

FALL UPDATES · SEPTEMBER 2023

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

Orientation Meeting

- September 18th at 2pm CST.

Affiliate Meeting

- September 29th at 1-3pm CST.

Foundations Trainings:

- The first sessions of the course will be held on Thursday, 10/5/23 from 9a-12p, Monday 10/9/23 from 9a-12p, and Tuesday 10/10/23 from 9a-12p. **All sessions must be attended in full to receive full credit for continuing education.**



UPCOMING EVENT INFORMATION

SERVICES

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.



Illinois Higher Education Center for AODV Prevention



IHEC_EIU



IHEC_EIU



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

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ILLINOIS HIGHER
EDUCATION
CENTER

for alcohol, other drug
& violence prevention

MEET THE IHEC GRADUATE ASSISTANTS: EMMANUEL NNUEKWE



Meet Emmanuel Nnuekwe, one of the IHEC graduate Assistants. Emmanuel graduated with a bachelors degree in Computer Engineering from Bells University in Nigeria and is currently working on his Masters’ degree in Computer Technology at EIU. Emmanuel is passionate about substance use prevention having had both personal and on field experiences, and believes in the use of technology to aid this prevention field. Emmanuel loves to play soccer and basketball in his free time while also handling school work.