

MAY 2026 UPDATES

# IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

## MENTAL HEALTH AWARENESS MONTH

In May, Mental Health Awareness Month takes center stage, supported by SAMHSA's comprehensive toolkit. This month presents a valuable opportunity to foster a sense of belonging and community, focusing on mental health education, support, and intentional care for others.

Your efforts can significantly influence how your campus community perceives mental health issues, habits, and the associated challenges. By emphasizing a supportive environment, you can help cultivate a culture of care and understanding. This often involves initiatives like social norms campaigns, prevention education, health resources, and inclusive campus policies that promote community well-being.

Many campuses choose to dedicate a week for their health promotion departments or counseling teams to offer education, host events, provide screenings, and deliver support services, fostering a community that prioritizes mental health and looks out for one another.

We have listed a variety of resources on our website, including educational worksheets, screening tools, social media posts, and more. Below is a resource from SAMHSA to help promote Mental Health Awareness Month through a curated campaign, emphasizing the importance of community support and intentional care for others.

For more information:

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

## UPCOMING IHEC EVENTS

### Webinars:

- **May 27th @ 10am on Zoom**
  - Student Health Surveys Part Two: *We Have the Data, Now What?*

\*\*More summer webinars coming soon!

# MAY '26 IACSUB UPDATES

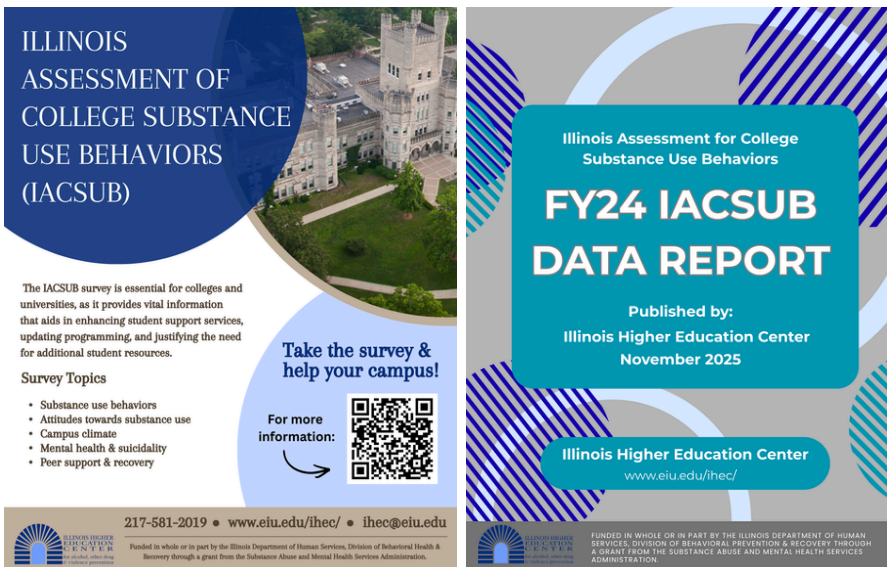
The current administration of the Illinois Assessment of College Substance Use Behaviors has now closed and our office is now processing final reports and crosstabs.

Schools who participated will receive their data before the end of FY26 if they have not already. As for the state aggregate, our office has begun processing these documents to be completed in the early months of FY27.

Our official 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.

Our future developed materials will highlight key findings, insights and recommendations for future prevention related trainings and resources. Our key focus with the new materials is to provide student affairs and relevant higher education professionals with tools to boost their prevention, assessment methodology, and improve their capacity through self-guided resources.

Examples of promotion materials are below.



# RECRUITED:

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

# GENERAL NOTES:

- 9 different institutions participated, a mix of public/private/community colleges.
- Surveys ran for 3 weeks, start to finish from January until May.
- Survey administration included reminders on every 5<sup>th</sup> 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 between IHEC and individual campus contacts helped campuses recruit larger audiences.

## **CONTACT US:**

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## **APPLICATIONS COMING SOON!**

We will begin taking applications for our FY27 advisory board that will meet once a quarter. We have updated the expectations of the positions and will be releasing more details soon. This position helps provide guidance, feedback, and ideas for IHEC’s professional development. Please contact our office for information!

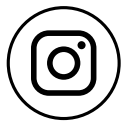
## **HOW TO STAY CONNECTED:**

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](mailto: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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## **MENTAL HEALTH AWARENESS MONTH**

May is dedicated to Mental Health Awareness, emphasizing initiatives aimed at promoting mental well-being and reducing stigma nationwide, including efforts at colleges and universities in Illinois.