the number of universities developing policies.

UPCOMING IHEC EVENTS

Implementing Sustainable Prevention Strategies: Webinar with Ashleigh Hala

- September 19th at 11am CST on Zoom.

Advisory Board Meeting

- September 24th at 2pm CST on Zoom.

Q1 Affiliate Meeting

- September 26th at Concordia University Chicago

Drug Free Schools & Campuses Act Training (Full Day) with Dr. Eric Davidson

- October 3rd, location TBD

All events can be found on our "Upcoming Events" tab on our website. Please make sure to register!



PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Throughout the new year, there will be various ways you can stay connected with IHEC. We encourage you to check out the list below. This list refers to our most frequently used services outside of professional development related events. If you would like to receive the mailing list, serve on the board, or provide an excerpt for the newsletter, please reach out to us.

MAILING LIST

We have an online mailing list that distributes information related to upcoming events, service opportunities, continuing education and more. Along with our social media, the mailing list is one of the best ways to stay up to date with IHEC. To join our email list, reach out to alescamilla@eiu.edu for more information.

ADVISORY BOARD APPLICATIONS

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. Meetings are held every month for one hour. These members are the “go-to” contacts within IHEC, as it relates to event planning, training topic ideas, and general representation of our office. Email Annabelle at alescamilla@eiu.edu if you are interested.

NEWSLETTER HIGHLIGHT

We encourage our affiliates to share the highlights of their recent substance misuse prevention work to be included in our monthly newsletter. For submissions, we encourage entries related to new programming efforts, recent data findings, or new staff positions filled. Please let us know if you have anything you’d like to share.



IHEC_EIU



IHEC_EIU



Illinois Higher Education Center for
AODV Prevention

UPCOMING EVENT INFORMATION



The poster for the Fall Affiliate Meeting features a light beige background with several red and gold leaf illustrations scattered on the right side. At the top left is the IHEC logo. The main text is in large, bold, serif fonts: 'FALL' in red, 'AFFILIATE' in gold, and 'MEETING' in gold. Below this, it says '@CONCORDIA UNIVERSITY CHICAGO'. The date 'September 26, 2024' is in red, followed by the time '9:00 AM - 3:30 PM' and the address '7400 Augusta St. River Forest, IL 60305' in gold. At the bottom, there is a small red text line: 'Register online on the IHEC website under the upcoming events link'. A small IHEC logo and funding information are at the very bottom.

**FALL
AFFILIATE
MEETING**
@CONCORDIA UNIVERSITY CHICAGO

September 26, 2024
9:00 AM - 3:30 PM
7400 Augusta St.
River Forest, IL 60305

Register online on the IHEC website under the upcoming events link

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION & RECOVERY THROUGH A GRANT FROM THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION.

Fall Affiliate Meeting: 9/26/24

We are excited to meet in Chicago for the upcoming Fall Affiliate Meeting! For those who have not attended before, this is one you will not want to miss. Afternoon workshops, group discussion and resource sharing will be included.



The webinar poster has a blue header with 'LIVE WEBINAR' in white. Below this, the title 'Implementing Sustainable Prevention Strategies' is in white. A photo of Ashleigh Hala is in the top right corner. The date and time 'Thursday September 19, 2024 11:00 am on Zoom' are in white. A blue box at the bottom right says 'With Ashleigh Hala'. The 'OBJECTIVES' section is in white text on a blue background, listing three points with blue star icons. At the bottom, there is an IHEC logo and funding information.

LIVE WEBINAR

Implementing Sustainable Prevention Strategies

Thursday September 19, 2024
11:00 am
on Zoom

With Ashleigh Hala

OBJECTIVES

- Explore long and short-term prevention strategies that impact substance use on a college campus
- Review strategic planning frameworks that serve/are appropriate for substance misuse prevention
- Discuss coalition building and collaboration as a sustainable and strategic implementation tool

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION & RECOVERY THROUGH A GRANT FROM THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION.

Webinar on 9/19: Implementing Sustainable Prevention Strategies

Join us on September 19th for a webinar with Ashleigh. During this event, we will discuss how different strategies impact prevention planning and services, strategic planning frameworks, and how coalition building serves as a resource.

HAVE ANY REQUESTS FOR TRAININGS OR WEBINARS? SEND THEM OUR WAY! REACH OUT TO IHEC@EIU.EDU WITH ANY INFORMATION.



NATIONAL SUICIDE PREVENTION MONTH

The month of September is National Suicide Prevention Month. Suicide is a leading cause of death for all ages in the United States and substance use is a risk factor (Esang & Ahmed, 2018). Esang and Ahmed (2018) stated that “Compared with the general population, individuals with alcohol dependence and persons who use drugs have a 10–14 times greater risk of death by suicide, respectively.” Additionally, of deaths by suicide, 22% including alcohol intoxication, 20% had opiates present, 10.2% had marijuana present, 4.6% had cocaine present, and 3.4% had amphetamines (Esang & Ahmed, 2018). This highlights the importance of alcohol and other drug use prevention efforts. Drinking at an early age and binge or heavy drinking are only 2 factors that can lead to increased suicidal ideation (Esang & Ahmed, 2018).

Esang, M., & Ahmed, S. (2018). A closer look at substance use and suicide. *The American Journal of Psychiatric Residents’ Journal*.

SERVICES

Professional Development Opportunities

Webinars, Trainings, and Certificates

Technical Assistance

AOD Programming

Continuing Education Units

Credit for trainings & webinars

Collaboration & Networking

Annual Meetings & Trainings

Consultation Site Visits

Assessment, planning, and evaluations for universities & colleges

Core Survey Administration

State-wide administration of CORE every even year, assisted by IHEC

CONTACT US:

P: 217-581-2019

E: IHEC@EIU.EDU

W: EIU.EDU/IHEC



ILLINOIS HIGHER
EDUCATION
CENTER

for alcohol, other drug
& violence prevention

Kenzie Barr

MEET THE IHEC GRADUATE ASSISTANTS:

Sydney Hall



Meet Kenzie and Sydney! They are both second year Graduate Students in the School Counseling program. This will be their second year as IHEC Graduate Assistants. In their free time Kenzie enjoys walks with her dog and going to the gym. Sydney enjoys houseplants and reading psychology books.

