



MARCH 2025 UPDATES

IHEC NEWSLETTER

Newsletter of the Illinois Higher Education Center

OVERDOSE AWARENESS BLACK BALLOON DAY

Black Balloon Day is an event dedicated to raising awareness about drug overdoses and commemorating the lives of loved ones lost to drug addiction. It's observed each year on March 6th, serving as a day of remembrance and awareness for those who have died or suffered from drug overdoses. The day encourages people, communities, and organizations to display black balloons, often outside their homes or in public spaces, as a symbol of mourning and a call to action against the ongoing drug epidemic. In 2023, overdose deaths in the US hit a new record of 112,000, making it a leading cause of death in the United States. That's more deaths than due to shootings or car accidents. The staggering human toll of this ongoing tragedy and crisis has inspired awareness initiatives like Black Balloon Day. It's a day to commemorate those who lost their lives to overdose.

[CLICK HERE FOR MORE REFERENCES](#)

UPCOMING IHEC EVENTS

OPIOID PREVENTION MESSAGING

- MARCH 12TH @ 12PM ON ZOOM

ADVISORY BOARD MEETING

- MARCH 13TH @ 1PM ON ZOOM

MISLABELED THC PRODUCTS

- MARCH 19TH @ 9AM ON ZOOM

ADVISORY BOARD MEETING

- APRIL 10TH @ 1PM ON ZOOM

UPCOMING EVENTS INFORMATION

WEBINAR



MISLABELED THC PRODUCTS

Objectives

- Attendees will learn about the harms associated with mis labeled THC products.
- See examples of campaigns and collaborations that highlighted the issue.
- Presenters will discuss locations where these products were available and how the conduct environmental scan.

DATE
March 19, 2025

TIME
9:00am PST

SPEAKER
JOE EBERSTEIN

Contact Info:
217-581-2019
IHEC@eiu.edu


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.

MISLABELED THC PRODUCTS

Join us on March 12th at 9:00am PST on Zoom with speaker Joe Eberstein to learn about the harms associated with mislabeled THC products!

We are excited to have you there!

217-581-7786
IHEC@eiu.edu



ADVISORY BOARD MEETING

MARCH 13, 2025

at 1:00 p.m.
on Zoom

Link to join: <https://www.eiu.edu/ihec/upcomingevents.php>

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.

ADVISORY BOARD MEETING

The Advisory Board Meeting this month will be held on March 13th at 1:00 p.m. on Zoom. You can find the link to attend on our “upcoming events” webpage underneath the “Professional Development & Meetings” tab.

Have any requests for trainings or webinars? Send them our way!
Reach out to ihec@eiu.edu with any information.

What we're looking for:

- Primary prevention topics
- Alcohol & Other Drug data/trends
- Coalition building
- Evidence-based prevention

SPRING CONSULTATION VISITS



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

(The graphic also features an illustration of a woman and a man sitting in chairs and talking.)

BENEFITS OF SITE VISITS:

- Receive personalized feedback on current prevention practice
- Learn how to analyze the biennial review
- Understand the importance of collecting data
- Apply data to justify need for substance use programming and prevention
- Receive guidance on coalition strategies and support
- Identify strengths and areas for growth within your campus

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



IHEC@EIU.EDU



EIU.EDU/IHEC






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!

-  **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



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