



Newsletter of the Illinois Higher Education Center - June 2024

## Motivational Interviewing Training in Peoria, IL

We are into the summer and closing this fiscal year, but we still have some upcoming events you do not want to miss!

We are hosting a training on motivational interviewing on June 12th at Illinois Central College, Peoria Campus. Sharon Mindock from Mindock Counseling will be running this training.

Check-in begins at 8:30am at Hickory Hall 105 and lunch will be on your own at 12noon.

Register now!

[Registration](#)

### UPCOMING EVENTS

Motivational Interviewing Training with Sharon Mindock at ICC, Peoria Campus  
June 12, 2024 9am-4pm

AOD on a Budget: Prevention at Low or No Cost Webinar by Ashleigh Hala  
June 13, 2024 @ 10am CST

Advisory Board Meeting  
June 18, 2024 @ 2:00pm

We will not be hosting any events after mid-June with the end of the fiscal year approaching.

## Upcoming Webinars and Trainings

### Motivational Interviewing Training by Sharon Mindock

Time and Venue: June 12, 2024 9:00AM-4:00PM CST at Illinois Central

**Register:** <https://www.eiu.edu/ihec/machform/view.php?id=202276>

1. Participants will be able to name the five stages of change
2. Participants will be able to identify the four styles of motivational interviewing
3. Participants will be able to identify four tips for using motivational interviewing in student advising
4. Participants will be able to identify the concepts of Motivational Interviewing
5. Participants will identify how ambivalence can turn into change

**AOD on a Budget: Prevention at Low or No Cost Webinar by Ashleigh Hala**

Time and Venue: June 13, 2024 @ 10AM CST on Zoom

**Register:**

[https://eiu.zoom.us/meeting/register/tZEtfuyvrD0oGNCK\\_tmbSFo3CVBIZzpvkcnR#/registration](https://eiu.zoom.us/meeting/register/tZEtfuyvrD0oGNCK_tmbSFo3CVBIZzpvkcnR#/registration)

Budget constraints are a constant challenge in higher education. Practitioners need to stay nimble, and also grounded in evidence based practice, as they build a comprehensive AOD prevention strategy. Many interventions exist that are at low or no cost and yet make a significant impact on AOD outcomes.

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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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## 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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### 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:

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ILLINOIS HIGHER  
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CENTER

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& violence prevention

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Health Services Administration.

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