



Newsletter of the Illinois Higher Education Center - May 2024

## Thank you! Thank you!

Thank you to all that attended our state conference in Springfield, IL last week! A special thank you to our AMAZING presenters for their hardwork in putting together some wonderful presentations.

We are uploading the slide decks to the conference page on your website as we receive them. Please submit your evaluation forms to receive CEU credit as we're working to get those certificates out. Keep an eye out for an email from us with a feedback form for the conference as a whole. This will help guide us in planning next year's conference!

As we look into planning next year, please fill out this conference feedback form.

[Feedback Session](#)

## UPCOMING EVENTS

Harm Reduction  
Strategies for Emerging  
Adults Cannabis Use  
Webinar by Joe Eberstein  
May 15, 2024 @ 11:00am

Framing, Measuring, and  
Implementing Well-Being  
on Campus: A Holistic  
and Interconnected  
Approach to Student  
Success by James Larcus  
May 20, 2024 @ 11am CST

Advisory Board Meeting  
May 21, 2024 @ 2:00pm

AOD Prevention Across  
the Socioecological  
Model Webinar by  
Ashleigh Hala, MSW,  
LICSW  
May 29, 2024 @ 10:00am

# IHEC UPDATES

IHEC has been working to make our website easier to navigate. We have added under our services drop down a general request form as a quick way to connect with us. This form can be used for general questions, requests for specific trainings/webinars, requests for technical assistance, or whatever else you might need.

We work to keep our homepage and upcoming events page updated with new events and event changes.

Visit our Website

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## Consultation Visits

Are you new to your AOD prevention role and could use some help on where to start? Have you been in your position for a while and aren't sure what to do next? Schedule a consultation visit with IHEC.

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.

You can expect a series of brief meetings with key staff and administrators that are scheduled throughout the day. As a result of these interviews we find the common emerging themes and analyze our data to create a comprehensive report that becomes the sole property of the institution.

## [Interest Form](#)

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# Upcoming Webinars and Trainings

## Harm Reduction Strategies for Emerging Adults Cannabis Use Webinar by Joe Eberstein

Time and Venue: May 15, 2024 @ 11:00AM on Zoom

Register:

<https://eiu.zoom.us/meeting/register/tZUtduCqz4qGdwgnB53CYP-sAWIeZCxVIE-#/registration>

More States are allowing greater access to high potency cannabis products. The risk for dependence may increase in these locations. Harm reduction strategies can reduce the level of harm associated with greater availability. This session will discuss strategies that can be used to minimize harm and reduce health consequences. New data will highlight trends in use as well as discuss new developments in MAT for cannabis use disorder.

## Framing, Measuring, and Implementing Well-Being on Campus: A Holistic and

## Interconnected Approach to Student Success by James Larcus

Time and Venue: May 20, 2024 @ 11AM on Zoom

Register:

[https://eiu.zoom.us/meeting/register/tZErcOuhrijstHtZZks0JPI2LmX\\_nn5pdWg2v#/registration](https://eiu.zoom.us/meeting/register/tZErcOuhrijstHtZZks0JPI2LmX_nn5pdWg2v#/registration)

With diversifying student populations, hybrid academic environments, and a turbulent socio-political environment, supporting student well-being can feel like a shifting target. This session will examine a series of national studies conducted by the American College Health Foundation and Aetna Student Health to understand the nuances and best practices to creating a vibrant, sustainable, and thriving campus community.

This session will examine three specific studies. The first study sought to understand the broader landscape of wellness and well-being efforts on college campuses. Based on the findings in the first study, the second paper shifted focus to how institutions of higher education can measure the well-being of faculty, staff, and students. Finally, the third study analyzed the findings of nearly 8,000 respondents to glean insights into supporting campus-wide well-being.

The evolution of the study and key findings will be shared. A particular emphasis on cross-department, interconnected efforts will be shared as a best practice. Additionally, conversations on these findings to primary prevention and hard reduction will be discussed. Participants will leave with an understanding of modern well-being programs and services that can support their strategic plans at their respective campuses.

## AOD Prevention Across the Socioecological Model Webinar by Ashleigh Hala, MSW, LICSW

Time and Venue: May 29, 2024 @ 10:00AM on Zoom

Register:

<https://eiu.zoom.us/meeting/register/tZEtd-qtqTlrGdYk0DSoCsTLZSFISimRMvc7>

A comprehensive AOD prevention strategy is representative of the many layers of the socioecological model. Interventions should include environmental changes, policy advocacy, work with student groups and organizations, and teaching life skills. This session will highlight a series of micro, mezzo, and macro level evidence based practices designed to make positive impacts on your AOD prevention efforts.

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## Fundamentals in Substance Misuse for Higher Education Training:

August 6, 9, and 14, 2024 9am-12pm on Zoom

Register Here: <https://www.eiu.edu/ihec/machform/view.php?id=188610>

Email Annabelle at [alescamilla@eiu.edu](mailto:alescamilla@eiu.edu) to schedule an in-person training at your institution for FREE.

9 contact hours of CEU credit available to those that attend all 3 sessions

Session 1:

- Foundations of our Work: The Public Health Approach and Substance Misuse Prevention
- College Student Substance Misuse Behaviors

#### Session 2:

- Prevention in Higher Education: Alphabet Soup
- Applying the SPF/Case Study: Assessment & Capacity

#### Session 3:

- Applying the SPF/Case Study: Planning and Evidence Based Prevention Strategies, Implementation, & Evaluation
- Training Wrap-Up

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### Email List & Advisory Board Applications

To join our email list, reach out to [alescamilla@eiu.edu](mailto:alescamilla@eiu.edu) for more information. We are taking applications for our advisory board that meets once a month. This position helps provide guidance, feedback, and ideas for IHEC events, professional development, and ways to stay active in the field. Email Annabelle at [alescamilla@eiu.edu](mailto:alescamilla@eiu.edu) if you are interested.

Facebook: Illinois Higher Education Center for AODV Prevention

Instagram: IHEC\_EIU

Twitter: IHEC\_EIU

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### Only on Socials

Prevention Partner Library – a new resource shared every other week

Event Updates - This is where you find out what's new and updates on scheduled events

Event Reminders - You don't want to miss it!

Event Information - Webinar Objectives, Information about Speakers, Webinar highlights, etc.

Weekly Topics - Important Information related to Alcohol and Other drugs



#### Contact Us:

217-581-2019  
[ihec@eiu.edu](mailto:ihec@eiu.edu)

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