



Newsletter of the Illinois Higher Education Center - April 2024

## April is Alcohol Awareness Month

What better way to update your knowledge and become aware of alcohol misuse than through assessment procedures. IHEC is currently implementing 2 surveys:

The professional development needs survey is out for the entire month of April. This allows us to schedule webinars and trainings in the next fiscal year that are guided towards our affiliates needs.

We are also currently administering our new in-house survey. The Illinois Assessment of College Substance Use Behaviors (IACSUB) Survey is free to Illinois colleges and universities to use for their institutions. You will be provided with results individualized to your institution and your results will also be part of our statewide data reporting. The administration of this surveys ends at the end of April, so please contact us as soon as possible regarding when your institution would like to send out the survey to students.

Email us at [ihec@eiu.edu](mailto:ihec@eiu.edu) for more information.

### UPCOMING EVENTS

Fundamentals in Substance Misuse for Higher Education Training  
April 8, 15, 17, 2024 @ 11am - 2pm on Zoom

Advisory Board Meeting  
April 16, 2024 @ 2pm on Zoom

Helping Students Thrive Webinar by James Larcus:  
April 19, 2024 @ 11am on Zoom

Illinois Substance Use Prevention Conference "Partners in Prevention: The Collective Impact"  
April 22-24, 2024  
Springfield, IL

Social Norms Basics Webinar by Susie Bruce & Jill Maurer  
April 30, 2024 @ 12pm on Zoom

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# IHEC UPDATES

IHEC has been working to make our website easier to navigate. We have added under our services drop down a general request form as a quick way to connect with us. This form can be used for general questions, requests for specific trainings/webinars, requests for technical assistance, or whatever else you might need.

We work to keep our homepage and upcoming events page updated with new events and event changes.

[Visit our Website](#)

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## Consultation Visits

Are you new to your AOD prevention role and could use some help on where to start? Have you been in your position for a while and aren't sure what to do next? Schedule a consultation visit with IHEC.

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.

You can expect a series of brief meetings with key staff and administrators that are scheduled throughout the day. As a result of these interviews we find the common emerging themes and analyze our data to create a comprehensive report that becomes the sole property of the institution.

## [Interest Form](#)

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## Upcoming Webinars:

**Helping Students Thrive: Motivational Interviewing Strategies for Primary Prevention and Harm Reduction Webinar by James Larcus**

Time and Venue: April 19, 2024 @ 11AM on Zoom

**Register:**

[https://eiu.zoom.us/meeting/register/tZYscemvqjsiHdAs7XfS9I2VTRoTuR8s\\_MnF#/registration](https://eiu.zoom.us/meeting/register/tZYscemvqjsiHdAs7XfS9I2VTRoTuR8s_MnF#/registration)

Supporting the holistic success of students remains a salient need and desire of higher education. As counseling centers continue to be flooded with demand and

utilization, more updated approaches are needed. Motivational Interviewing offers key strategies and techniques all faculty and staff can use with students before a crisis presents itself with particular efficacy for issues related to alcohol and other drugs. This presentation will provide an overview of this theory and leave participants with specific takeaways they can use in conversations on campus for primary prevention and harm reduction.

### **Social Norms Basics – Working with students to identify healthy social norms, develop messages, and incorporate into educational campaigns Webinar by Susie Bruce**

Time and Venue: April 30, 2024 @ 12PM on Zoom

Register:

<https://eiu.zoom.us/meeting/register/tJlucyozorHtLGO-pVIDY3MbfFnCx7EXmb#/registration>

Learn foundational knowledge about the social norms approach, how to create effective social norms messages, and ways to engage students throughout the process. There will be plenty of examples, including mistakes to avoid, and time for questions.

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### **Fundamentals in Substance Misuse for Higher Education Training:**

April 8, 15, and 17, 2024 11am-2pm on Zoom

Register Here: <https://www.eiu.edu/ihec/machform/view.php?id=185592>

August 6, 9, and 14, 2024 9am-12pm on Zoom

Register Here: <https://www.eiu.edu/ihec/machform/view.php?id=188610>

9 contact hours of CEU credit available to those that attend all 3 sessions

Session 1:

- Foundations of our Work: The Public Health Approach and Substance Misuse Prevention
- College Student Substance Misuse Behaviors

Session 2:

- Prevention in Higher Education: Alphabet Soup
- Applying the SPF/Case Study: Assessment & Capacity

Session 3:

- Applying the SPF/Case Study: Planning and Evidence Based Prevention Strategies, Implementation, & Evaluation
- Training Wrap-Up

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### **May Trainings and Webinars:**

May 6th- One-day Motivational Interviewing Training in Peoria, IL

May 9th- AOD Prevention Across the Social Ecological Model Webinar by Ashleigh

Hala @ 10:00am CST on Zoom

May 15th- Harm Reduction Strategies for Youth Cannabis Use Webinar by Joe Eberstein @ 11:00am CST on Zoom

May 20th- Framing, Measuring, and Implementing Well-Being on Campus: A Holistic and Interconnected Approach to Student Success by James Larcus @ 11am CST on Zoom

Upcoming Events

## State Conference

### "Partners in Prevention: The Collective Impact"

April 22-24, 2024 in Springfield, IL

#### Keynote Speakers:

- Jason Kilmer, Ph.D.
- Jennifer Jacobsen
- Dave Closson

#### Topics

- Substance Use and Mental Health
- Athletics and AOD Prevention
- Innovations in Prevention Leadership

### Email List & Advisory Board Applications

To join our email list, reach out to [alescamilla@eiu.edu](mailto: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](mailto:alescamilla@eiu.edu) if you are interested.

Facebook: Illinois Higher Education Center for AODV Prevention

Instagram: IHEC\_EIU

Twitter: IHEC\_EIU

### [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 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:

217-581-2019  
ihec@eiu.edu

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