

SPRING UPDATES · MARCH 2023

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

OPIOID AWARENESS

One Pill Can Kill



The misuse of opioids by college students has risen dramatically in the last two decades. From 1993-2005, the use of prescription opioids increased by 343% (Malone, 2017). Of the 2,944 overdose related deaths in 2020, 83% involved opioids in Illinois (Illinois Department of Public Health, 2023).

A significant percentage of college students misuse prescription painkillers and/or prescription opioids. A meta-analysis of 47 articles by Weyand et al. (2022) revealed prescription opioid use had a mean onset of 20-21 years, which is about the age of the average college student. The same study found factors that related to potential opioid misuse were negative psychological factors like depression, anxiety, and suicidal ideations.

Universities should be prepared to educate college students on the dangers of misusing opioids. By educating professionals through webinars, naloxone trainings, and information dissemination, professionals can lower the rate of opioid misuse on their campus.

Weyandt, L. L., Gudmundsdottir, B. G., Holding, E. Z., Marraccini, M. E., Keith, M., May, S. E., Shepard, E., Francis, A., Wilson, E. D., Channell, I., & Sweeney, C. (Sambykkt/í birtingu). (2022). Prescription opioid misuse among university students: A systematic review. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2020.1786095>

Malone P. Dealing with the opioid epidemic in college students. Presented at: American Academy of Child and Adolescent Psychiatry annual meeting; Oct. 23-28, 2017; Washington, D.C.

Illinois Department of Public Health Data. (2023). Data and reporting. <https://dph.illinois.gov/topics-services/opioids/idph-data-dashboard.html>

UPCOMING IHEC EVENTS

March 15th @ 1:00pm CST

Webinar: "A Mix of Strategies is Best": Using CollegeAIM for Alcohol Prevention Planning (and Considering a Mix of Strategies for Cannabis)

Presented by: Jason Kilmer, PhD

March 21st @ 2:00pm CST

Webinar: "Reframing Relationships with Fraternities and Sororities"

Presented by: Logan Davis

March 23rd @ 10:00am CST

Webinar: "One Pill Can Kill"

Presented by: Rich Lucey

March 30th @ 1-4:00pm CST

Online Affiliate Meeting

AFFILIATE MEETING

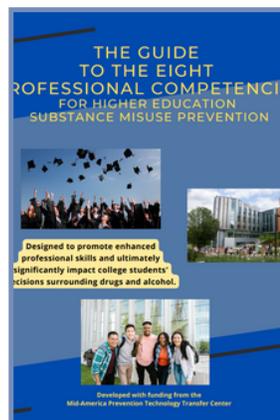
We are excited to announce that the first Affiliate Meeting will be happening this month! The agenda will include opportunities to network, receive peer feedback, and learn about new resources for your campus. As we head into spring events, this meeting can be a place to brainstorm and find ways to better support campus prevention strategies. Please stay tuned for the finalized agenda in the coming weeks.

Learning objectives:

- Colleges and universities will be able to collaborate and share current experience and needs with AOD prevention
- Affiliate members will gain a stronger understanding of how to build relationships within their communities related to AOD prevention
- Members will participate in group discussion/peer training to assess current prevention efforts & learn about improving capacity

THE GUIDE TO THE EIGHT PROFESSIONAL COMPETENCIES FOR HIGHER EDUCATION SUBSTANCE MISUSE PREVENTION

This guide provides practical guidance and application for higher education prevention strategies. Based on eight core areas, the guide helps implement effective prevention for campus culture. Professionals can find tables & models to assess current strategies, along with numerous resources.



FEATURED SPEAKER

Dr. Jason Kilmer is an Associate Professor in Psychiatry and Behavioral Sciences at the University of Washington (UW) School of Medicine and an Adjunct Associate Professor in Psychology at UW. Jason serves as an investigator on several studies evaluating prevention and intervention efforts for alcohol, cannabis, and other drug use by college students.

In addition to research and teaching, he has worked extensively with college students and student groups around alcohol and other drug prevention programming and presentations throughout his career (including student athletes, fraternity and sorority members, residence life, and first-year students), both at UW and on over 125 campuses across the nation.

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

“Courage is resistance to fear, mastery of fear – not absence of fear.”

– Mark Twain