



JANUARY 2025 UPDATES

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

January is Mental Wellness Month

What it's about

Mental wellness is an important part of overall well-being, and it involves taking care of your emotional health and being proactive.

It includes:

- Coping with life's challenges
- Being aware of your abilities and opportunities
- Having healthy relationships
- Being aware of your moods, energy levels, and social functioning

Why it's important

Mental health can impact your physical health, and positive mental health can reduce your risk of heart attack and other serious condition

How to celebrate

- Scheduling self-care appointments with friends
- Creating posters and flyers to share
- Listening to a podcast on mental wellness
- Creating a new workplace rule that supports mental wellness

UPCOMING IHEC EVENTS

Advisory Board Meeting

- January 7th at 2:00 pm on Zoom

Strategic Prevention Planning: The Basics - Webinar w/ Annabelle Escamilla

- January 23rd at 1:00 pm on Zoom

Advisory Board Meeting

- January 28th at 2:00 pm on Zoom

Orientation Meeting

- February 3rd at 2:00 pm on Zoom

Social Norms 101 Webinar w/ the Gordie Center

- February 20th at 2:00 pm on Zoom

UPCOMING EVENTS INFORMATION

SERVICES



STRATEGIC PREVENTION PLANNING: THE BASICS
With
Annabelle Escamilla

2:00 pm on Zoom

JANUARY 28, 2025

REGISTER NOW

Contact us
217-581-2019


Email Us
IHEC@EIU.EDU

STRATEGIC PREVENTION PLANNING: THE BASICS

Join us on January 28th at 2 p.m. for the Strategic Prevention Planning: The Basics webinar over zoom. Registration can be found on the IHEC website under upcoming events!

If you would like more information feel free to contact our office at:

 IHEC@eiu.edu

 217-581-2019



FOR MORE INFORMATION:
IHEC@EIU.EDU
217-581-2019

SPRING AFFILIATE MEETING

FEBRUARY 27TH | 9 - 3:30 P.M.

HEARTLAND COMMUNITY COLLEGE
1500 W RAAB RD, NORMAL, IL 61761


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

SPRING AFFILIATE MEETING

Be sure to mark your calendars for the Spring Affiliate Meeting at Heartland Community College on February 27th from 9 a.m. - 3:30 p.m.

If you would like more information feel free to contact our office at:

 IHEC@eiu.edu

 217-581-2019

HAVE ANY REQUESTS FOR TRAININGS OR WEBINARS? SEND THEM OUR WAY! REACH OUT TO IHEC@EIU.EDU WITH ANY INFORMATION.

SPRING CONSULTATION VISITS

SERVICES



CONSULTATION VISITS

are available to enhance or strengthen the current programming, provide data to justify need for future programming, and to ensure compliance with state and federal regulations

CONTACT IHEC TODAY TO SET UP YOUR VISIT

📞 217-581-2019 ✉️ IHEC@EIU.EDU



**Have you refreshed your prevention program?
Examined your biennial review?**

We are now booking our Spring '25 consultation visits throughout Illinois!

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.

IHEC staff members are available to guide colleges and universities in assessment, planning, and evaluation of campus AOD prevention efforts.

Contact IHEC today to set up your visit!



217-581-2019



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SEEKING APPLICATIONS:

We are taking 3 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 alesscamilla@eiu.edu for more information.

FOLLOW US ON OUR SOCIALS!

-  Illinois Higher Education Center for AODV Prevention
-  IHEC_EIU
-  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

CONTACT US:

P: 217-581-2019

E: IHEC@EIU.EDU

W: EIU.EDU/IHEC



*Happy
New Year*

FROM THE IHEC STAFF!