

APRIL 2026 UPDATES

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

ALCOHOL AWARENESS MONTH

In April, alcohol awareness month takes priority for prevention and higher education. Spring breaks, finals week, and the perfect storm for potential substance use challenges. The good news? Your work plays a large role into how your campus and students perceive substance use, habits, and the associated challenges. This is often through social norms campaigns, prevention education, health resources, and campus policies/sanctions.

The idea of awareness month can be as little or as robust as you'd like. Many campuses choose to select a week for their health promotion departments or counseling team to provide education, host tablings, screenings and support services.

This month, we encourage you to create a social post and put it on your department's accounts or across the office. Whether it is harm reduction, drink size education, support resources or other related topics, these plant seeds that may help cause lasting change.

We have provided a list of resources on our website that provide educational worksheets, screening tools, social media posts and more. Below is a resource from SAMHSA to help promote Alcohol Awareness Month through a curated campaign.

Resources

<https://www.samhsa.gov/about/digital-toolkits/alcohol-awareness-month>

<https://www.niaaa.nih.gov/news-events/announcement/april-alcohol-awareness-month>

UPCOMING IHEC EVENTS

- Fundamentals in Substance Misuse Training:
 - Effingham Room in the MLK Union at EIU
 - April 28, 2026

FY26 IACSUB UPDATES

The current administration of the Illinois Assessment of College Substance Use Behaviors is wrapping up at the end of April.

For schools that are participating in the survey, they receive a copy of their cleaned data in the newly revised aggregate report. This report features a snapshot of substance use behaviors, such as past 30-day and past 12-month data. Additionally, data points are shown in visuals through tables and graphs. This report provides a qualitative look into the campus' data. For many reports, this is where our staff can provide suggestions, insight into campus culture and related information.

We are working on preparing school crosstabs and aggregate reports, which are distributed within 3-4 weeks of the survey closure date. Our previous administration's reports and crosstabs are available on the website for those who may be interested.

Complete state reports and crosstabs are set to be published at the end of September on the IHEC website for public viewing. Statewide briefs on the aggregate data will be released intermittently throughout FY27, along with educational materials as part of our new in-house developments. Examples of promotion materials are below.

ILLINOIS ASSESSMENT OF COLLEGE SUBSTANCE USE BEHAVIORS (IACSUB)

The IACSUB survey is essential for colleges and universities, as it provides vital information that aids in enhancing student support services, updating programming, and justifying the need for additional student resources.

Survey Topics

- Substance use behaviors
- Attitudes towards substance use
- Campus climate
- Mental health & suicidality
- Peer support & recovery

Take the survey & help your campus!

For more information:

217-581-2019 • www.eiu.edu/ihec/ • ihec@eiu.edu

ILLINOIS HIGHER EDUCATION CENTER

Funded in whole or in part by the Illinois Department of Human Services, Division of Behavioral Health & Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

Illinois Assessment for College Substance Use Behaviors

FY24 IACSUB DATA REPORT

Published by:
Illinois Higher Education Center
November 2025

Illinois Higher Education Center
www.eiu.edu/ihec/

ILLINOIS HIGHER EDUCATION CENTER

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

OVERVIEW

- Public 4-year: 4
- Public 2-year: 3
- Private 4-year: 2

GENERAL NOTES:

- Surveys run for 3 weeks, start to finish.
- Surveys include reminders on every 5th day, with a final reminder push upon the closing day.
- Institutions were given the option whether they wanted to incentivize the survey
- Samples were set at 20% or more for a greater return on responses. Cross-promotion helped

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ILLINOIS HIGHER EDUCATION CENTER

for alcohol, other drug & violence prevention

FUNDAMENTALS IN SUBSTANCE MISUSE PREVENTION TRAINING

FUNDAMENTALS IN SUBSTANCE MISUSE FOR HIGHER EDUCATION

evidence-based prevention, programming & assessment

APRIL 28, 2026 | 8A-4:30PM

EFFINGHAM ROOM, MLK UNION



Matt Warner



Annabelle Escamilla



Eric Davidson

Morning Session 1:

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

Morning Session 2:

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

Afternoon Session:

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

8 hours of CEU credit available to full day participants

REGISTER WITH THE CODE:



Funded in whole or in part by the Illinois Department of Human Services, Division of Behavioral Health & Recovery through a grant from the Substance Abuse and Mental Health Services Administration.



We will be covering the basics of evidence based prevention, programmatic updates, policy, and foundational models from public health. This course is offered free of charge for our local Illinois affiliates who wish to attend. We will be releasing opportunities to book in-person trainings at your campus soon!

Coming in April!

Join us for the upcoming Fundamentals in Substance Misuse Prevention Training on EIU's campus in April! This course is tailored for the specific needs of higher education institutions, focusing on the unique population, policy requirements, programmatic development and theoretical approaches that work.

COURSE AGENDA:

Session 1:

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

Session 2:

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

Session 3:

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



217-581-2019



IHEC@EIU.EDU



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SEEKING APPLICATIONS:

We are taking more applications for our advisory board that meets once a month. This position helps provide guidance, feedback, and ideas for IHEC’s professional development. Please contact our office for information!

HOW TO STAY CONNECTED:

We utilize our email list to send updates on upcoming events, free resources, consultation visits and more. To join our email list, reach out to alescamilla@eiu.edu for more information.

FOLLOW US ON OUR SOCIALS!



**Illinois Higher Education Center
for AODV Prevention**



IHEC_EIU

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
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for alcohol, other drug
& violence prevention

WORKPLACE VIOLENCE PREVENTION AWARENESS MONTH

April is Workplace Violence Prevention Awareness Month with efforts to reduce or stop workplace violence taking place all across the country including Illinois colleges and universities.