

Jenuary is Mental Wellness Month

What it's about

Mental wellness is an important part of overall wellbeing, 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



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



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



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 alescamilla@eiu.edu for more information.

FOLLOW US ON OUR SOCIALS!







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

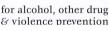
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FROM THE IHEC STAFF!