

IHEC Affiliate Meeting at Starved Rock Mid Year Meeting  
February 27, 2014 ~ Meeting Minutes

Attendees: 27

Cherise Murphy, IHEC; Dave Closson, IHEC; Markisha Woodson, Lewis; LaShun McGee, Rock Valley; Amy Sims, JJC; Wendy Bock, BHC; Kathy Brink, Molly Dunn-Steinke, QU; Evelyn Comber, Andrea Drott, NIU; Eric Davidson, Mike Tozer, Heather Webb, Allison Moran, EIU; Lisa Daniels, Pat LaScola, CLC; Debra Disney, Pam Ferguson, Methodist; Valerie Gebhardt, UIS; Lyndsey Hawkins, Kayla Hussey, BU; Sarah Jiter, Brittany Martin, Eureka; Jamie Laurson, ISU; Kevin Meier, Loyola; Eric Vogt, UofI; Nicole Wuerl, ResU; Jessica Selk, ISU/EIU

TOPIC	DISCUSSION
Dr. Simmons' one hour workshop on mindfulness	<p>“Mindfulness and Interpersonal Neurobiology: The Self is Relational” The emerging adult’s (12 – 24 y/o) brain is going through tremendous changes that can fuel both creativity and risky behavior. Interpersonal neurobiology can increase our understanding of the emerging adult’s brain, behavior and relationships. This experiential workshop will guide participants through a mindfulness unit developed to increase one’s self-awareness.</p> <p>Identify how brain development that occurs in emerging adults affect day to day functioning and decision making. List the ESSENCE of Adolescence. Increase self-knowledge in terms of emotional and reasonable mind. Increase ability to observe, describe, be in-the-moment, and use non-judgmental stance Increase their self-awareness through SIFTing</p>
Introductions and Updates by schools	<p>only a portion of school updates were recorded:</p> <p>College of Lake County Mundelein has been approved for three med marijuana dispensaries; Rx drop box installed at PD for safe disposal of expired prescriptions; heroin is being addressed prominently; good coalitions working on this; smoke free on campus except in cars, problem for parkers.</p> <p>Black Hawk College smoke free July 1, no smoking in cars, (lively discussion in room)</p> <p>Joliet Junior College mostly mental health issues on campus</p> <p>Rock Valley going above the law for smoke free campus</p> <p>Eastern Illinois University currently petitioning to mandate BASSET for local bars</p> <p>University of Illinois Springfield soccer player busted for marijuana, major problem in res halls</p>

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	<p>University of Illinois UC getting prepared for Unofficial next week</p> <p>Northern Illinois University all nicotine products included in smoke free campus; hosting BACCHUS Area 4 conference; perception of marijuana in res halls is permissive; NCHA data shows 10-15% students use pot in past 30 days; state slight increase</p> <p>Illinois State University lots of change with marijuana: legally always arrested for possession or consumption, deferral program good but not as effective as punitive charges</p> <p>Methodist College no issue with pot because nursing school rigor/clinical; Code Blue poverty awareness campaign; self-health assessment to address anxiety; domestic violence in nursing school seems prevalent/significant – bystander intervention.</p> <p>Eureka College 650 students enrolled; transitioning provost back to faculty, Dean of Students left, now using interim – there's low incidence on campus so why need to address sex and pot issues??</p> <p>Lewis University most alcohol problems are drunks returning to campus</p> <p>Resurrection stress management getting involved with alcohol task force.</p>
Next meetings	June TBD