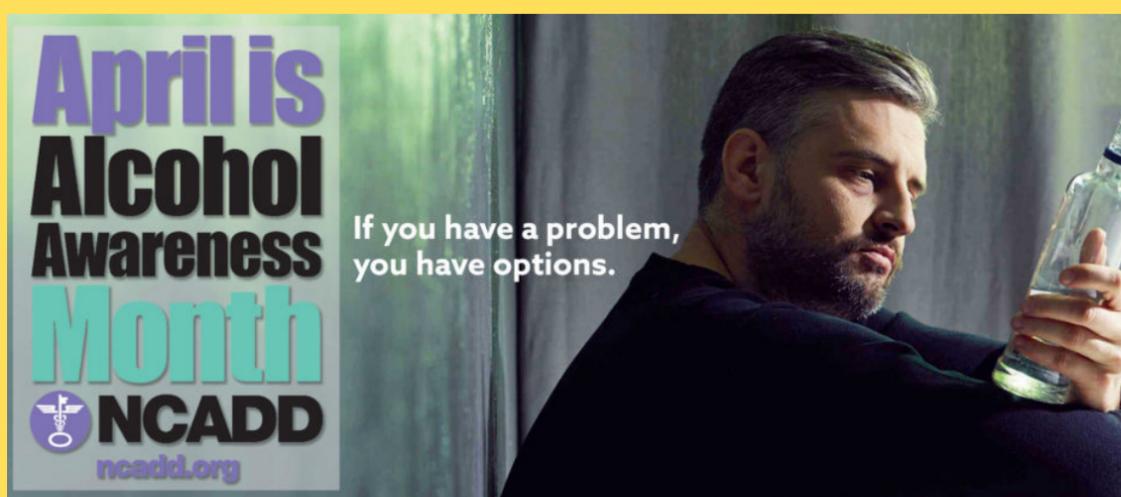




The Illinois Higher Education Center would like to wish you a Happy Easter and happy holidays!

## Alcohol Awareness Month



April is Alcohol Awareness Month. The National Council on Alcoholism and Drug Dependence (NCADD) sponsors Alcohol Awareness Month by bringing awareness to alcoholism and providing tips on living a better and healthy lifestyle.

Find out more information about Alcohol Awareness and NCADD [here](#)

## Public Health Week

April 5-11 is National Public Health Week. This year's theme is "Building Bridges to Better Health." The NPHW's daily themes are

Monday - Rebuilding

Tuesday - Advancing Racial Equity

Wednesday - Strengthening Community

Thursday - Galvanizing Climate Justice

Friday - Constructing COVID-19 Resilience

Saturday - Uplifting Mental Health and Wellness

Sunday - Elevating the Essential and Health Workforce

For more information go to the NPHW's website [here](#)

# Sign Up for a FREE Virtual Consultation with IHEC

**Update: Due to COVID-19, consultations will be virtual until further notice**

The purpose of an IHEC consultation visit is for campuses to enhance or strengthen their current programming, provide data to justify need for future programming, and to ensure compliance with state and federal regulations. IHEC staff members are available to guide colleges and universities in assessment, planning, and evaluation of campus AODV prevention efforts through technical assistance and use of assessment instruments developed for this project. Through consultation visits IHEC expects to fuel universities to make changes for the better

After the consultation has been completed, IHEC staff members will provide the campus representative with a comprehensive report that will guide campuses toward progressive AODV prevention modifications. Consultation visits typically take a day, and can be coordinated with an array of faculty members. You can also visit

**<https://www.eiu.edu/ihec/consultationvisits.php> for additional information.**

## Upcoming Events

Webinar/Trainings:

**Title:** The Resurgence of Psychedelic Research:  
Implications for Prevention & Education

**Presenter:** Matt Vogel

**Date:** April 6th, 2021  
2:00 PM - 3:30 PM CST

**Location:** Webinar

Sign up [here](#)

**Title:** WIU Three Part Series (Part One):  
Alcohol + STIs

**Presenter:** Western Illinois University

**Date:** April 8th, 2021  
10:00AM CST

**Location:** Webinar

Sign up [here](#)

**Title:** WIU Three Part Series (Part Two)  
Personal Safety on Campus

**Presenter:** Derek Watts

**Date:** April 12th, 2021  
10:00AM CST

**Location:** Webinar

Sign up [here](#)

**Title:** Many Hands Make a Light Load: Collaboration is Key!

**Presenter:** Allison M. Smith, Ph.D.

**Date:** April 19th, 2021

10:00AM CST

**Location:** Webinar

Sign up [here](#)

**Title:** WIU Three Part Series (Part Three): Licensed Treatment and Substance Use Prevention

**Presenter:** Vivian Coeur

**Date:** April 20th, 2021

**Location:** Webinar

Sign up [here](#)

**Title:** Motivational Interviewing Workshop- Spring Affiliate Meeting Day 1

**Presenter:** Aaron Weiner

**Date:** April 26th, 2021

9:00AM- 3:30PM

**Location:** Zoom

Sign Up [here](#)

**Title:** Who Does Alcohol Prevention, Intervention and Recovery Work? Creating a Campus Where All Community Members Have a Role in Culture Change. Spring Affiliate Meeting Day 2

**Presenter:** Alicia Czachowski

**Date:** April 29th, 2021

2:00PM - 4:00PM CST

**Location:** Zoom

Sign up [here](#)

## **Continuing Education Units (CEU's)**

**IHEC offers free CEU's at all webinars and trainings!**

**For more information about what CEU's we will be offering please contact us.**



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### **Closing Comments**

IHEC truly values feedback from our affiliates. Your feedback allows us to continue to make improvements in order to better meet your needs. Please do not hesitate to reach out with any comments, concerns or suggestions by emailing us at [ihec@eiu.edu](mailto:ihec@eiu.edu). We are looking forward to another great year!