

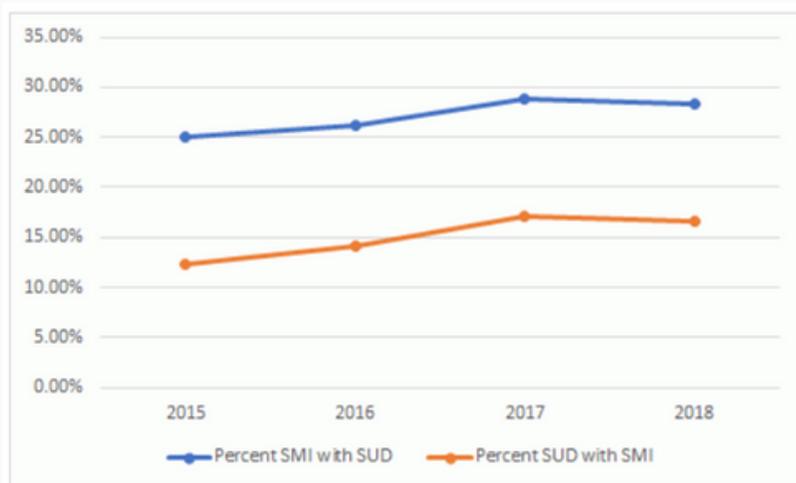
WINTER UPDATES · JAN 2023

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

MENTAL WELLNESS MONTH

Substance Use Disorder (SUD) and mental illness often overlap. There is a high rate of SUD with anxiety disorder, post-traumatic stress disorder, depression, and bipolar disorder.



This graph shows the overlap between serious mental illness (SMI) and substance use. This can be due to genetic vulnerabilities, epigenetic influences, brain region involvement, environmental influences, stress, and trauma. Mental illness can contribute to the development of SUD, and vice versa.

As health and prevention professionals, it is important to recognize the overlap between mental wellness and SUD in order to effectively treat individuals.

National Institute on Drug Abuse. (2021, April 13). *Why is there comorbidity between substance use disorders and mental illnesses?* Retrieved from <https://nida.nih.gov/publications/research-reports/common-comorbidities-substance-use-disorders/why-there-comorbidity-between-substance-use-disorders-mental-illnesses> on 2023, January 18.

UPCOMING IHEC EVENTS

Feb 15th 10:00am CST

Webinar: **Cannabis Use Disorder - Are High Potency Products a Factor in CUD?**

Co-Presenters: *Joe Eberstein & Patrick Foley*

Feb 22nd 9:30am CST

Webinar: **Beyond Drugs & Alcohol**
Presenter: *Bryan Wright*

OTHER AOD EVENTS

Feb 15th 2:00-3:15pm ET

Live Panel Discussion

Considering Diversity, Equity, and Inclusion in Preventing Drug Use and Misuse

Presented by: *Allison Smith, PH.D., Special Agent Chualvo Truesdell, Anthony Jackson, and Marketa Robinson, PH.D.*

Watch the livestream at:
<https://www.getsmartaboutdrugs.gov>

SAMHSA RELEASES 2021 NATIONAL SURVEY OF DRUG USE AND HEALTH (NSDUH) DATA

Key findings relating to the typical college age population included:

- Nearly 2 in 5 young adults aged 18 to 25 used illicit drugs within the past year
- Young adults aged 18 to 25 had the highest percentage of substance use disorder (including alcohol and/or other drug use) compared to youth and adults 26 and older within the past year
- In young adults aged 18 to 25, 13.5% had both a substance use disorder and a mental illness

For more information:

2021 National Survey of Drug Use and Health (NSDUH) Releases:

<https://www.samhsa.gov/data/release/2021-national-survey-drug-use-and-health-nsduh-releases>

MISSION AND GOALS

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.



Dr. Eric Davidson has served as the Director for the Illinois Higher Education Center for Alcohol, Other Drug, and Violence Prevention for 14 years. Dr. Davidson also serves the Vice-President of Student Affairs in assessment, evaluation, and research matters. See below for his webinars on "Drug Free School & Campuses Act Requirements and Updates".

<https://www.youtube.com/watch?v=CTeEZQpvlNm>

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

“Believe you can, and you’re halfway there.”

Theodore Roosevelt